Body safety is very important. Especially for young children or children with disabilities. Here are some tips and activities to help you talk to your child about body safety.

**Tips:**

1. Label body parts with your child (give clear names for all body parts)
2. Talk about the people your child can talk to if they ever feel scared or nervous.
3. Talk about how you and your child have no secrets from each other and if someone asks your child to keep a secret that doesn’t include parents

**Activities:**

1. **Body Safety Poster:**
   - Use a large piece of paper, dry erase board, or chalk board. Draw four circles on the paper.
   - Call the inner most circle the “Kissing circle”, help your child glue on pictures of people by whom it would appropriate for your child to get/give a kiss (e.g., parents, grandparents, siblings).
   - Call the next circle the “Hugging circle”, help your child glue on pictures of people by whom it would be appropriate for your child to get/give a hug (e.g., teachers, friends)
   - Call the next circle the “High Five or Handshake Circle”, help your child glue on pictures of people by whom it would be appropriate for your child to get/give a high five or handshake (e.g., teachers, friends)
   - Call the next circle the “No touching Circle”, help your child cut out pictures (can be from magazines or books) of people who it is only appropriate to talk to, they should not be touching or be touched by people in this circle (e.g., mailman, fast food worker)

   Help your child master the difference by asking him/her in which circle pictures belong.

2. **Tell an Adult poster**—The idea of this activity is to distinguish between which body parts it is ok for someone to touch and which parts are not.
   - Trace the outline of your child in sidewalk chalk.
   - Color in body parts which it is alright for someone to touch (e.g., hair, arms, hands, feet)
   - In another color, color body parts which are inappropriate for someone to touch (e.g., chest, genitals, bottom)
   - Be sure to keep saying, if someone touches these you need to tell Mom or Dad right away.