



## 10 Tips to Help Parents/Guardians Talk about Safe/Unsafe/Confusing Touches

### 1. **Give Your Child Ownership of their Body**

*At 18 months of age you can begin telling your child that they own their body and no one has the right to touch them unless your child says it's okay.*

### 2. **Use Appropriate Language**

*When your child starts to seem curious about their body, this is an indicator that it is time to teach them the correct terms for their anatomy.*

### 3. **Keep the Conversation Light and Easy**

*Keep conversations serious but still unemotional. This will make your child feel comfortable talking about their body parts and able to freely ask questions.*

### 4. **Use the Swimsuit Rule**

*Explain to your child that their private parts are the parts of their body are covered by a swimsuit and that no one should be seeing, touching, or taking pictures of those areas.*

### 5. **Explain What Safe Touch Is**

*It is important to inform your child of the difference between safe touches (hugs, high fives) and confusing touches (someone looking at or touching their private parts).*

### 6. **Empower Your Child to Say NO**

*Let your child know that it is okay to say **NO** to a grown up if they are making them feel uncomfortable or unsafe.*

### 7. **Use Books About Safe and Unsafe Touch**

*Reading books about the body, organs, and skeletal system helps children learn about their bodies and lets them feel comfortable asking questions.*

### 8. **Don't Force Affection**

*It is never good to try to force a child to hug or touch someone if they do not want to. This makes them feel obligated to do so. **Empower** your child and let them make the choice for themselves.*

### 9. **Help Them Trust Their Feelings**

*Children should be taught that a touch from anyone that makes them uncomfortable or feel bad is an unsafe touch. Children should be taught to **trust** their own feelings.*

### 10. **Practice Role Play**

*Take the time with your child and practice role playing scenarios by saying “**NO, I don't like that, stop!**” and to then **tell** a trusted adult if they are in an unsafe situation.*