

Touching Rules:

1. My body belongs to me – I do not have to share my body.
2. No one is allowed to make me touch their body.
3. No one is allowed to touch my private parts, except to keep me clean and healthy.

Parents:

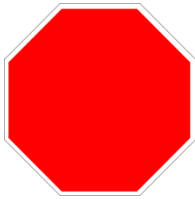
Being able to have open communication on this topic is important. Please review these rules and discuss scenarios with your child. Brainstorm ways that body privacy and respect is demonstrated in your home – i.e. closing the bathroom door.

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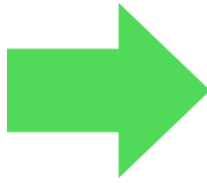
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NO GO TELL SAFETY PLAN:



NO!



GO!



TELL!

NO – means that no matter whom it is, if someone is asking you to do something that makes you feel uncomfortable, weird or sad, or hurts you, you have the right to say **NO!**

GO - means leave the situation if you can do so safely. If a situation gives you that sick or icky feeling in your stomach, trust your feelings.

TELL - means, as soon as you can, tell a trusted adult. If that adult doesn't listen, go to another trusted adult and keep telling until someone listens and believes you. And remember, it is *not your fault*.

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TRUSTED ADULT WORKSHEET



Parents:

The purpose of this worksheet is for your child to identify **five trusted adults** in their life. If your child experiences a situation that makes them feel uncomfortable, these are the people your child feels they can for help. This is a great opportunity to talk with them about Saying “No” when uncomfortable with someone’s request, touch or behaviors, and going to tell a trusted adult. A good project would be to add the **phone numbers** of these people and allow the child to keep this document. Please review and update this trusted adult worksheet periodically as the identified people may change.