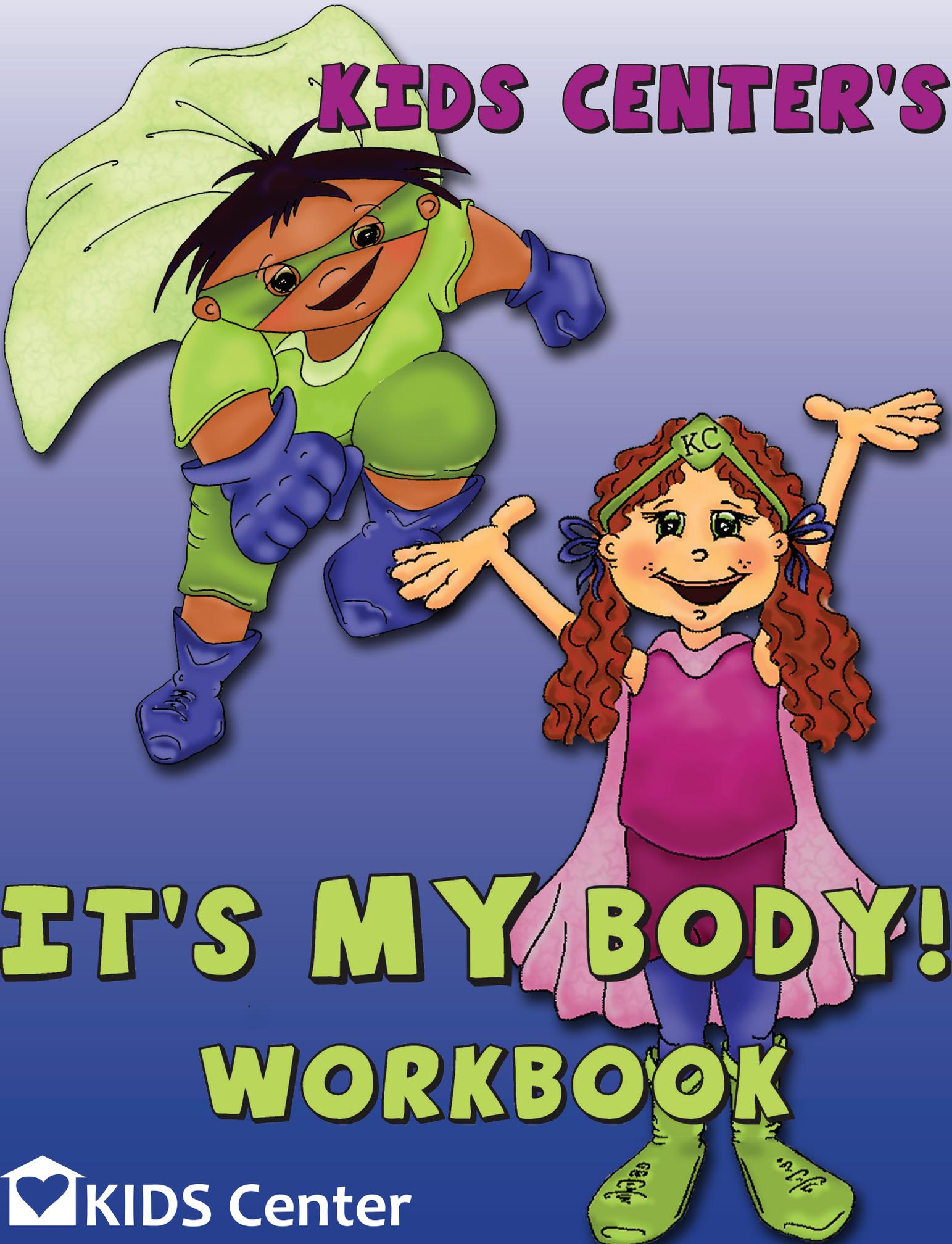


**KIDS CENTER'S**



**IT'S MY BODY!  
WORKBOOK**

# Hey grown ups! this page is for you!

The following workbook was designed for children ages 4-7 years. This workbook is to help adults begin talking with children about their bodies and what to do if someone touches them in an unsafe way. It is meant to be interactive and fun for children, while helping them learn valuable skills. Here are the top three things we'd like for adults to know:

## When it comes to touching, respect a child's right to say no.

Children need to be able to set boundaries around who touches their bodies and who does not. Help children understand the difference between safe and unsafe touching. **Reassure children that it's not their fault if someone touches them in a way that is unsafe.** Help them to identify safe adults in their lives that they can tell if someone touches them in an unsafe way. Praise children for setting appropriate boundaries about their bodies and safety.

## Provide opportunities for children to use role-playing.

Children need regular opportunities to practice the skills that they will learn in this workbook. Think of scenarios that the children in your life encounter on a regular basis. Use role-playing to help children practice their skills around saying no and telling an adult if someone touches them in an unsafe way.



## Teach children anatomically correct names for their body parts.

Research has shown that when children are taught the anatomically correct names for their body parts, it enhances the pride they feel about their bodies. The body worksheets in this book have been designed to help children identify what words are used in their families to talk about body parts. We recommend that adults use this opportunity to educate children about the anatomical names for the different parts of their bodies. If a child in your life ever has to disclose that someone has abused them, having accurate language about their bodies will help the child be able to explain what happened to them in a way that others can understand.

For more information visit: [www.kidscenter.org](http://www.kidscenter.org) or call 541-383-5958.



# Hi KIDS!



Did you know that you have your very own **super power**? All kids have a **super power** and they can use it to help keep their body safe. Your body is very, very special. Sometimes grown ups or other kids might touch your body in a way that doesn't feel safe.

Do you know what the word **'safe'** means? Ask the grown ups reading this if they know what the word **'safe'** means.

Either you or the grown up reading this with you can write your answer here.

---

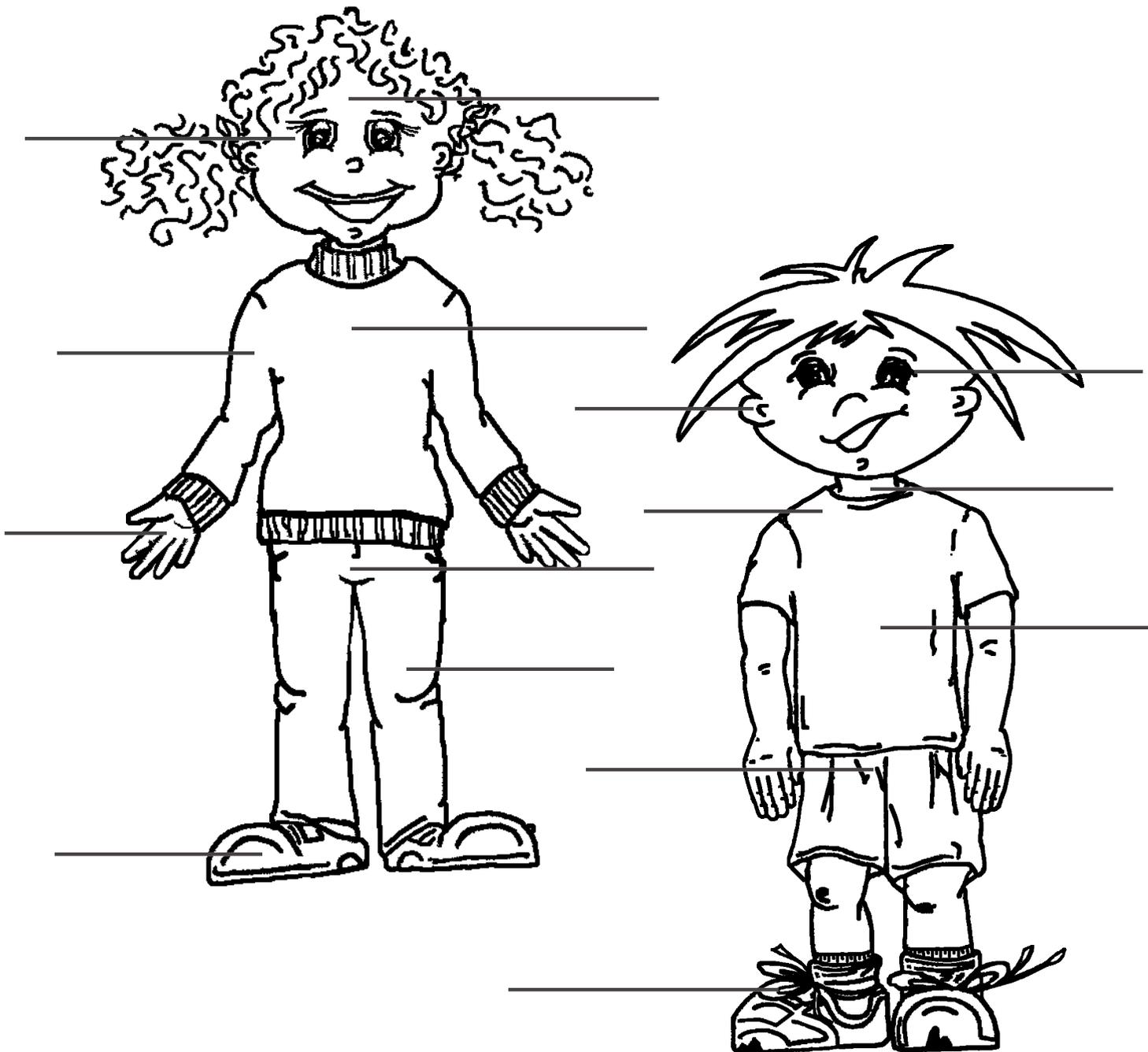
---

---

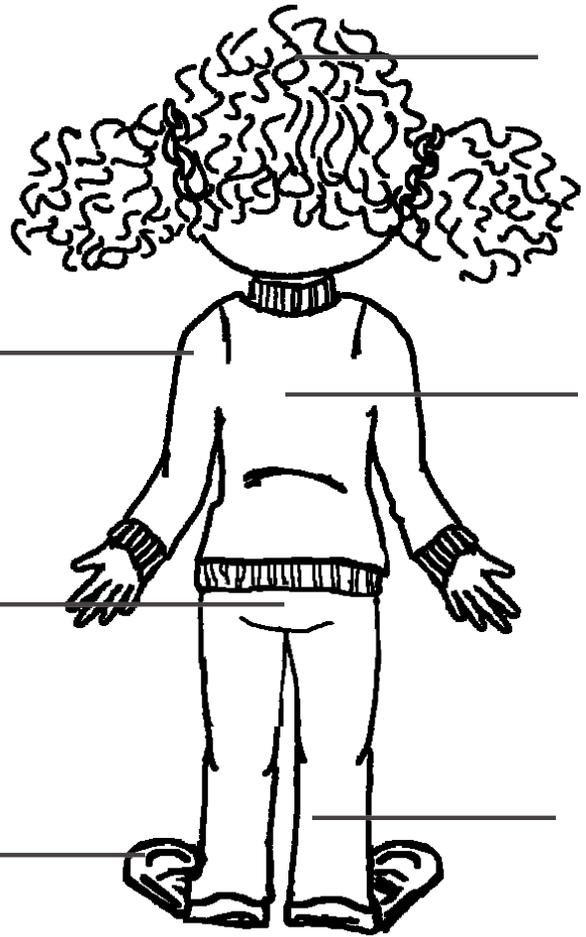
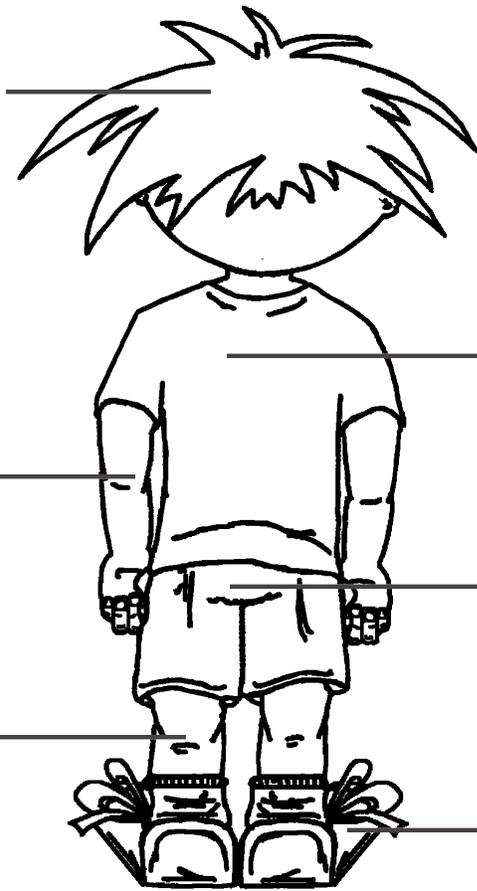


**BEFORE WE PRACTICE USING OUR SUPER POWER,  
WE ARE GOING TO PRACTICE TALKING ABOUT OUR BODIES.**

**CAN YOU NAME ALL THE BODY PARTS?**



**CAN YOU NAME THESE BODY PARTS TOO?**



Now, let's Practice Writing some words too!

Safe No! Superhero

It's my body

I feel safe.



NOW THAT YOU KNOW  
WHAT 'SAFE' MEANS, ARE  
YOU READY TO LEARN  
HOW TO USE YOUR  
SUPER POWER?

## Here are the two steps:

1. Put your hand in front of your body. See the space between your hand and your body? This is your own personal space! If someone is touching you in a way that is unsafe, the first thing to do is move away so that they are not in your personal space. Practice putting your hand out in front of your body three times and move your arms around your personal space.
2. Close your eyes and think about your loudest voice. When you have your loudest voice ready, open your eyes and shout, "No! It's my body!" Is that as loud as you can shout? Practice shouting. "No! It's my body!", until the grown up reading this with you has to cover their ears. This is your very own super power and you can use it whenever you need help to keep yourself safe!



Sometimes, even when you use your own super power someone might still touch you in a way that's unsafe. Its not your fault! This is when we talk to safe grown ups! Do you know any grown ups that would make a good team? Draw two grown ups below that you want to be on your superhero team.



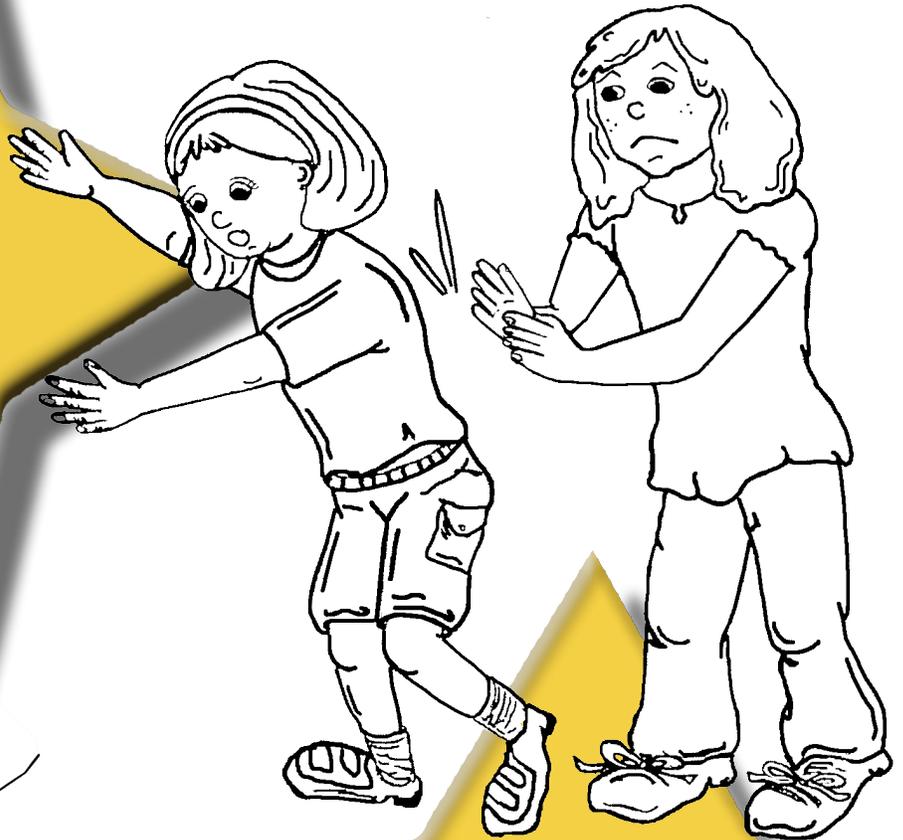
Can you name or write two other grown ups to have on your team?

---

Why did you pick these grown ups to be on your team?  
How do you know these grown ups are safe?  
Remember to keep telling these safe grown ups  
everytime you feel unsafe.

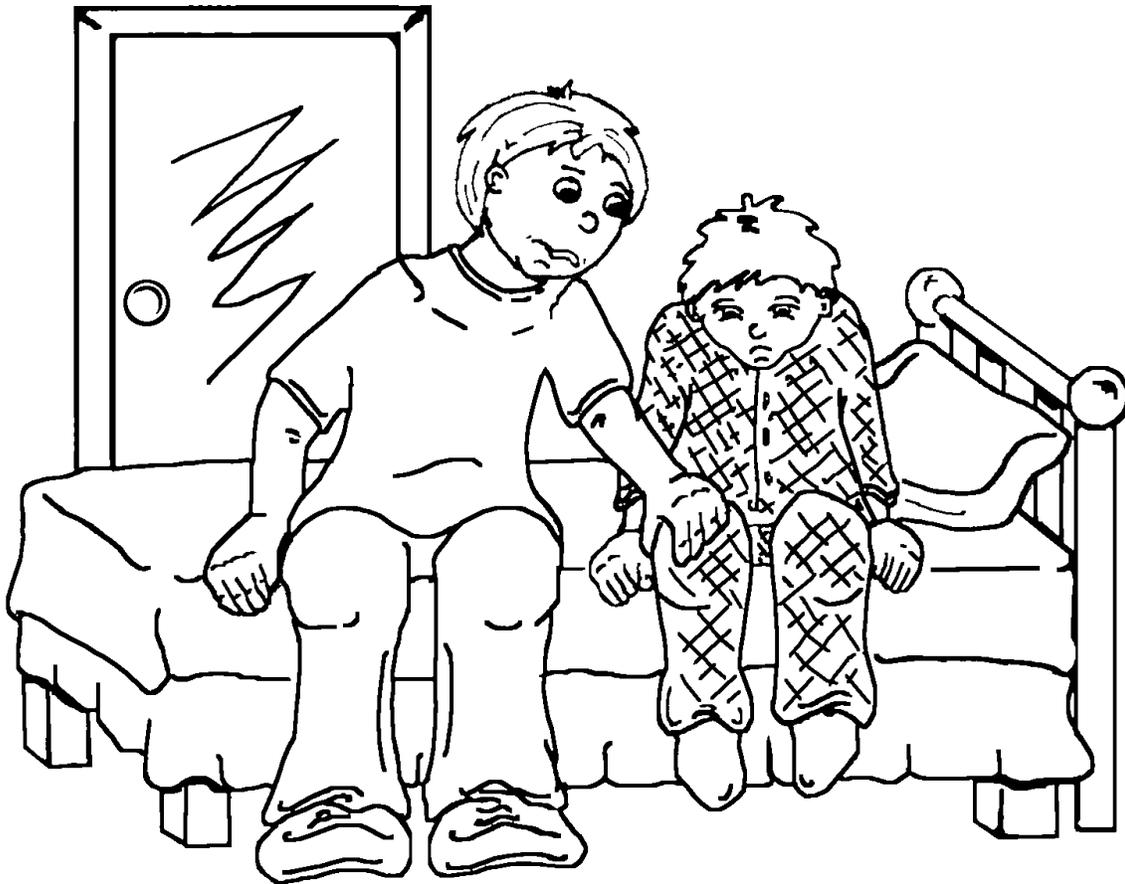
# NOW WE'RE GOING TO PRACTICE USING OUR SUPER POWER!

If you're playing with a friend and they push you what should you do? Show the grown up reading this with you how you would use your super power to let your friend know that pushing is unsafe. Which grown up on your team would you tell if this happened to you?



Mom or Dad's friend keeps touching your bottom and laughing when they're over at your house. Sometimes other people are there and then everyone laughs. You don't think it's funny and it doesn't make you feel safe! What should you do? Which grown up on your team would you tell if this happened to you?

# LET'S PRACTICE USING OUR SUPER POWER ONE MORE TIME!



Let's pretend that you're playing at a friend's house.

Your friend's big brother comes in the room and sits next to you on the bed. He wants you to play a touching game with him and you feel unsafe. What should you do? How will you let him know that you don't feel safe? Which grown ups on your team will you tell?

# GOOD JOB KIDS!



In order to keep your **super power** as strong as it can be, you have to practice using it. You can ask the grown ups on your team to help you practice whenever you feel like your super power needs a workout!

# Hey grown ups!



## Here is an Exercise For You!

It is important that children have the opportunity to practice the skills learned in this workbook. *Over 90% of the time, children are sexually abused by someone they know and trust.* Think of scenarios or situations that the children in your life might encounter. Help them practice their skills on a regular basis and continue to remind them that you are on their team!

### Scenario Locations:

Park, home, school, sports team practice, daycare, pool, friend's house, grandparent's house, summer camp, music lessons, birthday party, car, or any other location where your child might be.

### Scenario People:

Babysitter, grandparents, parents, older siblings, cousins, aunts, uncles, coaches, teachers, family friends, child's friends, siblings of child's friends, or anyone else your child might be around.

Let's Practice with this example!

Say you are at **home** with your **babysitter** and she was **tickling you** in a way that **didn't feel safe**. What would you do?

*\*If you have concerns of abuse, contact your local child protective service office or any law enforcement agency by dialing 911.*



# KIDS Center

a child abuse  
intervention center

**1375 NW Kingston Ave.  
Bend, OR 97701  
(541) 383-5958  
[www.kidscenter.org](http://www.kidscenter.org)**

To order more copies, please contact KIDS Center directly.

© Illustrations and design by Miranda Erickson

© 2012 KIDS Center