



## Remember these **5 Safety Rules** to help keep your body safe, respect your boundaries, and watch out for strange behavior.

1

### **Private parts are private**

No one should see or touch your private parts—or ask you to see or touch theirs. If a parent or a doctor needs to see your private parts to make sure you are clean and healthy, that's okay—but they should ask permission and explain what they are doing.

2

### **No funny names, no touching games**

We don't use nicknames for our private parts; instead, we call them by the correct names. We don't play games that involve looking at, touching, or taking pictures of private parts.

3

### **It's okay to say "NO!"**

You're the boss of your body. You don't have to hug, kiss, sit on laps, or be touched in any way that you don't like.

4

### **Some secrets aren't safe**

No one should ever tell you to keep a secret that makes you feel sad, scared, or uncomfortable. If they do, tell a trusted adult.

5

### **Watch out for Tricky T's (treats, toys, and time alone)**

If someone singles you out, gives you treats or toys, or wants to take you on special trips or spend time alone with you—it might not be safe. If you're not sure, talk to a trusted adult.

## Be on the kout!

If someone ever breaks the safety rules or makes you feel uncomfortable, try to say "NO" and tell a trusted adult right away! If the person you tell doesn't help, find another trusted adult and keep telling until you feel safe.



Join the fight against  
child abuse today.

[penncac.org](http://penncac.org)

# Be aware & be there for **your child.**



*You keep your child safe by teaching them basic rules: don't touch a hot stove or run with scissors, and always buckle your seatbelt. But are you teaching them basic rules about bodies, boundaries, and behaviors? As a parent or caregiver, YOU are the first line of defense in preventing child abuse. Here's what to say and do to help keep your child safe.*

## Talk about bodies, boundaries, & behaviors

Use the 5 Safety Rules on the other side of this poster to start a conversation with your child.

## Make it a habit to ask your child how they are feeling

After family gatherings, parties or sleepovers, camps, or time with babysitters—ask your child if everyone followed the safety rules and if anything made them feel scared, unsafe, or uncomfortable.

## Listen to your child—in the little things & the big things

Let your child know their voice matters and you won't get angry at them if they ever have something important to tell you.

## Banish blame and shame from your conversations

Children should feel supported in talking about body safety. If something happens that makes your child uncomfortable, don't react in a way that makes them feel embarrassed or at fault.

## Know what grooming is and be on the alert

Instead of "stranger danger," be on the lookout for strange behavior that could indicate someone is grooming your child—or you—to gain trust and access.



Have questions or want to know more about how you can prevent child abuse? Contact a Children's Advocacy Center.

Scan the code or visit [penncac.org](http://penncac.org) to find a CAC!

### If a child discloses abuse to you...

- Stay calm
- Immediately say: "Thank you for telling me. I believe you. It's not your fault."
- Avoid asking too many questions and don't probe for details
- Seek help right away and make a report using the hotline below
- Remember—the single biggest factor that contributes to a child's healing after abuse is having a supportive parent or caregiver



ChildLine is available 24/7 to take calls about suspected child abuse in Pennsylvania. Don't wait, don't hesitate.

1-800-932-0313