



Deirdre's House
The Center for Morris County's Child Victims

BODY SAFETY TOOLKIT

Our Community Sticks Together for Our Kids



8 Court Street, Morristown, NJ 07960
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www.deirdreshouse.org



Dear Caregiver,

Helping children understand body safety is an important step in supporting their confidence, independence, and wellbeing. While it can sometimes feel challenging to know where to start, even small, simple conversations can make a big difference. Starting these discussions early helps children feel safe, respected, and empowered.

At Deirdre's House, we work with families every day and know that talking about body safety is most effective when it is ongoing, gentle, honest, and tailored to your child's age, personality, and comfort level. Each conversation is an opportunity to strengthen trust and provide guidance your child can carry throughout life.

As part of our campaign, **"Our Community Sticks Together for Our Kids,"** we are sharing family-friendly resources designed to help you begin these important conversations. These resources:

- Are age-appropriate and easy to use
- Support social-emotional learning and child development
- Give families a positive, empowering way to talk about boundaries, safe vs. unsafe touch, and trusted adults

Deirdre's House is the Child Advocacy Center for Morris County and has been supporting children and families for 30 years. We provide trauma-informed services, child forensic interviews, specialized medical exams, and trauma-focused mental health care for children and their families. All services are free, offered in English and Spanish, and we also provide guidance to schools, caregivers, and community organizations on child protection and internet safety.

We hope these resources help you feel confident in starting and continuing conversations about safety with your child. Every discussion, no matter how small, helps children feel safe, understood, and empowered. For more tips, visit our website and social media channels. Thank you for helping children grow up feeling safe and confident.

With appreciation,

Mirella Diaz, MA
Associate Director

Deirdre's House Child Advocacy Center
Celebrating 30 Years of Hope, Healing, & Justice

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For more information on Deirdre's House visit www.deirdreshouse.org



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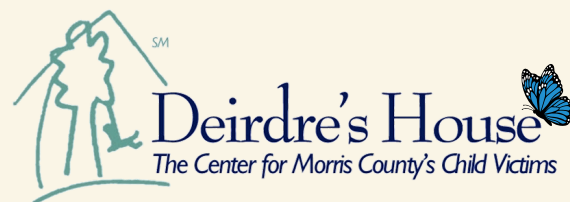
DEIRDRESHOUSE



Parent Guide

Start the Conversation

Body Safety



Why teach body safety early?

Prevention is more effective than reaction

Many children who experience abuse know the person involved. Evidence shows that children who are taught correct body part names, personal boundaries, how to say no, and how to tell a trusted adult are more likely to disclose inappropriate behavior sooner. Early, age-appropriate prevention education increases children's protective skills and confidence without increasing fear or anxiety.

When to start?

Start early and keep the conversation going as your child grows. Even toddlers (ages 2-3) can learn correct body part names (no nicknames), understand privacy, and practice saying "no." Body safety isn't a one-time talk, it's a lifelong skill built through ongoing conversations.

What about questions I'm not ready for?

Remember: calm, simple, and honest.

Stay calm, answer honestly but simply, and give yourself a second. You do not need to give more information than they are asking for. It's okay to say, "That's a good question. Let me think about how to explain it," and answer later.

What are some tips for talking about body safety?



Know your goal & key points

Before the talk, plan what age-appropriate concepts are important to cover, such as body parts, private areas, safe vs. unsafe touch, etc. Be clear on your goal and what you want your child to understand when they leave the conversation.



Set clear family rules

Set simple, consistent rules about what touches are okay and not okay, privacy, and family safety words. Help your child identify trusted adults. This builds confidence and a sense of safety.



How to approach consent and boundaries

Teach children that they have the right to say "no" to unwanted touch and that their personal boundaries matter. Don't want to be tickled? That's okay! Don't want to hug a relative? That's okay too! Model respecting other people's boundaries in everyday life.

What concepts should I add to our conversations?

- | | | |
|----------------------------------|-----------------------------|---|
| ✓ Correct body part names | ✓ Speaking up/ Saying no | ✓ Internet & Online Safety |
| ✓ Private areas | ✓ Secrets vs. Surprises | ✓ Peer Pressure |
| ✓ Trusted adults/ Safety Network | ✓ Consent & Boundaries | ✓ Recognizing red flags in adults & peers |
| ✓ Grooming | ✓ Unsafe touches/situations | ✓ Trust your instincts |

How can I create a safe environment for sharing?

Listen without big reactions and thank your child for sharing, even small things. Avoid shame or punishment. When children see that parents can handle difficult emotions and feel supported, they are more likely to speak up about big concerns.

How often should we talk about body safety?

Body safety is an ongoing conversation. Check in regularly and adjust discussions as your child grows. Simple moments, like bath time with little ones, or quiet chats with older kids, create natural opportunities to talk. Consistent guidance helps children feel empowered.

Officer Judy Hopp's Body Safety Briefing



This worksheet is designed to help you, the caregiver, start simple, positive conversations about body safety. Read it together. Keep the tone calm and open. Remind your child often.

In the city of Zootopia, everyone has an important job.

Just like we help keep their city safe, YOU are the officer of your own body!



The Law of the Jungle: My Body, My Rules

Your body belongs to YOU. You can say YES or NO to touch.

You can ask for help. You deserve to feel safe.

say "NO" to any touch that makes you uncomfortable like hugs and kisses.

Private parts are body areas covered by swimsuits and your mouth. We should always use correct terms when discussing them.



Case File: Private Parts & Boundaries

- Your private parts are yours
- No one should look at or touch them without your permission.
- No one should look at or touch private parts unless it's to keep you clean or healthy (like a safe adult helping or a doctor with a caregiver present).



Cracking the Case: Secrets vs. Surprises

- Surprises are fun, but keeping sad or scary secrets isn't okay.
- If someone asks you to keep a secret, especially about private parts, tell a trusted adult immediately.
- You do not keep secrets about touches.
- Surprises are fun and get told later.
- Secrets about touching are NOT okay.

**NO, GO,
TELL!**

**If someone breaks your
safety rules remember:**

- **NO:** Say no loudly
- **GO:** Find someone safe
- **TELL:** Tell someone you trust



Clawhauser's Comfort Circle

Think of 3-5 safe adults you can tell if something feels wrong. These are trusted adults who can help you keep your body safe. If a body safety rule is broken, it's never your fault, and it's never too late to tell someone.

Chief Bogo's Brave Voice

Chief Bogo uses his voice when it matters and so can you! Practice saying:

"NO!"

"STOP!"

"I don't like that."

"I'm telling my grown-up."

Practice whisper voice vs. brave voice.
Which one keeps you safer?

The "Tell-Twice Rule"

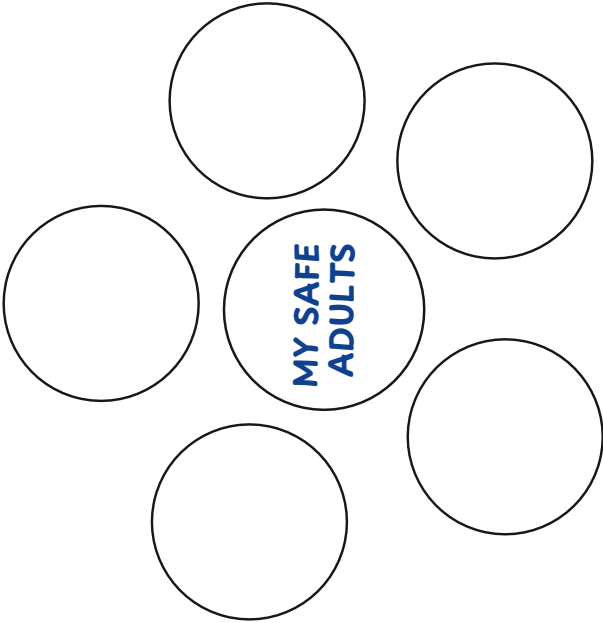
If someone doesn't listen the
first time...

TELL AGAIN.

Keep telling until someone helps.
You will NOT get in trouble for telling.

MY COMFORT CIRCLE

Write the names of 3-5 adults you trust that you can tell if something happens that makes you feel unsafe.



SECRET V.S. SURPRISES

Circle the right answer for each scenario.

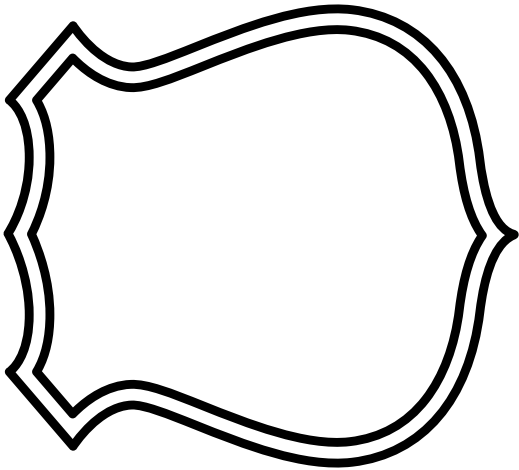
Someone hides a birthday present for you.	Secret / Surprise
A classmate is planning a fun game for the class.	Secret / Surprise
Someone tells you to keep a secret about something that makes you scared.	Secret / Surprise
An adult tells you to not tell anyone something that made you feel sad and uncomfortable.	Secret / Surprise
A teacher gives you a sticker for doing a great job.	Secret / Surprise

My Personal Safety Guide

OFFICER OF MY BODY

My Safety Power: _____

Draw your badge below:



FAMILY PROMISE

We promise to listen, believe, and help each other stay safe.

Child: _____

Caregiver: _____

SAFETY CHECK

Circle if this is a **SAFE** or **UNSAFE**.

Grandma asks for a hug and you want one.
SAFE / UNSAFE

Someone says, "Don't tell anyone about this touch."
SAFE / UNSAFE

A doctor checks your body with your caregiver in the room.
SAFE / UNSAFE

A big kid says you must show private parts to play.
SAFE / UNSAFE

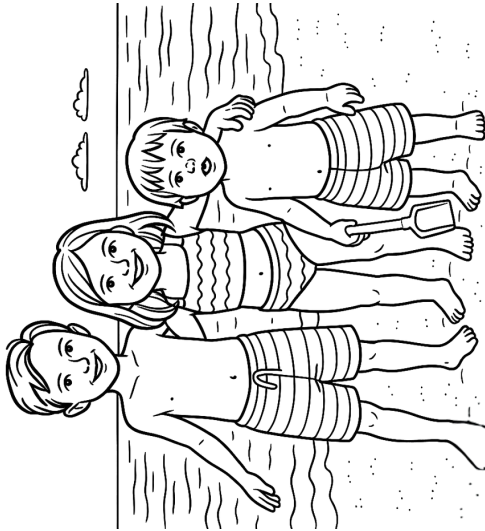
Someone tickling you when you say "stop".
SAFE / UNSAFE

A high-five from a friend.
SAFE / UNSAFE

Parents: Discuss each situation and talk about the answers together.

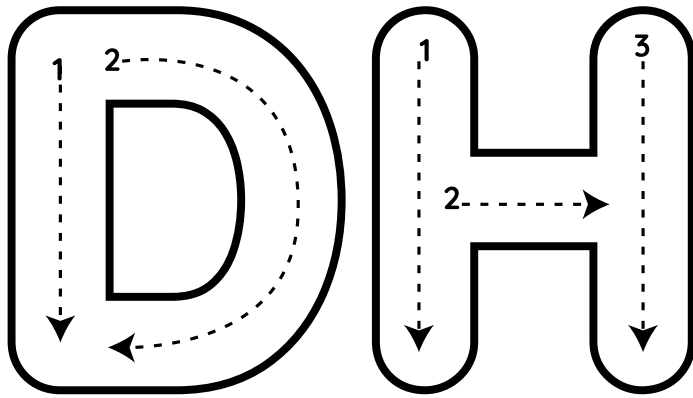
PRIVATE

Color in the areas of the body that are private.



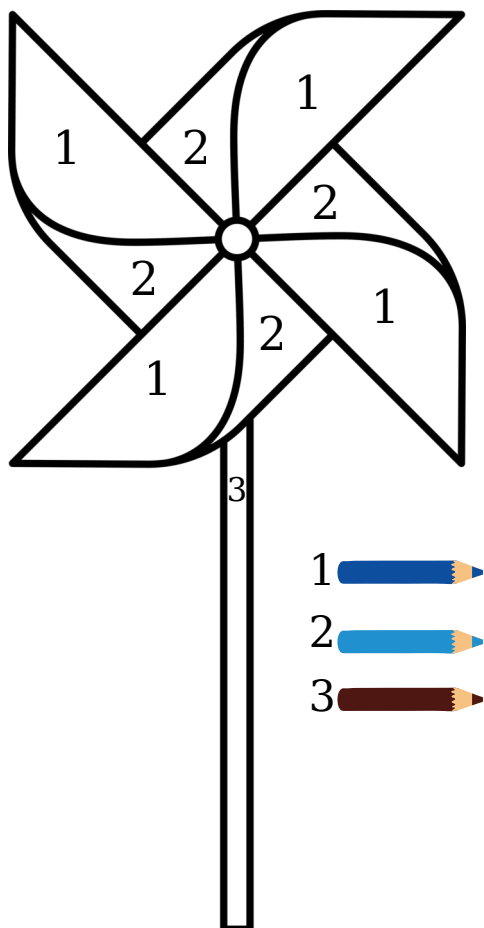
Building Hope Together!

1. Trace the letters and the sentence following the dots.



Hope, Healing
And Justice 

2. Color the pinwheel using the number guide:



3. Count the butterflies and write the correct number in the sentence:

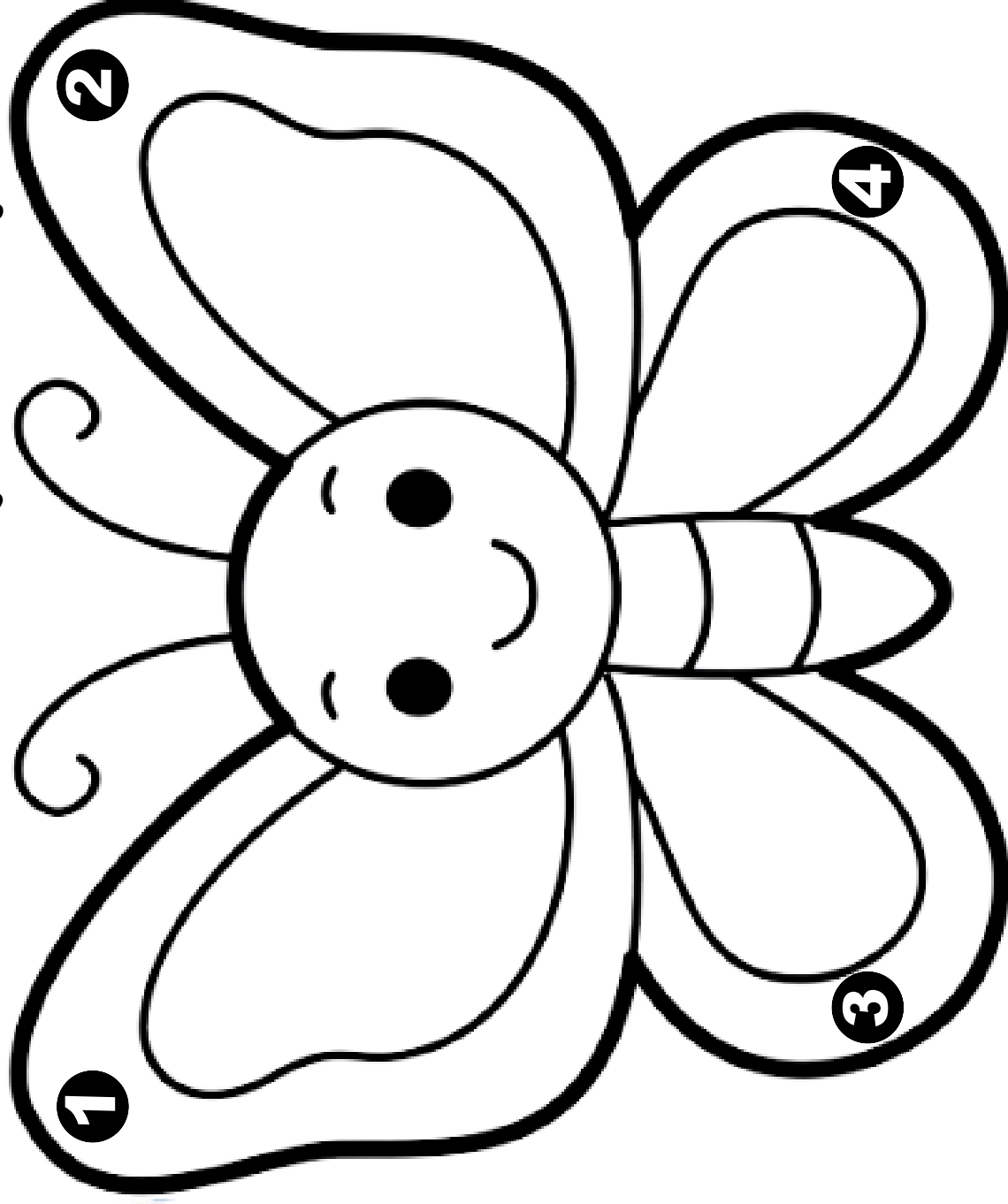


I see ___ butterflies.

My Safety Network

Who are the grown-ups you trust? Think of 4 adults who make you feel safe and are always there to listen. One should be a person outside of your family.

Write one name in each wing of the butterfly.



“I trust these adults to listen, believe, and help me.”

My Safety Network



Who are the grown-ups you trust? Think of 5 adults who make you feel safe and are always there to listen.

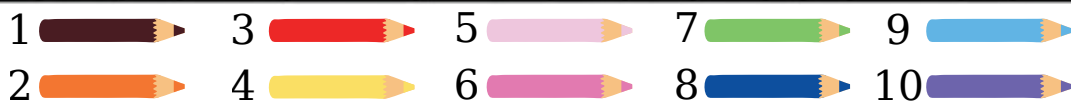
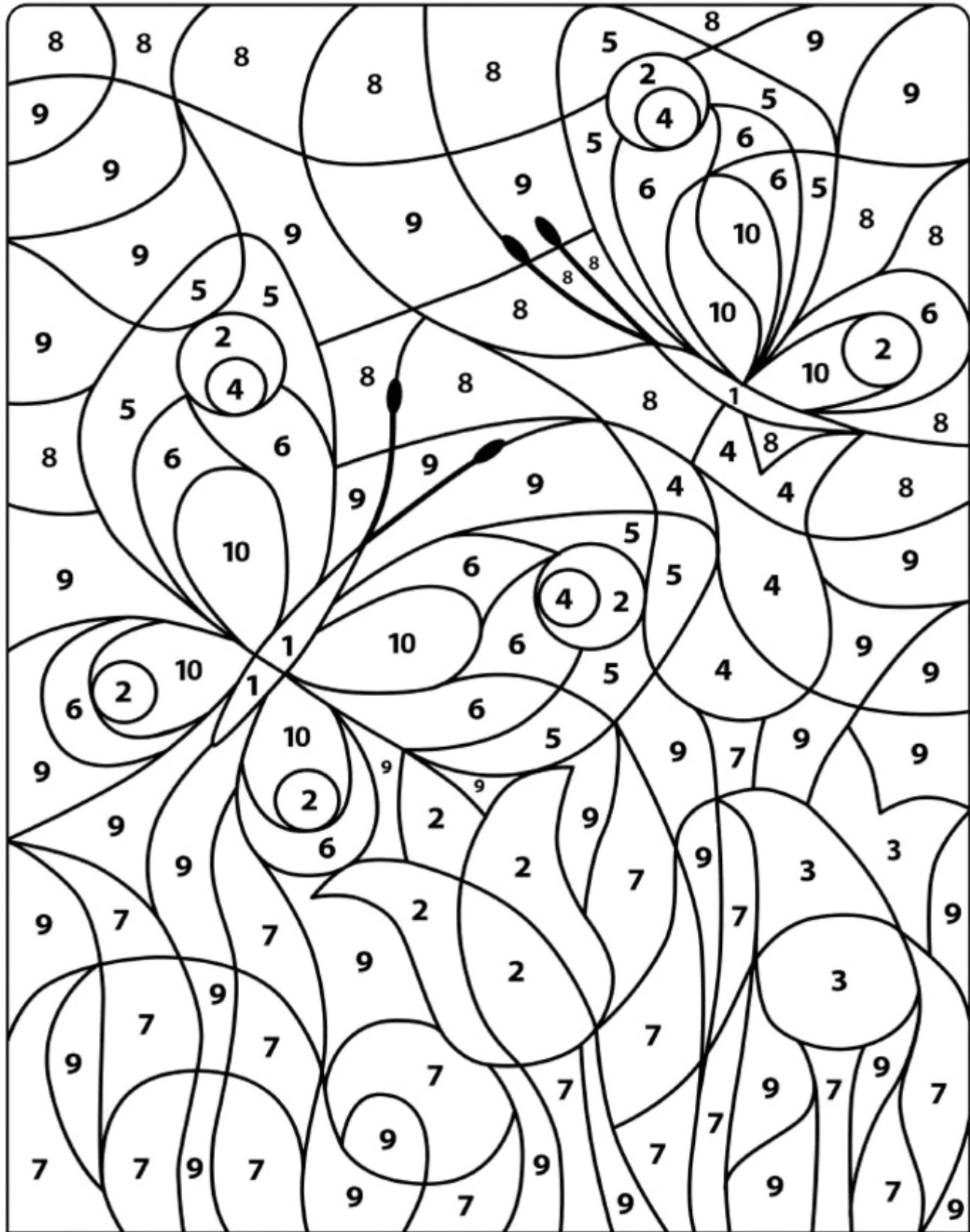
One should be a person outside of your family.

Write one name in each finger of the hand.



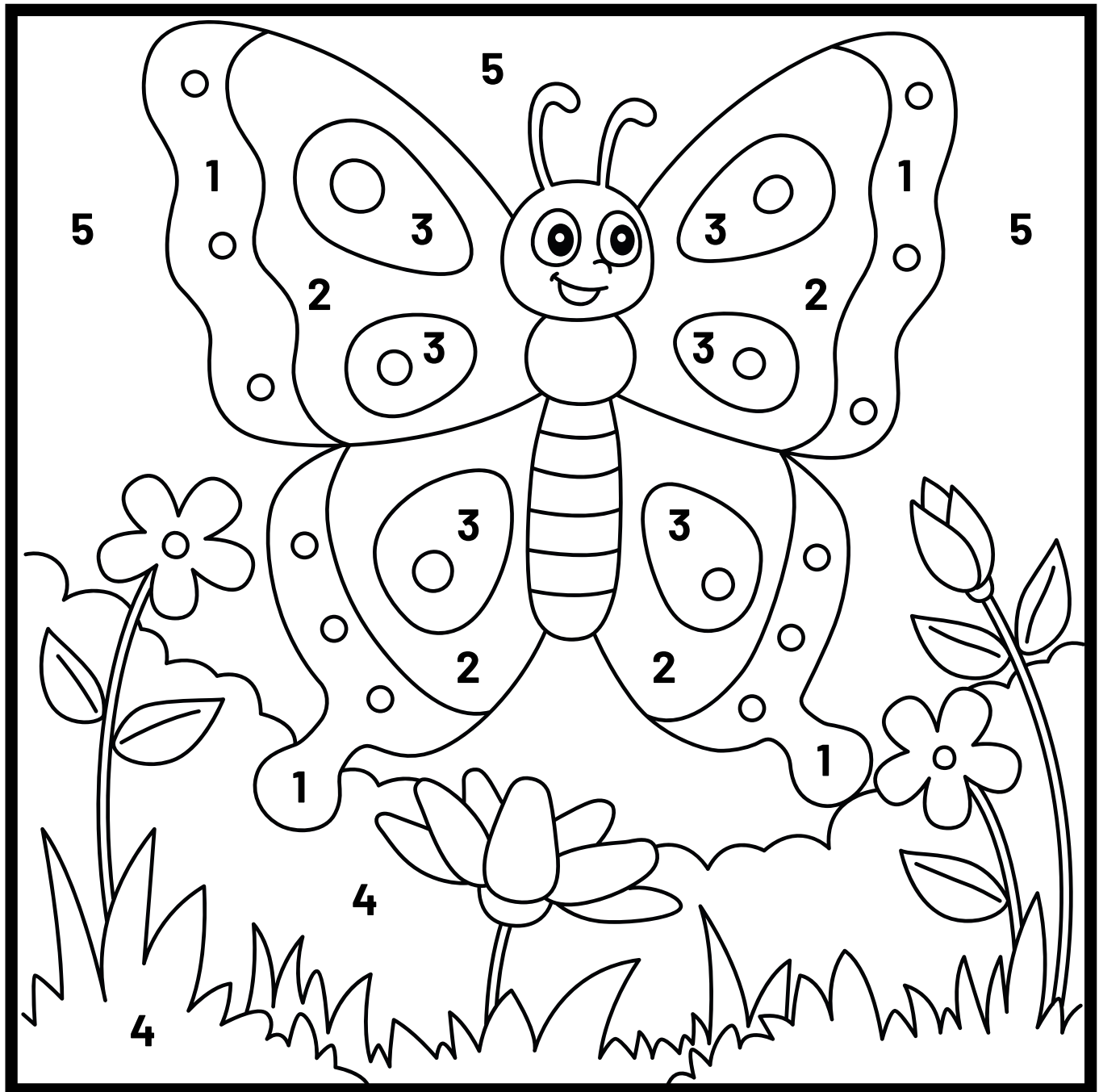
Color by Number

Use the key at the bottom of the page to color the picture.



Color by Number

Use the key at the bottom of the page to color the picture.



1 

2 

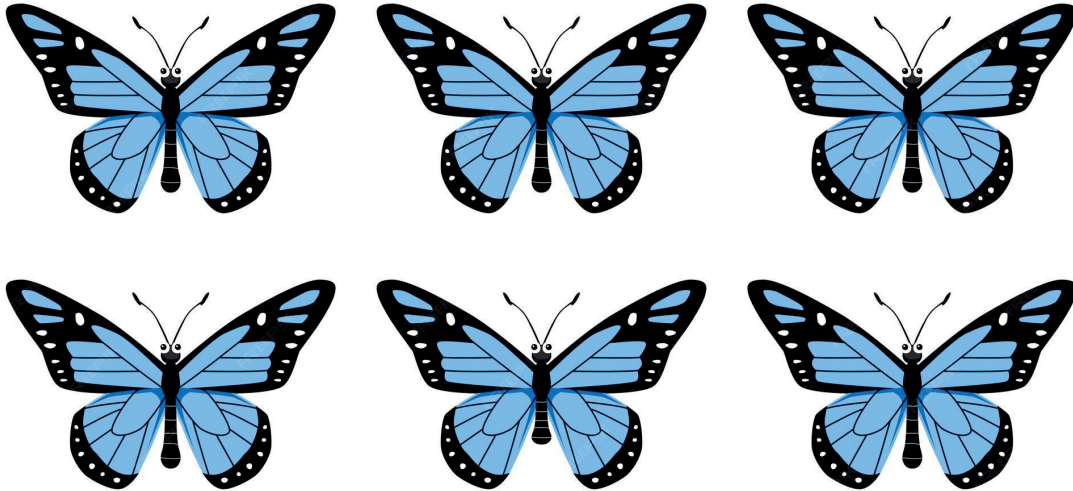
3 

4 

5 

Flying Toward a Safe Place!

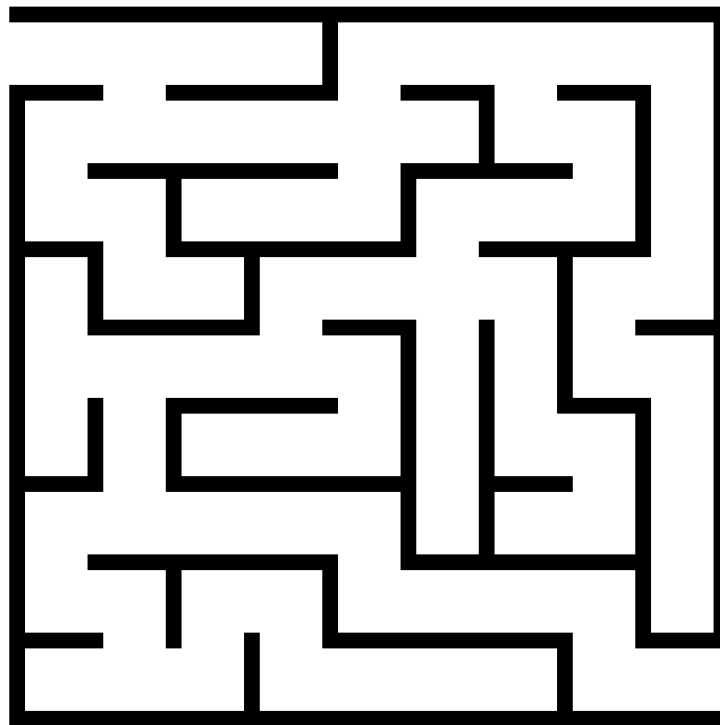
1. Find the butterfly that is different.



2. Help the child go to the safe place.



If I don't like
something

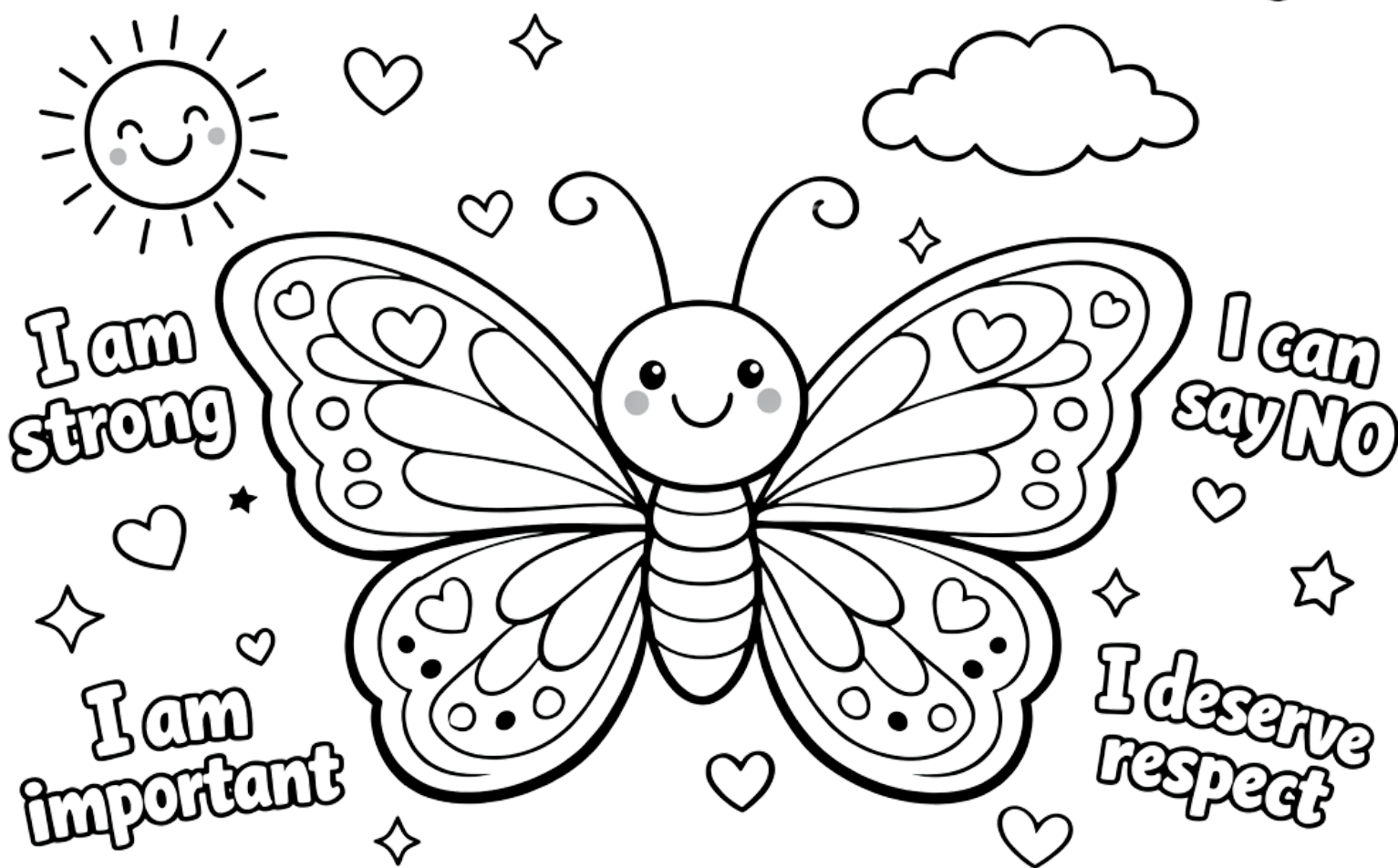


I go to my safe place

3. Who is your safe person?

My safe person is

My Body Is Mine



**I take care of my body
and I keep it safe.**

Teens and Tech

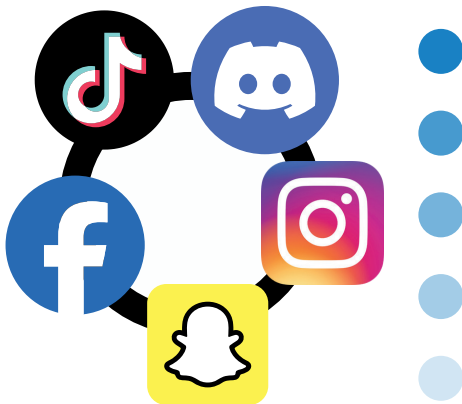
Keeping Teens Safe Online This Child Abuse Prevention Month

Know the Facts

- 1 in 3 teens has been contacted online by someone who made them uncomfortable.
- Messages that “disappear”, in apps like Snapchat, can still be saved or screenshot.
- Online predators often pretend to be teens on social media or gaming apps.
- Sharing personal details online can lead to stalking, scams, or identity theft.



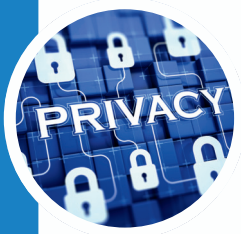
App Awareness



- Many apps use GPS to share location, encouraging nearby connections that can put children's physical safety at risk.
- Some apps clearly promote dating, while others present themselves as “friendship” apps but are often used for dating.
- Some apps connect users randomly, exposing children to unknown people and increasing the risk of unsafe interactions.
- Some users of these apps attempt to groom youth by requesting photos, private chats, secrecy, or moving conversations to other apps.

INTERNET SAFETY TIPS

Protecting teens online starts with smart digital habits. When teens understand online risks and how to navigate social media safely, they're better equipped to make confident, informed choices.



Keep personal info private. Don't share your address, school, or daily routine.



Think before you post. Screenshots last forever, even if messages disappear.



Only accept friend requests from people you actually know.



Turn off location sharing on social and gaming apps whenever possible.



Do not send private photos to anyone, even people you trust.



Block and report anyone who makes you uncomfortable.



Talk to a trusted adult if something online feels confusing, or wrong.



Look into TikTok and Instagram Teen Accounts and the Snapchat Family Center for a social media experience with more protective features.

Click Smart. Post Wise. Stay Safe.

FAMILY ONLINE SAFETY AGREEMENT

This agreement is designed to keep our family safe while using the internet. Let's make sure we are on the same page and agree to stay safe online. It's important for both kids and adults to agree on online safety rules that will work best for our family.

I, _____ and _____ promise to follow the guidelines below:
Print child's name here *Print parent/guardian's name here*

Protect Personal Information

We will not share our valuable and personal information, photos, or images with anyone that we do not know in the real world. We will also use parental controls or privacy settings, as appropriate, for each of our accounts.

I promise not to share:

Ask for Permission

We will talk before downloading new apps. We will also talk about how to safely use new apps, like not leaving an app to chat privately with someone or meeting someone in person.

Some safe ways to use apps are:

Be Kind and Respectful

We promise to always be kind and respectful to others online, just as we would in person. We will not use hurtful language, be mean to anyone, or post anything online that could embarrass others.

Examples of appropriate behaviors are:

Examples of inappropriate behaviors are:

Talk About What We See

We will share with each other what we are doing online. If we come across anything online that makes us uncomfortable, we promise to talk about it openly and honestly with each other. We will not keep secrets about things that bother us online.

My favorite apps are:

My favorite friends online are:

Balance Screen Time

We will make sure to find a balance between screen time and other activities we enjoy, like playing outside, reading books, or spending time together as a family.

Some of my favorite activities offline are:

I will limit my screentime by:

Trust Each Other

We promise that we will listen to each other free of judgment and blame. We will be open to hearing what is being said so that we can come to each other if something happens online and not be afraid to do so.

Some ways we can build an environment of trust when discussing online safety:

By agreeing to this Family Online Safety Agreement, **we are committing to make our online experiences safe, positive, and enjoyable for everyone.** Let's have fun exploring the digital world together while staying safe and secure!

Child's signature

Date

Parent/Guardian's signature

Date

CERTIFICATE

AWARDED TO



For bravely learning about body safety,
understanding your right to feel safe, and identifying the
trusted adults who are part of your safety network.

MIRELLA DIAZ
Associate Director

DATE