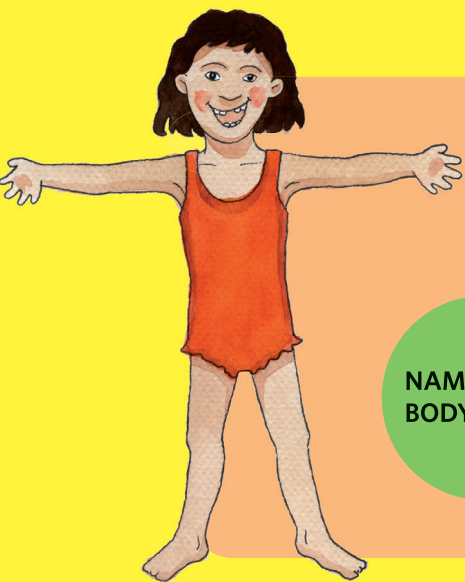


# SAFETY SKILLS AND YOUR BODY

## KNOWLEDGE, SKILLS, AND ATTITUDE



### NAMES OF BODY PARTS

#### WHAT A CHILD SHOULD KNOW

Tell the child about all parts of the human body.

Teach the child the names of various body parts.

**Help the child get familiar with the human body by various means: by looking at pictures, by drawing, by playing.**

#### WHAT A CHILD SHOULD BE ABLE TO DO

The child knows that it is all right to talk about all body parts, with grown-ups and with other children.

The child is able to talk about his or her own body.

The child can use appropriate and acceptable words about body parts.

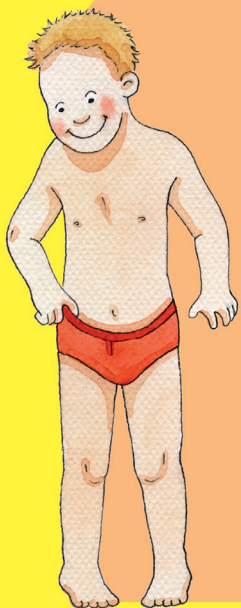
#### HOW A CHILD SHOULD FEEL ABOUT THE HUMAN BODY

All parts of the human body are equally good.

It is important that you appreciate your body and take care of your body.

All kinds of bodies are equally good.

It is a good thing that there are different kinds of bodies.



### THE SWIMSUIT RULE

#### WHAT A CHILD SHOULD KNOW

Tell the child that the body parts under the swimsuit are private things.

Only the child may decide about them.

Nobody may touch the body parts under the swimsuit or look at them or talk about them if the child does not want to.

**Help the child get familiar with the Swimsuit Rule by various means: by looking at pictures, by drawing, by playing.**

#### WHAT A CHILD SHOULD BE ABLE TO DO

The child knows which body parts are private and that they should not be shown to anyone if the child does not want to.

The child knows that looking and exploring things under a friend's swimsuit is all right only if both of you feel it's all right and comfortable.

The child knows the Swimsuit Rule and can say no if someone tries to break the rule.

#### HOW A CHILD SHOULD FEEL ABOUT THE HUMAN BODY

There are different body parts. Some of them are special, private, and valuable.

You may and you should protect them.

You don't let everyone see them, even if they are good and valuable.



### THE TOUCH RULE

#### WHAT A CHILD SHOULD KNOW

Tell the child about various ways you can touch others.

You may only touch if your friend feels that it is nice and that it is all right.

Touching should not make you feel bad about your body or make you uncomfortable.

You know best yourself how you feel about being touched and if you want it. And so does everyone else.

A good touch is not a secret.

**Good touching makes you feel comfortable and gives you a nice feeling.**

#### WHAT A CHILD SHOULD BE ABLE TO DO

The child learns that before touching someone else it is best to ask if it is all right, for example before kissing or before touching private body parts.

The child knows that there are different kinds of touching and that a touch can give different feelings.

The child can recognize his or her own feelings.

The child is able to say no to unwanted touching.

The child accepts that another child says no to touching.

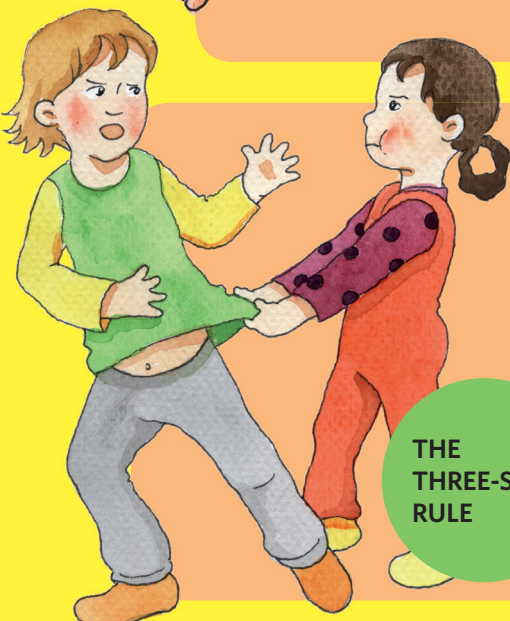
#### HOW A CHILD SHOULD FEEL ABOUT THE HUMAN BODY

The child can decide who may touch the child's body.

You must always respect the body of another person.

Everyone has the right to decide about one's own body, and this right must always be respected.

Nobody may use foul words about another person's body, as that may hurt and give bad feelings.



### THE THREE-STEP RULE

#### WHAT A CHILD SHOULD KNOW

Help the child learn the Three-Step Rule.

**If you get a bad feeling in some situation or when someone touches you:**

1. Say NO.
2. Get away.
3. Go to a grown-up person you know and trust, and tell about it.

#### WHAT A CHILD SHOULD BE ABLE TO DO

The child knows what to do if the situation is scary or gives a bad feeling.

The child is able to recognize a bad touch or uneasy closeness.

The child is able to say no.

The child knows how to ask for help.

#### HOW A CHILD SHOULD FEEL ABOUT THE HUMAN BODY

The child has the right to self-defence.

Grown-ups help the child to follow the Three-Step Rule.

The child can and may ask grown-ups for help.

It is a good idea to tell a safe grown-up if a touch gave you a bad feeling.