

# DID YOU KNOW?

1 in 4 girls and 1 in 6 boys are **sexually abused** before age 18



## Body Safety Rules Every Kid Should Know by Age 5

**Private parts are covered by a bathing suit.** We don't look, touch, or play games with private parts.

**We use the proper names for private parts.** They are not funny or weird, everyone has them.

**No one should be asking me to keep a secret.** Especially if it makes me feel bad or sad.

**I am the boss of my own body!** I don't have to hug, kiss or be touched if I don't want to. If someone breaks my privacy, I will tell someone until I get help.

**I know 5 people I can talk to if I'm sad, scared, and especially if I need to talk about body safety.** If someone breaks a body safety rule, I need to tell until someone helps me. Even if I was too scared to tell at first—it's never too late, and I won't be in trouble.



## PARENTS! Learn the Signs

### Physical

- Bruises and cuts
- Torn or stained clothes
- Trouble moving freely

### Behavior

- Acting withdrawn
- Self-injury
- Sudden mood swings

### Emotional

- Fear of being alone
- Fear of going to bed

## How to Respond

### Always

- Listen closely and carefully
- Respond with support in language they understand
- Tell them you believe them, and it is not their fault

### Remember

- Be alert
- Believe what you are told

### Avoid

- Leading or suggestive questioning
- Taking action on your own; instead seek help

## Need help?

Contact the Children's Advocacy Center at Day One at 401.421.4100 or [info@dayoneri.org](mailto:info@dayoneri.org).  
Learn more at [www.dayoneri.org/body-safety](http://www.dayoneri.org/body-safety)

  
Day One  
Children's Advocacy Center