

10 BODY SAFETY RULES

- 1 Teach children the correct names for their body parts.
- 2 Explain that our private body parts are those under our bathing suit (also include the mouth).
- 3 Instruct that no-one can touch your private body parts or show you pictures of private body parts.
- 4 Explain you must never touch another person's private body parts even if an older child or adult asks you to.
- 5 Discuss Early Warning Signs, i.e. sweaty palms, racing heart, sick tummy; always act on your early warning signs.
- 6 You can shout, "Stop" or "No!" (hand held out) if touched on your private body parts.
- 7 Tell a trusted adult straightaway if you are: touched on your private body parts, shown pictures of private body parts, or your Early Warning Signs kick in.
- 8 Keep on telling until you are believed.
- 9 Never keep secrets that make you feel uncomfortable or unsafe.
- 10 Be strong, be brave and **ALWAYS** speak out!

