



SAMPLE BODY SAFETY PLAN

As a family, write your rules into a safety plan that you and your children can understand. It might look like this:

- 1. We show affection in many ways, doing only what feels comfortable.*
- 2. We use the proper names for our private parts.*
- 3. We tell a trusted adult if anyone touches or talks to us in a way that makes us feel hurt, sad, scared, uncomfortable or confused.*
- 4. We practice privacy and respect each other's privacy.*
- 5. We don't keep secrets - especially about body parts.*
- 6. Our private parts are the parts that are covered by a swimsuit and shouldn't be touched or shown to others.*
- 7. We can always talk about OK and not OK touches.*
- 8. We ask questions or tell others if we are confused or uncomfortable.*
- 9. We don't look, touch or play games with other's body parts and no one is allowed to do those things to ours.*
- 10. Our bodies are our own. We have boundaries, and no means no.*



YOUR BODY SAFETY PLAN

As a family, write your rules into a safety plan that you and your children can understand.
