This is Max.
He Loves to play on the playground.
At the park Max sees his friend Sam. They love to play together. Sometimes Sam gives Max a hug. He thinks it's fun to get hugs from her.
One day at the park, Max's neighbor Mr. Smith came up to give him a hug but Max did not want a hug.
What is wrong Max? You look sad.
Mr. Smith gave me a hug, but I did not want a hug.
I am glad you told me Max. Sometimes hugs are nice, but sometimes we do not want them. Mr. Smith was not respecting your body space.
We all have our own body space, even mommy. If someone gets in our body space and we do not want them there, we should tell them we do not like that.
Boy
Body
Parts

- Head
- Eye
- Nose
- Mouth
- Neck
- Arm
- Belly Button
- Right Hand
- Leg
- Toe
- Knee
- Left Foot
- Shoulder
- Elbow
- Hip
- Privates
- Arm
Girl Body Parts

- Head
- Hair
- Nose
- L-Eye
- R-Eye
- Mouth
- Neck
- Breasts
- Belly Button
- Elbow
- Girl Private Area
- Right Leg
- Hand
- Left Knee
- Left Foot
- Toes
- Shoulder
- Arm
- Boy Private Area
Your body is your body. It has all kinds of body parts even private body parts. See the boy and girl in the picture. They are covering their private body parts with swimsuits.
There are two types of touch: safe touch and unsafe touch.

Safe touch is good for us and our bodies. It makes us feel happy. Like when you give me hugs Max. I love hugs from you.

Unsafe touch is a touch you do not want or a touch on any body parts our swimsuit covers. Unsafe touch can make us feel sad or mad.
No grown up should ever touch your private body parts except to take care of you and keep you healthy.
You can tell an adult you trust if you feel someone is touching you in the wrong way.
You can tell an adult you trust if you feel someone is touching you in the wrong way.
Max here are some rules to help you keep your body safe:

Say no!

Get away!

Always tell someone you trust!
Even if someone tells you to keep it a secret, you should tell a trusted grown-up. They will tell you if the touch was a safe touch or not.

Never feel bad for telling if something feels wrong.
But who should I tell?
Tell any adult you can trust.
You can tell:

Mommy and Daddy

Neighbor or Friend

Police Officer

Teacher
These adults will help you and if they do not, keep telling until someone does.

You did nothing wrong. You're in charge of your body.
No bigger person, even mommy and daddy, should touch you in a way that makes you feel bad.
No bigger person, even mommy and daddy, should touch you in a way that makes you feel bad.
No bigger person, even mommy and daddy, should touch you in a way that makes you feel bad.
No bigger person, even mommy and daddy, should touch you in a way that makes you feel bad.
So, Max what are you going to do next time Mr. Smith or anyone tries to give you a hug or unsafe touch you do not want?
I will say no I do not like that. Then I will leave and find someone I trust, like you mom.
That's great Max! Now you can feel safe wherever you are because you are in control of your body.
Sing to the tune of Mary had a Little Lamb.

My Body is My Body

My body is my body
    my body
    my body
my body is my body
I have control.
If someone wants to hug me
    to touch me
    to hug me
If someone wants to touch me
I can say no no.
If someone will not listen
    not listen
    not listen
If someone does not listen
to someone I trust I go.
Guide for Parents and Teachers to help increase Learning
The purpose of this guide is to give helpful suggestions for interacting with your child/children while reading *My Body is My Body*. This book was intended to help talk with children about sexual abuse in a comfortable way. It is designed to allow parents/teachers to use words and information they are comfortable with to talk about abuse. This book works well with lessons on safety and controlling body.

Parents are encouraged to be active participants in helping children learn effective skills in safe touch. Parents can, and should, determine what terminology they want to use for teaching their child. They should feel comfortable in what they tell their child however, anatomically correct names are recommended and should be stated in a clear and natural way. If used for school, teachers should encourage parents to be involved as much as they are comfortable.

Young children have a hard time using their feelings to make decisions however clear specific rules and guidelines are easy to follow and understand. This book gives specific actions the child can remember are bad when somebody touches them and what to do when they happen. Because programs that model, rehearse, and reinforce active learning have been found to create higher memory retention in children, this book, with the guide, is designed to meet these areas in several ways. *My Body is My Body* is designed to be repeated and practiced and the guide suggests several ideas for parents to continue practicing and modeling behaviors with children for effective learning.

This guide is a suggestion on how to use the story and information in the book, not all or any of the suggestions need to be done at once. This book can be repeated and changed to suit the parent's and the child's needs.

Thank you and I hope you enjoy this book and find it helpful in talking to children about their safety and help them find a little control.
Page 1 and 2 can help the child relate to the story. Do they like to play on the playground? Do they have friends?

Do you hug your friends or family? How does that make you feel?

Talk about some safe/good touch

- Like hugs, pats on back, high fives, etc.

This page shows that strangers and even friendly adults the child knows may get in their body space or give them an unsafe touch. Without frightening the Child, they should be reminded that these adults could be anyone may try to give them presents or tell them its ok.
Good communication with your child/children is one of the most important strategies for prevention of any type of abuse.

- Encourage children to share their feelings and concerns.

Tips for communication:

- Talk with child everyday encouraging expression of emotions and explanations for their feelings.
- Emphasize child's control of their own body.
- Explain that anyone could try to touch them but that most adults love and care for them and would respect that their body is their own.

Teachers: You could pair this book with a body space lesson. It is important for children to understand that everyone has their own body space. The children should know they need to respect their friends body space as well has have their own body space respected.

Parents: You can encourage body space and explain what it is? Body space is an easy way to suggest that the child has the right to decide who touches them in anyway. Parents can use body space conversation to discriminate what is and is not ok?
Teacher/Parents: This is a concept that can be encouraged every day. Introduce the idea of using clear words and encourage them to say how they feel in many situations. Such as when child is crying encourage them to say what is wrong and be supportive instead of trying to guess what is wrong and just stop them from crying.

In other situations or in class, work with the child to practice saying no and I do not like that.

Explain concepts of safe touch taking care of child:
- Changing diapers of babies
- Helping wipe child's butt while potty training
- Doctor's during check-ups with parents in room
Safe touch can be emphasized by doing actions such as asking child if they want a hug before hugging them or giving them choices of a hug, kiss, or hand shake. Be clear and model these actions as well. Let child know they have control of touch actions on their body even with mommy, daddy, and teacher.

Allow questions from child/children. Try to ensure that the child understands unsafe touch. Be clear and honest with answers.

Unsafe touch: hitting, kicking, and pushing, or touching any private body parts.

Unwanted touch: type of unsafe touch, it includes any touch the child does not want at that time or by that person, such as Mr. Smith in the story.
Body parts:

Parents are encouraged to use anatomically correct names for body parts such as penis, vagina, and breasts.

Use of appropriate names helps child to not feel ashamed or confused if adults try to touch private areas.

These pages can also be used to reinforce child’s knowledge of all body parts.

Teachers should respect parent’s wishes on whether the child learns correct names for parts. If parents have not given permission, use the pages current vocabulary, which omits anatomical names but refrains from nicknames.

Parents: allow and encourage any questions a child might have about their body.

Teachers/parents: make sure they understand where the private areas are and aren’t.

Ex. Is your elbow a private body part?
Use actions for this page.

(Hold hand out) Say No
(Walk in place) get away
(Hold hands to mouth like shouting) tell someone
This can be accompanied with song at end of book.

Parents/teachers should try to not encourage or model secrets.

Child should know parents and adults should never ask the child to keep a secret. Inform child that telling is never wrong even if someone says they will punish or hurt them.
Ask child/children who they think Max should tell?

Parents/teacher: Have children suggest people to tell.

Parents can tell child a specific person they trust to be an emergency contact for them, a person who the child should go to if they have an emergency and can’t contact parents.

Teachers should encourage open communication with them if the child has any concerns.
This page is important to inform child what a bigger person means. Child should know this means anyone older than them including teenagers, babysitters, parents, other adults, and even senior citizens.

Children sometimes assume grown-ups or adults are people similar to their parent's ages.

Before reading the page, ask children “what Max is going to do?” Test their memory of what has been discussed. Who should they tell? What is safe touch, what isn't?
Congratulate child on now knowing what to do and being able to control their bodies and what happens to them.

Resources for parents:

http://www.nationalparentsline.org/
- This website has parenting resources of any kind,
  - Ideas for troubled children
  - Income sources for low income families
  - Tips for handling stress
  - Temporary child care for parents who need time away
  http://www.promisingpractices.net/resources_childabuse.asp
  - This website has practices for parents and teachers to help teach children about abuse as well as how to look for it.
  http://www.parentsforresponsible.org/links/prevention_childsexualabuse.html
  - This website has all sorts of tools for prevention as well as how to report and what to look.
  https://www.childwelfare.gov/preventing/

Resources for abused or to report abuse:

http://www.saddhorizon.org
Call for help (Illinois para ayuda) 1.800.621.HOPE (4678)
http://www.preventchildabuseon.org/communityresources.html
Child Abuse/Neglect Hotline
1-888-332-1237 (DCFS)