BLUEPRINT FOR BUILDING SAFER, SMARTER FAMILIES

ACTIVITY BOOK

Building Physical Safety

Personal Space

Body Boundaries

Safe Touch

Safer, Smarter FAMILIES

LAUREN'S KIDS
SAFE & UNSAFE TOUCHES

Your neighbor grabs and squeezes your arm too tightly as you are walking home from the bus stop. Is this a safe or unsafe touch?

You and your best friend have a special secret handshake that only the two of you know about. Is this a safe or unsafe touch?

You and your older sister are playing tickle monster, and she is tickling and tickling you, and you feel totally safe. But as she keeps tickling, you can’t breathe, so you feel scared. Is this a safe or unsafe touch?
WHERE’S YOUR PERSONAL SPACE?
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Directions:
Use the Private Parts sheet to have your child identify and circle or color the private parts of their body. The private parts of their body are covered by their bathing suit. Their mouth is also a private part.

Help remind your child that the private parts of their bodies belong to them and should not be touched or seen unless they are hurt or are at the doctor's office. In order for your child to be able to articulate abuse or inappropriate touches, you need to refer to their private parts in anatomically correct ways.

PRIVATE PARTS COLORING SHEET

For information on the Safer, Smarter Kids curriculum, visit www.SaferSmarterKids.org.

For more information on how to talk with your child about safety, visit our Safer, Smarter Kids interactive parent toolkit: www.parenttoolkit.laurenskids.org
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BODY BOUNDARY VIOLATION
SAFETY WORDS

FIND THE SAFETY WORDS
Words can go horizontally, vertically and diagonally in all eight directions. Words may overlap.

Bathing Suit
Boundaries
Personal Space
Private Parts
Safe Touch
Safety
Unsafe Touch
USE YOUR VOICE!
Read each body boundary violation situation. Write what you would say to a trusted adult to be heard and helped!

You’re watching TV at your new friend’s house and her high school-aged brother sits next to you and puts his arm around you. This is a violation because this person is someone that you don’t know well and who is much older than you. Sitting so close to you on the couch and putting his arm around you is confusing and makes you feel uncomfortable.

A big kid on the bus slaps you on your rear end when you walk by and says he is paying you a compliment. This is a violation because this person’s touch and comment makes you feel embarrassed and uncomfortable. Touching a private part of your body is a violation.

Someone you don’t know is standing behind you in line at the grocery store and touches your ponytail and tells you your hair is pretty. This is a violation because this person is someone that you don’t know who has touched you when you were not looking and that touch and comment is confusing and uncomfortable.
Use what you have learned about safety to complete the crossword puzzle!

**ACROSS**
2. Keep telling until you get these 2 H’s
5. Who you report a body boundary violation to

**DOWN**
1. The area that surrounds you and includes the private parts of your body; no one should violate this invisible barrier
3. The parts of your body covered by your bathing suit (and your mouth, too)
4. A ______ touch makes you feel loved, encouraged, or happy
6. An ______ touch makes you feel confused, icky, scared, or uncomfortable
WHAT THIS MEANS TO ME

To feel safe you must know that others respect your body boundaries. Think about how you would communicate to someone that their actions are body boundary violations. What steps would you take if violations to your body boundaries created an unsafe situation for you?

SAFETY CHECK UP
See what you learned about your physical safety!

1. Each person should respect the personal space and body boundaries of everyone. True or False

2. A _____________________________ is welcomed and makes you feel loved, safe, and happy.

3. What should you do if you feel that a touch is not safe and makes you feel uncomfortable?

4. A hard, angry slap on the back is a safe touch. True or False

5. A _____________________________ should always be reported to a trusted adult.