

# FIVE BODY SAFETY RULES

Every Child Should Know By Age

5



## *My Body is Mine!*

I am the boss of my body! I don't have to be hugged, kissed, or touched by anyone if I'm not comfortable.



## **PRIVATE PARTS**

Are the parts of our bodies covered by a bathing suit and are kept out of view. We don't look, touch, or play games with each other's private parts.



We use the proper names for our private parts. They're not weird or funny - everyone has them!



No one should be asking me to keep a secret - especially if it's about private parts.

My mom, teacher, babysitter...



## **My Body Safety Circle**

I know five people I can talk to if I'm sad, scared, and especially if I need to talk about body safety! If someone breaks a body safety rule I need to tell until someone helps me. Even if I don't tell right away, I won't be in trouble - it's never too late to tell.

My big brother, auntie, coach...



© The Mama Bear Effect 2015-2017