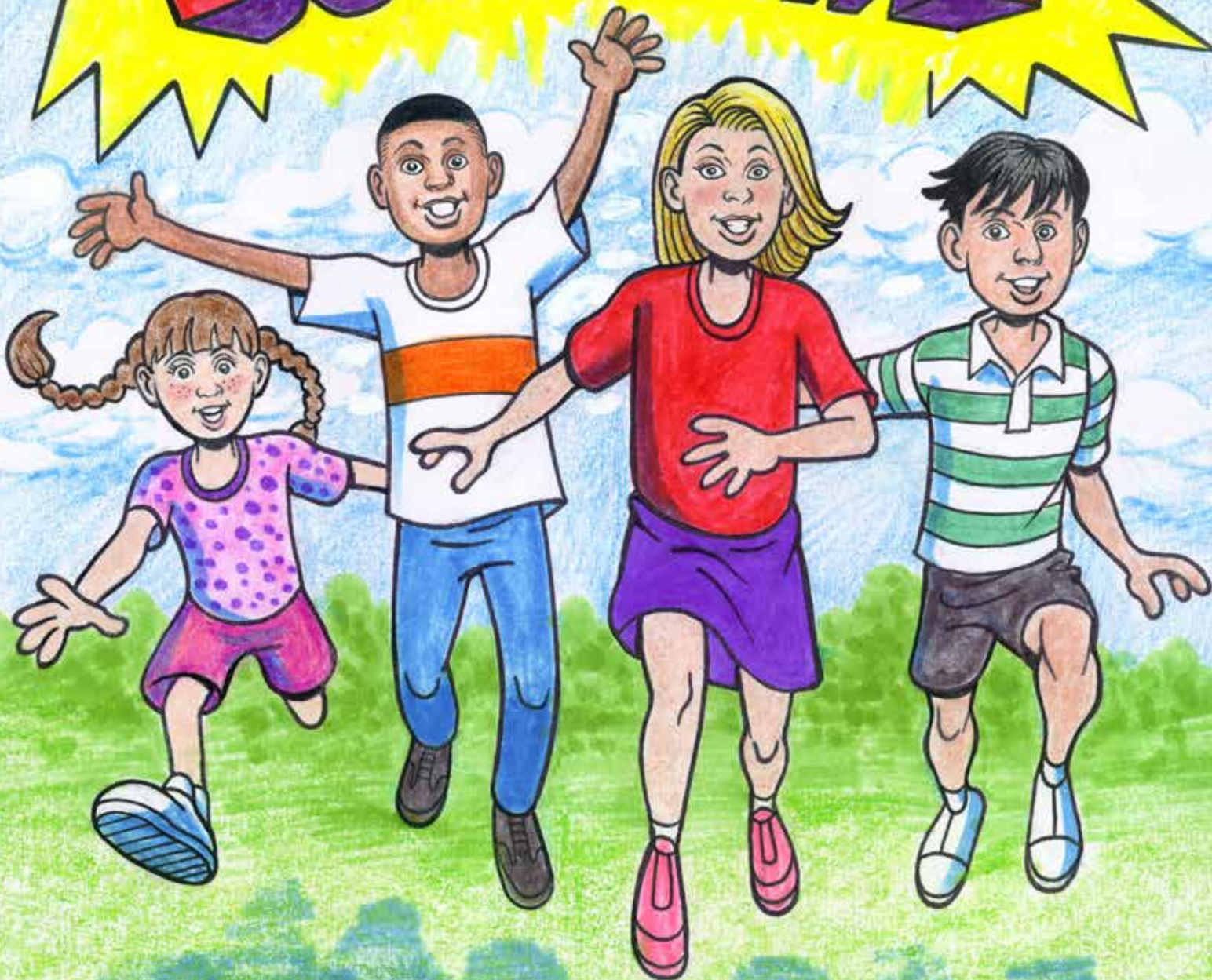


KEEP YOUR BODY SAFE



This learning guide belongs to:



Dear Caring Adult:

Reading this book is an important step in protecting children from sexual abuse. Child sexual abuse is a problem that happens in both boys and girls. Statistics tell us that one in four girls and one in six boys will experience sexual abuse before their 18th birthday. This learning guide helps to teach children how to protect their body and keep it safe from sexual abuse. Many adults find it difficult to talk to children about sexual abuse. We understand that and hope this guide will help you begin this important conversation.

Sincerely,

All of us at Justice4pakids
www.justice4pakids.org

About Justice4pakids

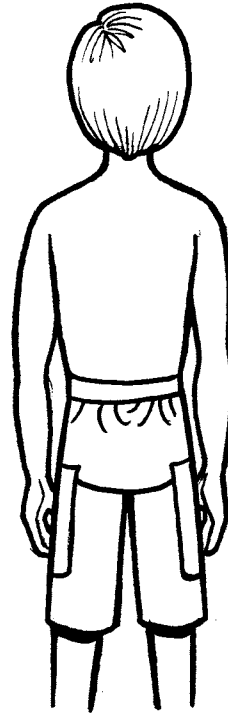
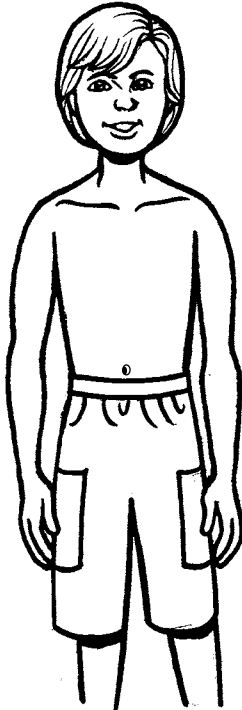
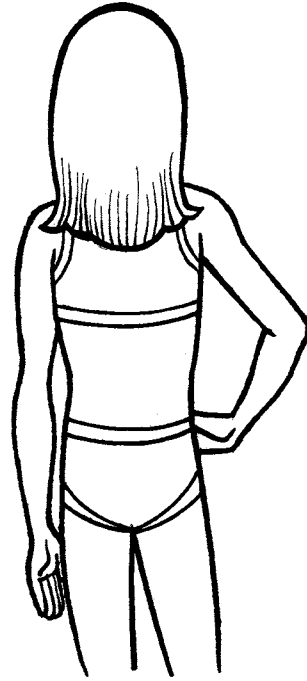
The mission of Justice4pakids is to stop child sexual abuse through a variety of educational programs. Justice4pakids also connects victims to legal and therapeutic counseling. Formed in 2011 by a dedicated group of volunteers and run out of our kitchens, Justice4pakids received its 501c-3 status in 2014. Justice4pakids has been a strong voice for state legislative changes for victims of child sexual abuse. Justice4pakids is the only organization in Pennsylvania to host an annual 5K to honor victims of child sexual abuse and bring greater awareness to this issue. The 5K is held on the second Saturday every May in Exton, PA. In the fall, motorcycle enthusiasts start up their engines for a RIDE AGAINST CHILD ABUSE.

Believing that education is a key to prevention, Justice4pakids has created its own seminar series with distinguished speakers who educate parents and caregivers about child sexual abuse. The message of “Stranger Danger” is not enough considering 90% of sexually abused children know their attacker. Seminars have been held in conjunction with local school districts, YMCAs, hospitals, private schools, special needs care centers and police stations.

Awareness campaigns have included film and billboard advertising. Victims are regularly referred to proper legal and counseling help. All Justice4pakids board members, officers, interns and paid staff are subjected to a full criminal background check and child abuse screening.

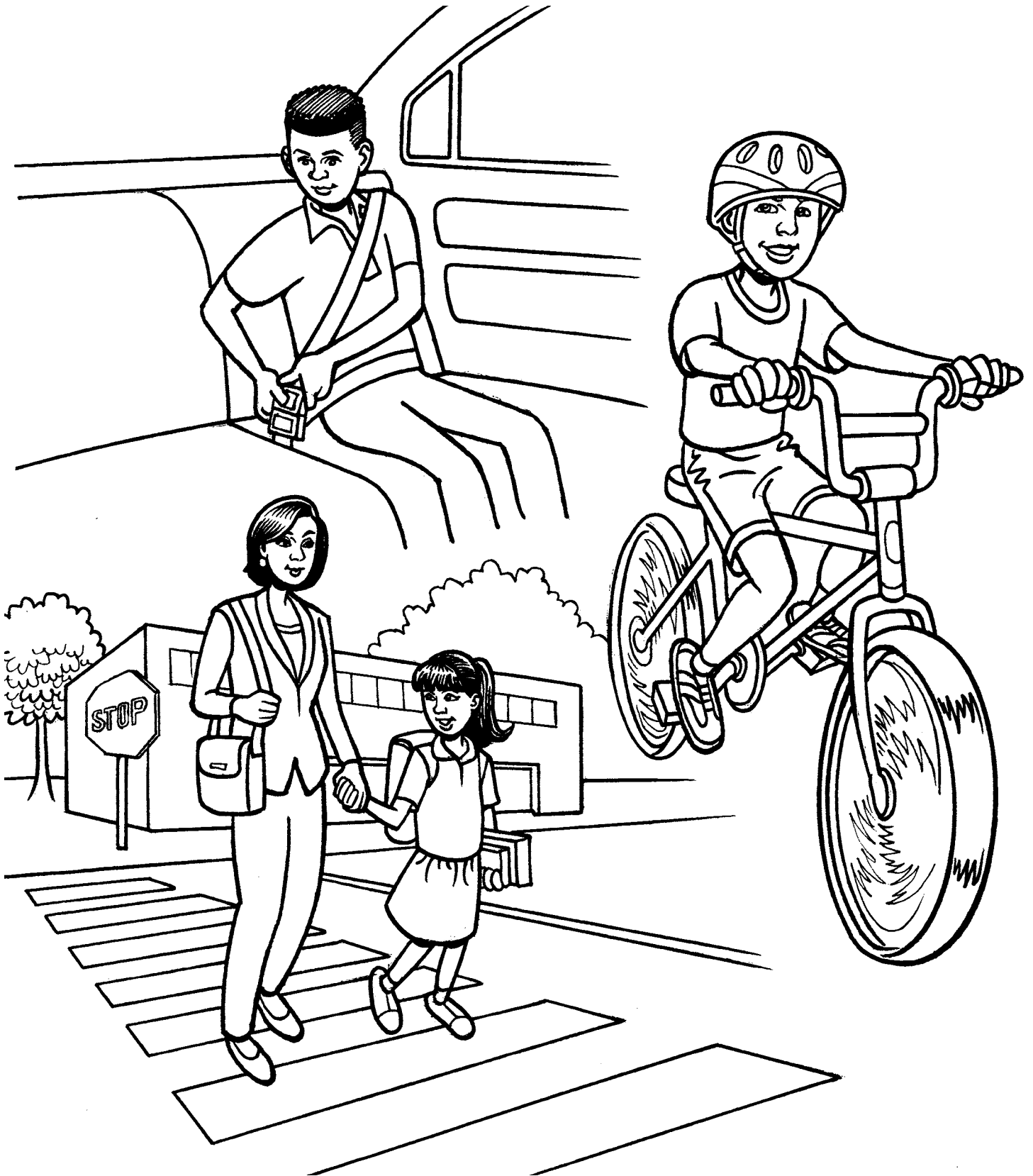
Please consider donating to Justice4pakids. Our website accepts Pay Pal.

If you suspect child sexual abuse ... call CHILD LINE at 800-932-0313



Your body is special and all yours. You have eyes and ears. What do you see and hear right now? Your mouth smiles, speaks and can yell. Let's hear how loudly you can yell! Your arms can reach. Show how high you can reach. And with your legs and feet, you can run, jump and dance. Your body is very special.

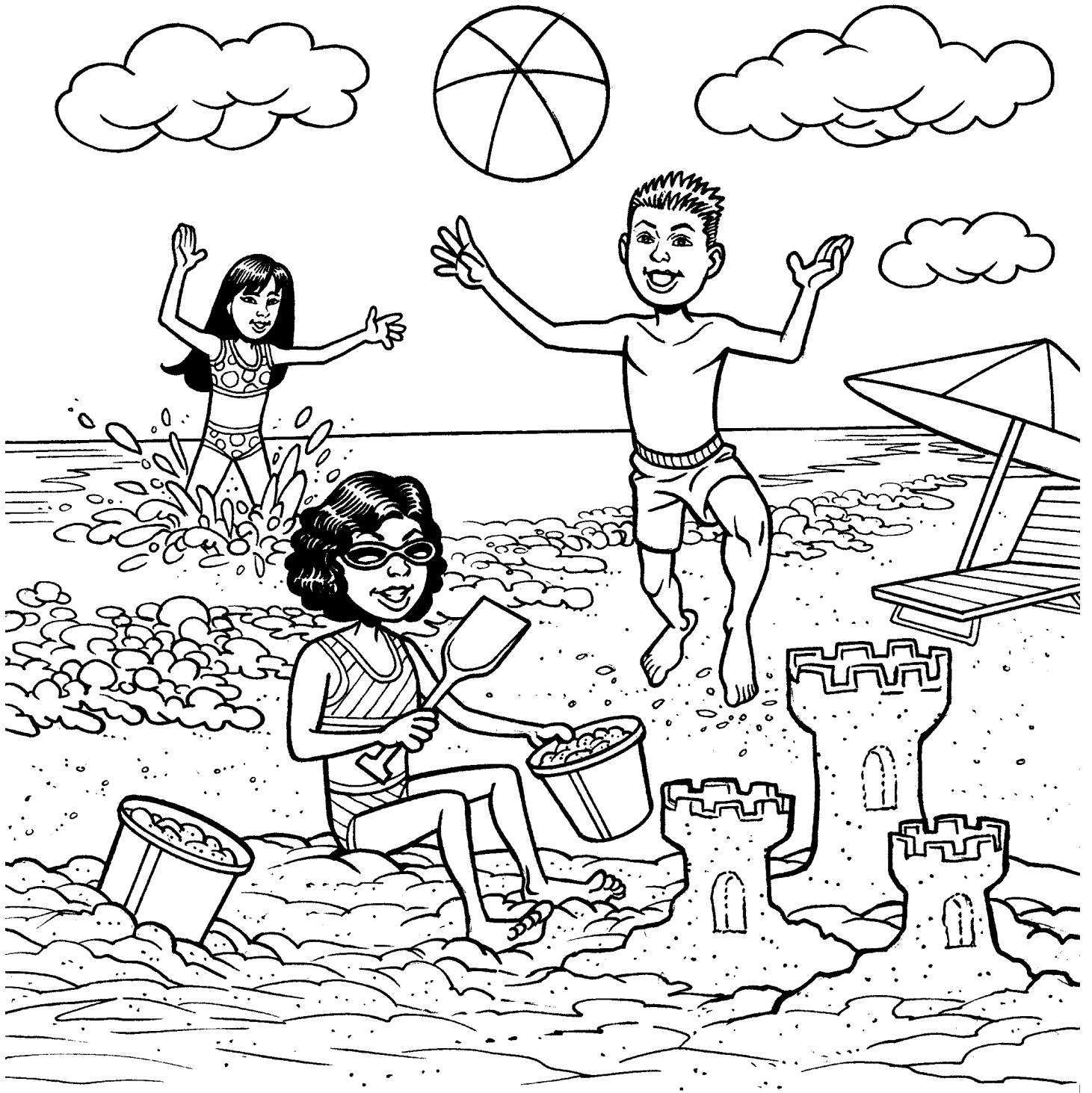
There are lots of ways we use our bodies. We can use our hands to touch. We can use our mouth to touch. We can use our feet to touch. There are lots of touches. We use our mouths to touch when we kiss or bite. We use our hands to touch when we "High-5" or slap. We use our fingers to touch when we tickle or pinch. And we use our feet to touch when we kick or stomp. Some touches are OK and some are not OK. Which touches are OK with you? Which touches are not OK?



And because your body is special, you want to always protect it. Can you think of what you did today to protect your body?

Maybe you wore your seat belt ... or a bike helmet ... or held a grown-ups hand to cross the street.

All these things keep your body safe.



It is really important to protect all of your body, especially your private parts. Your private parts are the parts of your body that are covered by your bathing suit or underwear. There are ways you can protect your private parts from touches that are not OK.



Your private parts are private and nobody should ever look at or touch your private parts unless you ask for help to clean yourself.

A doctor helps take care of your body and sometimes has to look at or touch your private parts to make sure you are healthy. That is OK if another adult you trust is in the room with you.

A teacher should only help you with your school work. A teacher should never look at or touch your private parts.

A coach helps you learn sports. A coach should never look at or touch your private parts.

A Priest, Rabbi or Pastor helps you learn about religion. A priest, rabbi or pastor should never look at or touch your private parts.

Unless you ask them for help, your family members should never look at or touch your private parts. Your family could be your parents, grandparents, brothers, sisters, aunts, uncles, step-parents, step-sisters, step-brothers or a cousin.

It's OK to say "NO" if a family member wants to touch you by kissing, hugging or tickling you and you don't want them to do that. If someone touches you in a way you don't like tell someone you trust. If you don't want to be touched, it's OK to say "NO."



But what if someone did touch your private parts ... or made you touch their private parts? It is not your fault. You should tell a grown up you trust right away. You are not going to be in trouble for telling a grown up even if someone said you might get in trouble. You did nothing wrong.

Try to think of 3 grownups besides your parents that you can tell if someone touches your private parts or asks you to touch theirs.

1. _____

2. _____

3. _____



It's also really important to not keep secrets. If a grown up tells you to keep a secret, you should tell them "I can't keep secrets with grown-ups." Tell a grown up you trust if someone asks you to keep a secret.

Remember, your body is special, so let's keep it safe from touches that you don't like.



If anyone ever tells you that they want to touch your private parts or asks you to touch theirs, you should tell them: "NO! That is not ok!" Telling someone they can't touch you will help to keep your body safe.



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