

# STEPS TO SAFETY

## Helping Your Child Learn the Difference Between Safe and Unsafe



### Safe Touches and Safe Secrets

#### Make You Feel:

- Loved
- Encouraged
- Happy
- Safe



### Unsafe Touches and Unsafe Secrets Make You Feel:

- Icky
- Confused
- Scared
- Threatened

## How to Talk with Your Child About Safety

### Step 1

Make sure your child knows the difference between a **Safe Touch** and an **Unsafe Touch**. A Safe Touch can be a welcoming hug or an encouraging pat on the back. An Unsafe Touch is a touch that is confusing or that hurts.

### Step 2

Make sure your child knows the difference between a **Safe Secret** and an **Unsafe Secret**. A Safe Secret is one that will eventually be told, and when it is, it will make everyone smile, like a surprise party or a secret handshake with your best friend. An Unsafe Secret is one that is confusing and makes your child feel icky, threatened, or scared and your child is told not to tell. Unsafe Secrets should ALWAYS be told to a trusted adult.

### Step 3

Share the Private Parts sheet with your child. Explain to your child that the private parts of your body are covered by your bathing suit. Your mouth is also a private part. No one should see or look at the private parts of your body except in two instances: if you're hurt and need help, or if you're at the doctor. Remind your child that any touch that makes them feel unsafe, icky, or confused and that involves the private parts of their body is an Unsafe Touch. An Unsafe Touch that your child is told not to tell anyone about is an Unsafe Secret.

### Step 4

Make sure your child understands that an Unsafe Touch or an Unsafe Secret should **always** be shared with a trusted adult and that your child needs to keep telling until they get the two H's: **heard** and **helped**! Remember, who decides if a touch is Safe or Unsafe? You do, because your body is special and it belongs to **you**!



For information on the *Safer, Smarter Kids* curriculum, visit [www.SaferSmarterKids.org](http://www.SaferSmarterKids.org). For additional resources, visit [LaurensKids.org](http://LaurensKids.org). To report abuse, call the ChildHelp National Child Abuse Hotline at 1-800-422-4453, and you will be referred to your local abuse reporting agency.