

As with any danger to children, it helps to understand the risk. It is estimated that one in ten children will experience unwanted sexual contact before the age of 18.

The majority of children who experience sexual abuse are abused by someone the family knows. We must expand the conversation from “stranger danger” to protect children from the very real possibility of abuse by someone known to the family.

Parents/Caregivers often wonder how to begin the conversation and talk with children about body safety. This brochure lists some basic tips to use as a guide.

What you need to **KNOW** and how to **TELL** children about their bodies starts early and happens often throughout childhood.

**KNOW  
& TELL**

**NO EXCUSE - END ABUSE**

Schedule a **KNOW & TELL** workshop to learn more about grooming behavior, body safety and keeping children safe by visiting [www.cac-nh.org](http://www.cac-nh.org)

If you suspect child abuse, you must contact the NH Division for Children, Youth and Families at 1-800-894-5533 or call your local police department.



## NH Child Advocacy Centers

New Hampshire Child Advocacy Centers are community partnerships dedicated to ending child abuse by pursuing the truth in child abuse cases and coordinating social services for child victims. To find out more, visit our website at [www.cac-nh.org](http://www.cac-nh.org) or contact your local Child Advocacy Center.

### CAC Directory by County

#### Belknap

Greater Lakes CAC  
(603) 524-5497

#### Carroll

The CAC of Carroll County  
(603) 569-9840

#### Cheshire

Monadnock Region CAC  
(603) 352-0413

#### Coos

CAC of Coos County  
(603) 636-1999

#### Hillsborough

#### Nashua

Hillsborough County CAC  
(603) 889-0321

#### Manchester

(603) 623-2300

#### Grafton/Sullivan

CAC of Grafton & Sullivan Counties at Dartmouth Hitchcock Medical Center  
(603) 653-9012

#### Merrimack

Merrimack Advocacy Center  
(603) 219-0627

#### Rockingham

CAC of Rockingham County  
(603) 422-8240

#### Strafford

Strafford County CAC  
(603) 516-8100

#### Granite State Children's Alliance

603-864-0216

# Teaching Children Body Safety



Granite State Children's Alliance™

New Hampshire's Network of Child Advocacy Centers



## Child Sexual Abuse is a risk for every child.

Teaching children body safety can be a powerful prevention tool for your family. The following is to be used as a guide for talking with your child about keeping their body safe. Prevention starts with you!

### Become familiar with the signs of abuse

- » Learn more by visiting [www.cac-nh.org](http://www.cac-nh.org)

### Teach children the correct terms for their body parts

- » If a child is touched inappropriately being able to clearly communicate to you or anyone else what happened is incredibly important.
- » This can start as early as diapering and potty training up through puberty.

### Use a book from the booklist to begin a conversation with your child

- » Add a couple of books to your bookshelf and use them as starting point.

Teach children which parts of their body are “private” body parts. *These are parts of the body that are kept private with a bathing suit.*

- » Body parts that no one touches (unless assisting with toileting, bathing, or part of a doctor’s exam).
- » This can also start as early as potty training.
- » Explain that they are not to touch anyone else’s private body parts.
- » Talk about who may touch them there and why. For example, during a doctor’s visit and only with a parent/caregiver present.

### Teach children what to do if someone shows them their private parts

- » TELL a parent/caregiver or other trusted adult as soon as they can.

### Discuss the difference between secrets and surprises.

- » An abuser may “test” a child with keeping a secret as innocent as an ice cream cone.

Encourage children to TELL you about things that happen that make them feel sad, uncomfortable or scared.

- » Help them identify a safe adult if you are not immediately available.

### Do not force children to hug people, even relatives.

- » It is important a child feels “in charge” of their body. The simple act of listening if they do not want to hug a person speaks volumes.

### Ask your child questions to help them think through possible situations

- » “What would you do if someone touched you on your\_\_\_\_\_?”
- » “Who would you tell?”
- » “What if they said it was ‘our secret’?”

### Encourage children to trust their feelings

- » If something feels “weird” or “off” listen to that feeling. It is your instinct giving a signal that danger may be near.

# Books for the Bookshelf



## **I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private**

by Kimberly King 2008. Ages 4 and up.

## **No Means No!: Teaching Children About Personal Boundaries, Respect and Consent;** *empowering kids by respecting their choices and their right to say, ‘No!’*

by Jayneen Sanders 2015. Ages 3-9

## **“Street Smarts for Kids-What Parents Must Know to Keep Their Children Safe.”**

by Detective Rick Bentz and Christine Allison, 1999. A book for parents/caregivers.

## **Protecting the Gift: Keeping Children and Teenagers Safe (and Parents Sane)**

by Gavin de Becker, May 9, 2000. A book for parents/caregivers.