



The Center for Morris County's Child Victims

# Deirdre's House

## 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



### 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?



### 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.

### 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.