

Dear Family,

As you know, your child is learning skills and rules that will help keep him or her safe from dangerous or abusive situations. Children are more likely to follow safety rules when they have multiple opportunities to practice and talk about safety with their family. I'd like to encourage you to help your child learn and practice the following safety rules:

- **The Touching Rule:** A person should never touch your private body parts except to keep you healthy. Learning the Touching Rule will help your child recognize sexually abusive touch so he or she can say no and tell a grown-up about it. Teaching your child the correct names for his or her private body parts can be uncomfortable or awkward at first. Start by using the correct words for private body parts along with words for other body parts such as *tummy* and *ears*. You can also explain that the parts of the body covered by a swimsuit are private body parts.
- **Unsafe touches:** Children learn that these are touches that are not good for your body and either hurt your body or your feelings (for example, hitting, pushing, pinching, kicking and touching the private parts of your body). This can apply to both children and adults. Children will learn that it's never okay to try and solve problems with unsafe touches. They will learn what to do if they see an adult give an unsafe touch.
- **Safe and Unsafe Substances:** Children will learn that some things we put in their bodies can be good, like healthy food, water, and medicine when we are sick. They will also learn that some things people put in their bodies can be bad, like too much medicine or medicine that is not yours, food from someone you don't know, non-food items like dirt and glue, household cleaners, detergent pods, tobacco, alcohol and drugs.

Make sure to go online to join **SecondStep.org** with the Activation Key **CPUE FAMI LYGE** for more helpful tips about teaching your child touching-safety rules.

Sincerely,

Go online today

SecondStep.org Activation Key

CPUE FAMI LYGE