

TALKING TO KIDS ABOUT BODY SAFETY & BOUNDARIES



You can & should talk openly about our bodies & healthy boundaries with your kids. This helps build a strong bond that will make you the "go-to-person" when they have questions or if a situation arises.

So how do you start a conversation?

If you feel unsure, this is totally natural. Take a deep breath. The most important thing is to make sure your kids understand no matter what happens, they can share with you without fear of being blamed and that you will protect them.

Here are a few ideas to start a conversation:

Tell them they can tell you anything & you will believe them.

Use proper names for private parts.

"Sometimes touch might just feel uncomfortable, even if you like the person. If it's uncomfortable, you can say no".

You don't have to kiss or hug anyone if you don't want. Not even Grandma. How about a high five instead.

"It's not okay for someone to touch their private parts with any part of your body, including your mouth".

"No one should ask you to keep a secret. If they do, you should tell me".

"Your whole body is a private part when you want it to be. You get to decide who touches you".

"No one should touch you where a bathing suit covers".



Information provided by Darkness to Light
learn more at d2l.org