



CHILDREN'S ADVOCACY CENTER OF COLLIN COUNTY  
PRESENTS

# MY SAFETY SHEET

## MY RULES FOR SAFETY



I will never go anywhere with anyone without my parent's permission.

I will never go anywhere alone.  
I will always go with a buddy.

I will say no if someone says something, or tries to touch me, in a way that makes me feel uncomfortable; and I will go tell a safe adult what happened.

I will trust when I get an "uh-oh" feeling in my tummy and will talk to a safe adult about how I feel.



## MY BODY IS MINE ALONE

I have my own personal space and my own PERSONAL BOUNDARIES.

NO ONE has the right to touch me on the private parts of my body without my permission.

My private parts are the places on my body that are covered by my swim suit.

I have control over whom I allow inside my personal space.

I have the right to say "NO THANK YOU" if I don't want someone to hug or kiss me.



I am special and I deserve to feel safe!

An adult should never ask me to keep a secret.

An adult I don't know should never ask me for help; like help with directions or finding a lost puppy. That might be a tricky person.



## SAFE ADULTS

A safe adult is someone my family and I know and trust.

MY FIVE SAFE ADULTS ARE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



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# KEEPING CHILDREN SAFE FROM ABUSE

## TALK TO YOUR CHILDREN OFTEN

Teach your children about their bodies, including the correct names for their body parts.

Help them understand personal boundaries. Explain private areas as those covered by a bathing suit that **NO ONE** has the right to look at, or touch without their permission. Use examples.

Talk about touches: good touches, hurtful touches, and uncomfortable or confusing touches.

Ask them if anyone has ever said or done something that has made them feel uncomfortable.

Explain, they have your permission to say "NO" to an unwanted touch. They have the right to refuse a hug or to sit on someone's lap.

Explain the difference between secrets and surprises. Secrets can lead to trouble, and we shouldn't keep secrets from one another.

It's never too early to talk about sensitive subjects. It's better for them to hear it from you than on the playground.

Be a safe place for your child to share information or ask questions about things that may make them feel uncomfortable. Reassure them that they will not get in trouble.

## QUESTIONS TO ASK YOUTH SERVING ORGANIZATIONS

Are all of the activities/programs open to observation by caregivers?

Are your staff/volunteers trained in child abuse prevention and reporting?

Do you check personal *and* professional references?

Do you perform criminal background checks?

What is your policy regarding isolated, one on one interactions?

## HAVE A PLAN

Teach your children what to do if you become separated from each other when away from home.

Identify five adults whom you both trust.

Make sure your children know their full name and your full name.

Children under eight years of age should have direct supervision while using computers, smart phones, or other devices.

Know what games, apps, and learning tools have communication capabilities.

Talk frankly about inappropriate content and how they should respond.

Set time limitations and boundaries for all devices.

**FOR MORE SAFETY TIPS**  
visit [caccollincounty.org/resources](http://caccollincounty.org/resources)

**It's the law to report suspected abuse**  
**1-800-252-5400 or 9-1-1**