



PREVENT ABUSE • PROMOTE RESPECT • STRENGTHEN LIVES

CALL.

800-639-3130



Speak directly to an advocate on our crisis & support line 24/7

CHAT.

CSCNH.ORG



Chat privately with an advocate on a secure website M-F 9-4

TEXT.

603-506-6553



Text confidentially with an advocate M-F 9-4

We Are Here For You. You Are Not Alone.

Services in Sullivan County

24 Hour Crisis and Support Line
Educational Programs
Emergency Shelter
Court Advocacy
Peer Counseling
Support Groups
Economic Independence Program

About 1 in 4 girls & 1 in 6 boys in the U.S. experience child sexual abuse (CDC). We can help protect kids by teaching them body safety!



Scan the QR Code to go right to our website for more helpful prevention information!

Some content adapted from
"When to Begin Consent and Body Safety Conversations"
By Jayneen Sanders - E2E Publishing

Body Safety for Everyone!



Consent Conversations for Families

Helpful tips on when (and how) to begin conversations about consent with your kids.

CONSENT & BODY SAFETY

It's never too early to have these conversations!



Young children are naturally curious about their bodies and the bodies of other people.

We can teach children about body boundaries, body safety and consent. All children are different, and you know your family best.

This booklet gives you some ideas for how to start the conversations about touch and body boundaries with your children.



BIRTH - AGE 3



- Use anatomically correct (medical or “doctor’s”) terms for private parts. This gives children the language to ask questions or get help with these parts of their body. Only using nicknames can convey shame or embarrassment and can make children less likely to ask for help if they need it.
- Communicate what you are doing to their body and why (ex: “I’m changing you into a clean diaper/pull-up so you can be clean and healthy”). **Clean, healthy, and safe** provide a clear guideline for body boundaries.
- Pay attention to your child’s facial expressions and body language (ex: if they look uncomfortable with a tickling game, stop). Let them know their words matter and when they say “Stop!”, people should listen.
- Allow your child to have choice and agency over their body whenever (safely) possible. For example: they can wear their red shoes vs. their sneakers: they cannot choose whether or not to be buckled into their car seat (safety).



**YOU CAN HELP KEEP
KIDS SAFE!**

AGES 3 - 6 (AND UP)



- Talk about personal space and body boundaries. Let your child know they are the boss of their body, and that no one should get in their body boundary (personal space bubble) without permission. Respect your child’s “No” when safe and practical.
- Allow “No” to be acceptable for hugs/kisses. Give them choices on how they greet or say good-bye to others. This reinforces healthy boundaries, touch and consent.
- Make sure medical professionals talk to your child about what they are doing to their body and model asking for consent before entering your child’s personal space (body boundary).
- Reinforce to your child that they can say “No” to games involving touch and let other adults/older children know that when your child says “Stop!”, they need to stop immediately. Let them know they can always come to you for help.
- We all love photos and fun events! Reinforce to your child that they don’t need to sit on the lap of Santa or the Easter Bunny if they are not comfortable. As children age, respect their wishes regarding posting pictures to social media.
- Teach your children (and reinforce often):
 - How to recognize feelings, especially: safe/unsafe, uncomfortable, mixed-up, confused
 - Body warning signals (stomach in knots, sweaty palms)
 - Trusted adults/their safe people (who are they, what makes an adult “trustworthy”?)
 - Private parts are private, and they can ask for privacy. As children get older, they want more privacy. When we respect that, we are reinforcing healthy boundaries for future relationships.
- Discuss internet safety, family safety rules and digital boundaries.

BODY SAFETY IS FOR EVERYONE!