

An Educational Activities Book

Letter to Parents and Guardians

***My Body Belongs To Me** is an educational activities book designed to teach young children to distinguish between good touches and inappropriate ones, which could be abuse. Children learn their bodies are special and that they should not allow touches that make them feel bad. The book tells them clearly and simply what to do if they are touched inappropriately or asked to engage in inappropriate sexual behavior.*

What You Can Do To Help

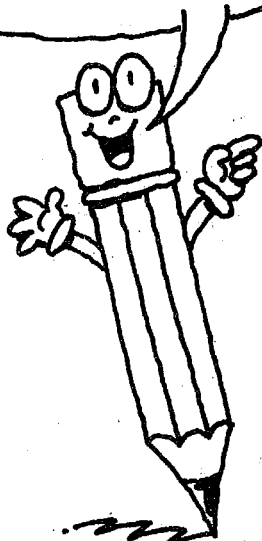
- Read this book with your child and explain any difficult concepts. Use this opportunity to talk with your child about the differences between good touches and bad touches from anyone—including family, friends, teachers, or clergy. Strongly emphasize that your child would not be to blame for being touched inappropriately and how important it is to tell you about it.
- If you suspect anyone of child abuse, report that person to your state's child abuse hotline.
- Know the signs of child abuse: Unexplained bruises, welts, burns, or fractures; unkempt or malnourished appearance; loss of appetite; disturbed sleep; sexually transmitted diseases; discoloration or scarring of genital area; repeated urinary tract infections; abrupt changes in behavior (clinging, aggressiveness, withdrawal, anxiety); fear of a certain person or place; discomfort with physical contact; molestation of other children; suicidal tendencies.
- Teach your child not to go anywhere with or accept anything from a stranger, or anyone your child doesn't know very well. Instruct your child to never answer the door if he or she is home alone, or tell anyone on the phone that he or she is alone.
- Make sure you always know where your child is, with whom, and when your child will be home.
- Leave your child only in the care of people you know and trust very well.
- Always take seriously your child's talk of being abused.
- Give your child constant love, support, and praise. Feeling safe and loved is essential for children's self-esteem and empowerment.



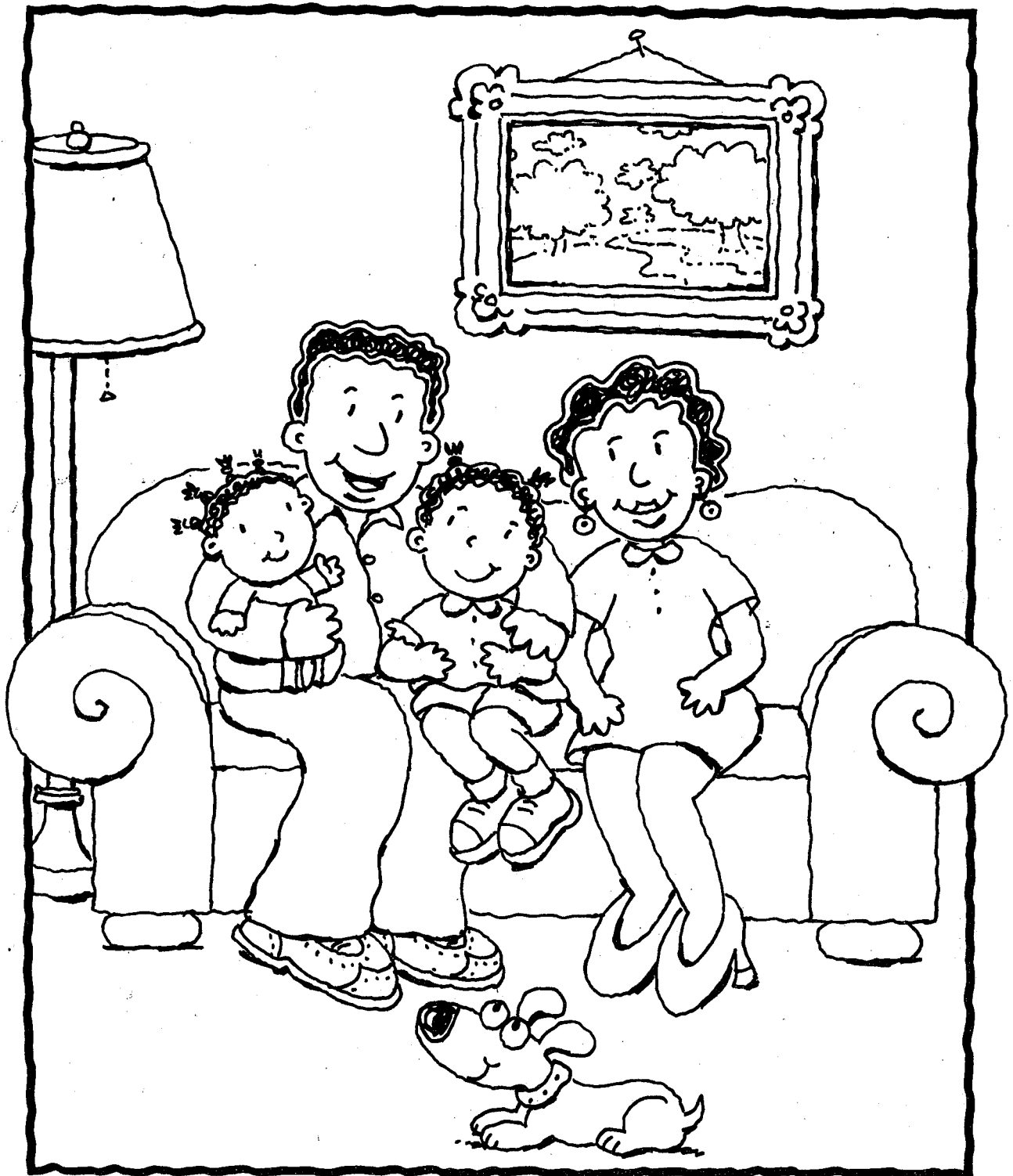
I love my body.
It belongs to me.



Draw a picture
of yourself here.

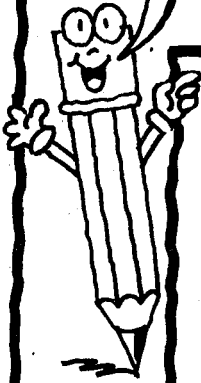


I like good touches on my body.
Good touches make me feel warm and
safe inside.



Circle the pictures below that show good touches. Put an X over the bad touches.

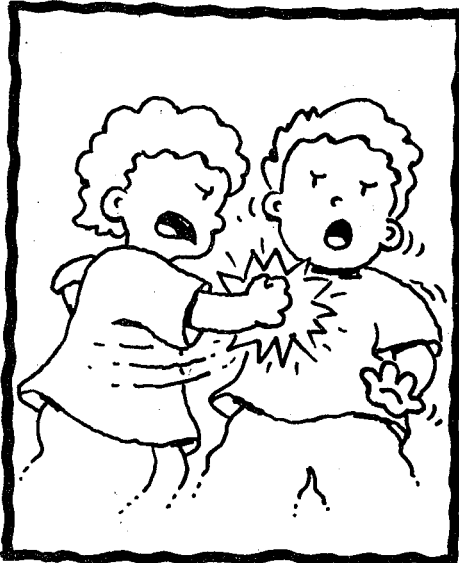
My body belongs to me, so I choose which touches I like.



1.



2.



3.



4.

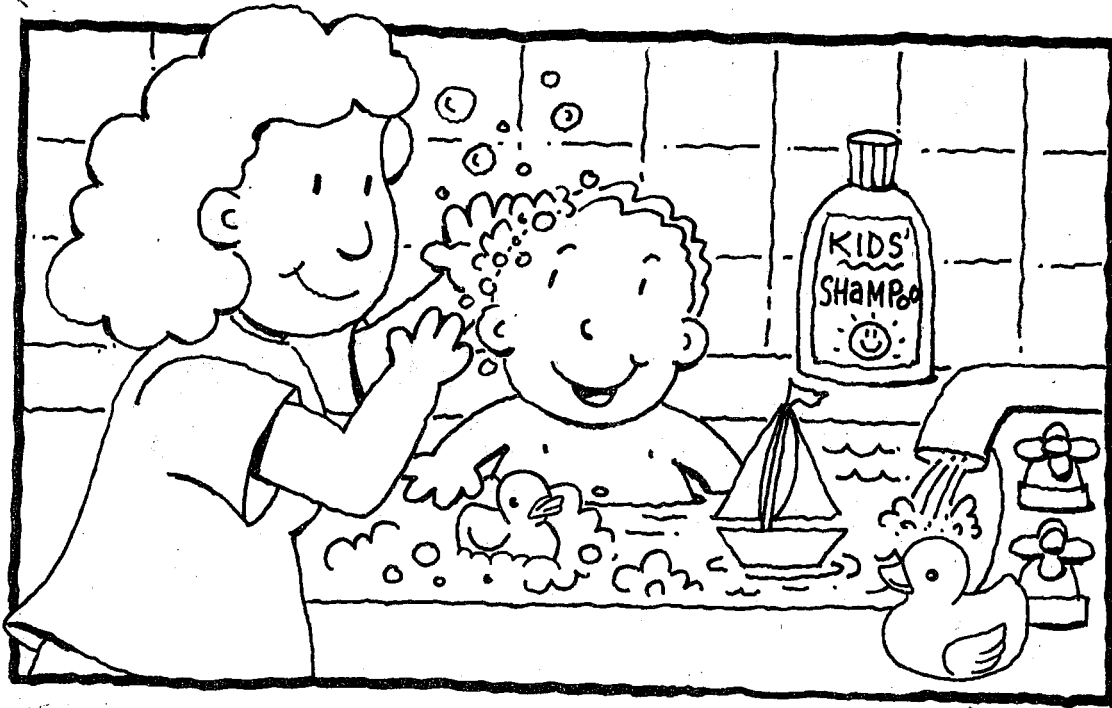
An X belongs over pictures 2 and 3.

Some parts of my body are private. These are the parts that I cover with clothes, even when I go swimming.

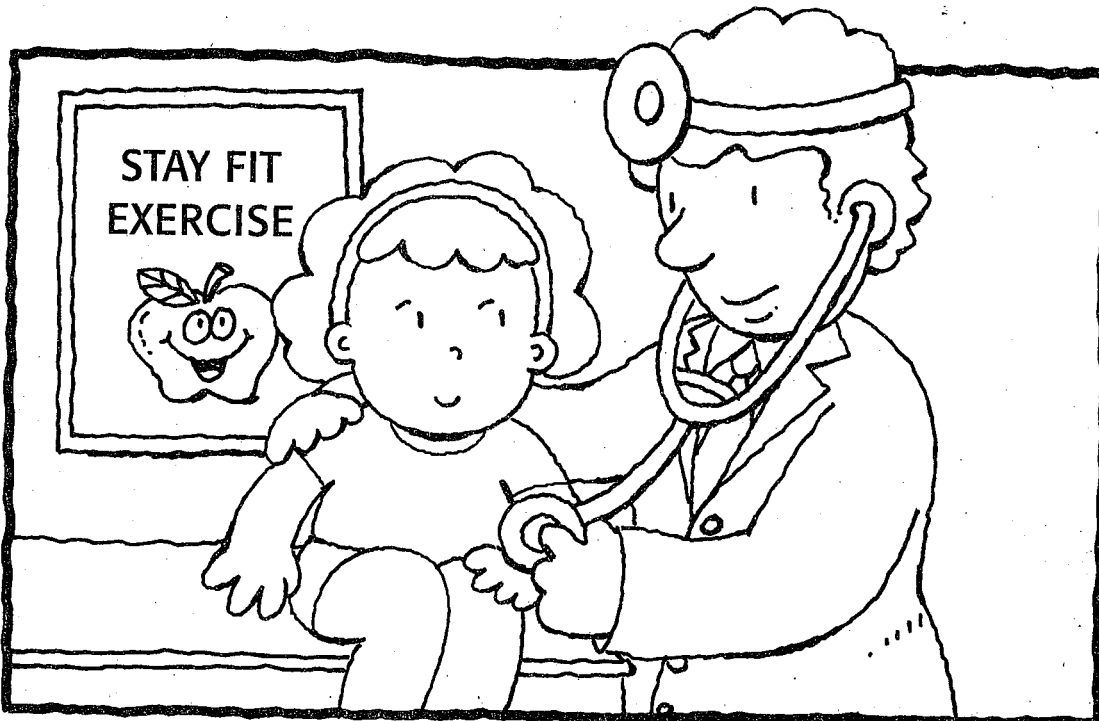


There are five shovels in this picture.

It is OK for my parents to see my private parts.



It is OK for a doctor or a nurse to see my private parts.



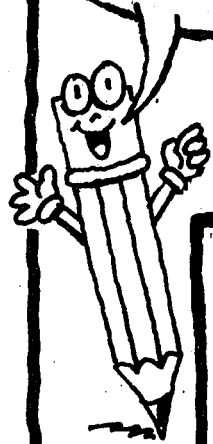
It is NOT OK for anyone to see or touch my private parts in a way that makes me feel bad. I say, "No, don't do that!" Then I tell a grown-up I trust.



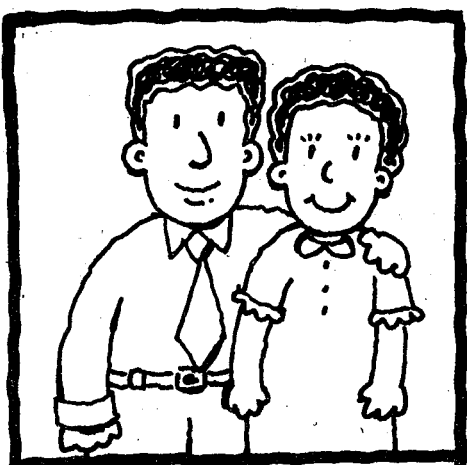
It someone wants me to see or touch
THEIR private parts, I say,
“No, I don’t want to!”
If someone tells me to keep their touches
a secret, I say, “No, I won’t!”



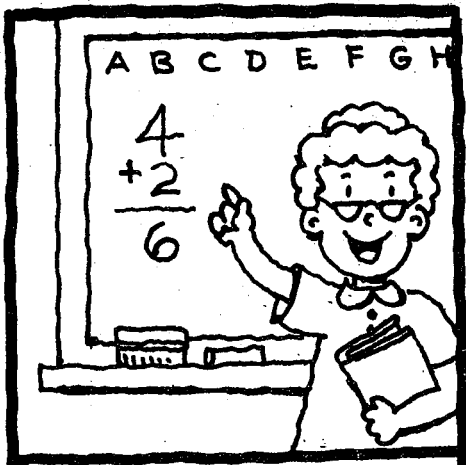
Here are some people you can trust.
In the box, draw another grown-up you can trust.



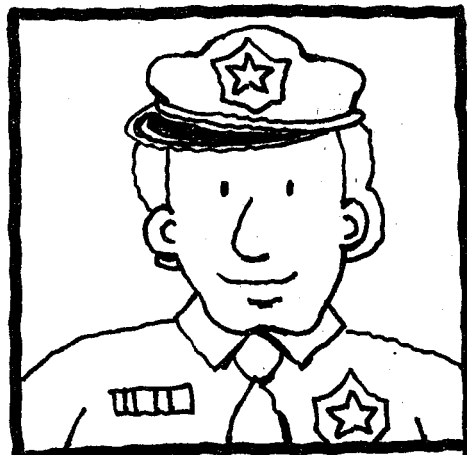
If someone makes me feel bad or unsafe, I get away! I tell my parents or someone else I trust.



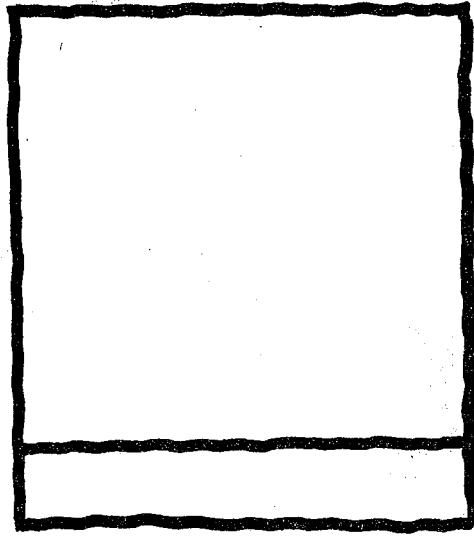
PARENTS



TEACHER



POLICE OFFICER



(Write in name)