

Tips for Helping Kids Be...

- S** *Safety*: discuss body safety issues in context of general safety skill-building

- A** *Assertiveness*: allow appropriate assertiveness, let children’s “no” mean something, pay particular attention to this in regards to body boundaries (tickling, etc)

- F** *Feelings*: help kids identify and express their feelings--this can build communication skills, emotional management skills, and self-awareness about being uncomfortable in a potentially risky situation

- E** *Education*: talk to kids about doctors name for body parts, what private parts are, about “ok “ “not okay” and “confusing” touches, and how to deal with each

- R** *Relationship*: take advantage of opportunities to strengthen your communication (and relationship) with your child—practice active listening, reflect feelings, discipline behaviors (not feelings), and answer questions truthfully, in words that match your child’s age