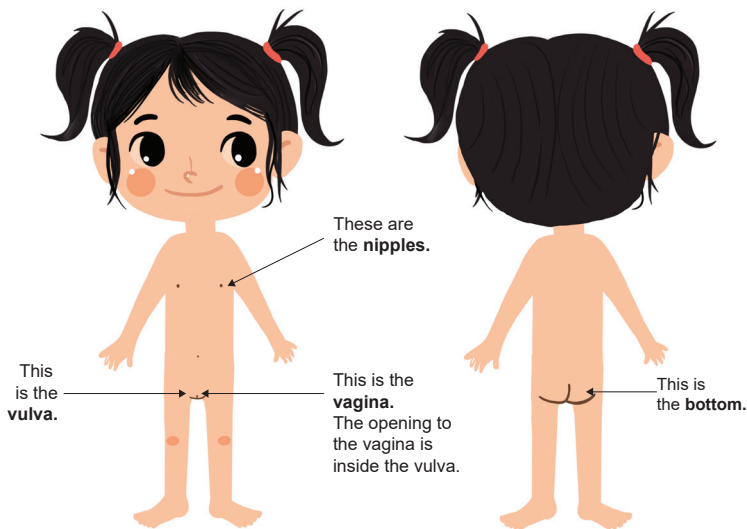


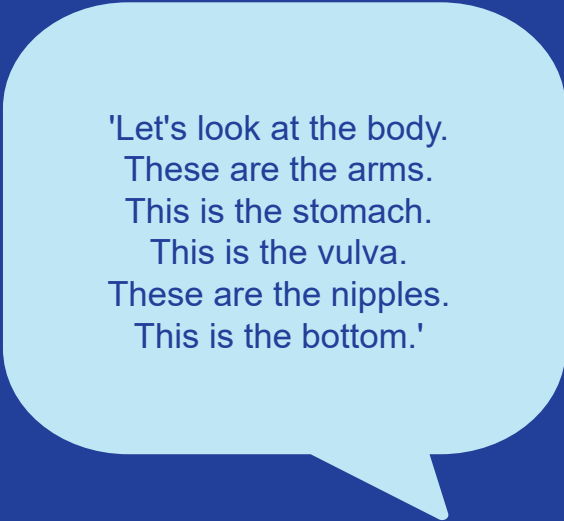
Body Parts



**My body
belongs to me.**

Body Parts

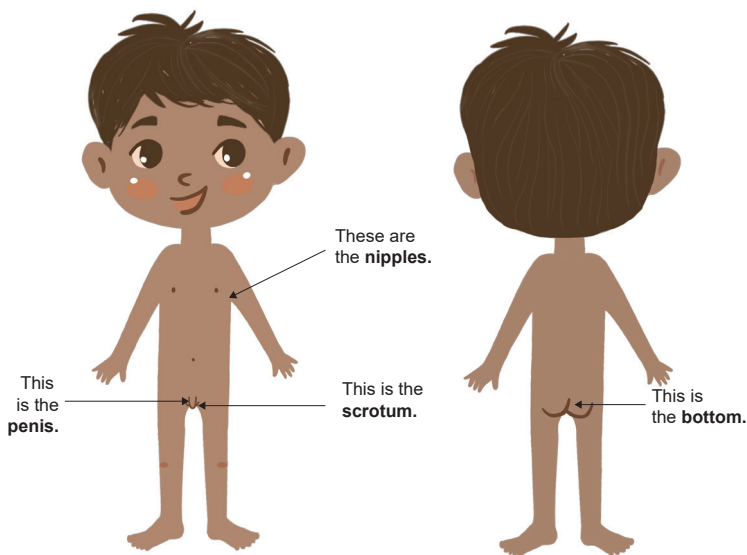
Help your child learn the words a doctor might use to talk about bodies. Go slowly and let your child point, repeat or skip if needed.



'Let's look at the body.
These are the arms.
This is the stomach.
This is the vulva.
These are the nipples.
This is the bottom.'

If your child does not want to join in, you can still point and say the words to build their familiarity and confidence.

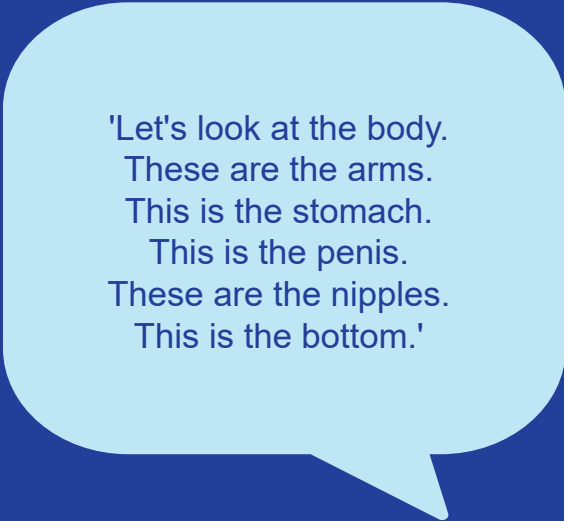
Body Parts



**My body
belongs to me.**

Body Parts

Help your child learn the doctor names for body parts. Go slowly and let your child point, repeat or skip if needed.



'Let's look at the body.
These are the arms.
This is the stomach.
This is the penis.
These are the nipples.
This is the bottom.'

If your child does not want to join in, you can still point and say the words to build their familiarity and confidence.

My Safe Feelings



**What does safe feel
like in my body?**

My Safe Feelings

Help your child notice what safe feelings feel like in their body. Focus on feelings in different parts of the body.

Sometimes our body sends us signals to tell us we are safe. For me, safe feelings feel warm, happy and calm.

I feel my safe feelings in my heart, my stomach, my arms, my legs and my brain.

How does your body feel when you are safe?

If your child does not answer, you can show them by pointing to your own body.

My Unsafe Feelings



What does unsafe feel
like in my body?

My Unsafe Feelings

Help your child notice body signals that something does not feel right. Focus on feelings in different parts of the body.

'Sometimes our body sends us signals to tell us we aren't safe. For me, my body shakes and feels wobbly. I feel my unsafe feelings in my heart, my stomach, my arms, my legs and my brain. How does your body feel when you aren't safe?'

If your child does not answer, you can show them by pointing to your own body.

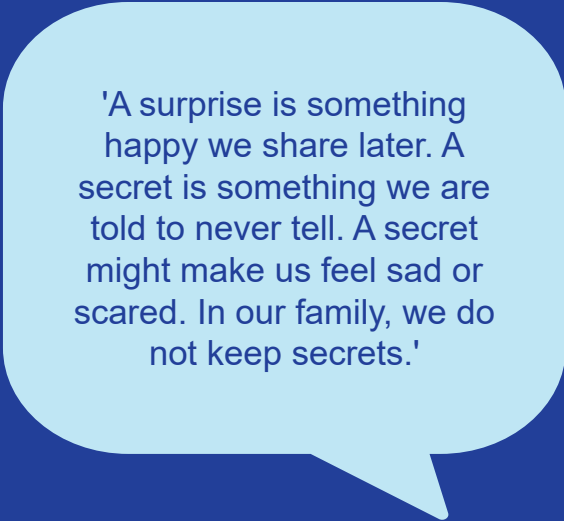
Secrets and Surprises



**I don't keep secrets. I will
tell my safe grown ups.**

Secrets and Surprises

Teach your child the difference between safe surprises and unsafe secrets. Repeat often and keep it simple.



'A surprise is something happy we share later. A secret is something we are told to never tell. A secret might make us feel sad or scared. In our family, we do not keep secrets.'

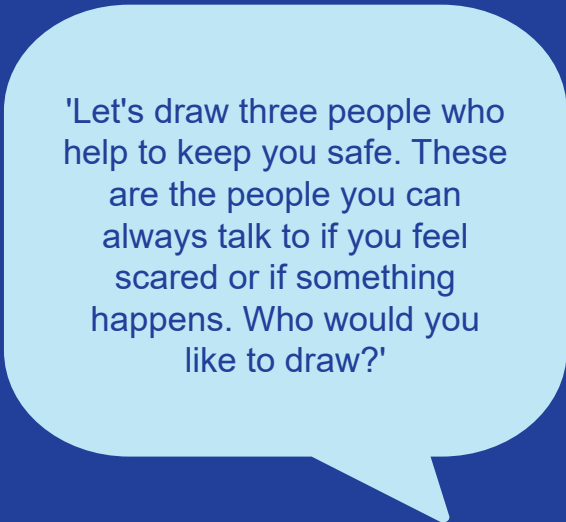
My Safe Adults



I can always ask for help.

My Safe Adults

Help your child name at least three safe adults. These are people they can always go to for help.



'Let's draw three people who help to keep you safe. These are the people you can always talk to if you feel scared or if something happens. Who would you like to draw?'

If your child is unsure, give examples. 'If you fell over at childcare, who would you ask for help?' 'What about at home?' 'What about if you felt scared?'

How to use these cards

Keeping children safe from harm is always an adult's responsibility.

This includes letting them know about their right to be safe, giving them language to explain what is happening to them and helping them know who they can talk to if they need help.

These cards give adults easy prompts to discuss safe and unsafe feelings, name private body parts and share who they would go to if they were ever worried or scared.

Remember, you don't have to have this conversation all at once!

Body Safety Activity Cards

A JOINT INITIATIVE OF



GENWEST ACKNOWLEDGES THE SUPPORT
OF THE VICTORIAN GOVERNMENT

