



Teaching your child about Body Safety

My body is perfectly made

My body belongs to ME!

Did you know?

- 1 in 3 children will be sexually abused by the time they turn 18
- 50% of children, who are sexually abused, are under the age of 7
- Most children are abused by someone they know and possibly trust
- Many children are sexually abused by older children

You can teach your child how to be safe and what to do if they are being abused

Teach your children about their bodies

Please talk to me about my body and safety early!



My body belongs to ME!



Teach your child:

That their bodies are special and owned entirely by them.

Teach your child:

The proper names for their body parts from an early age.



You have a vagina;
your brother has a
penis



Teach your child:

Some parts of their
bodies are private.



Teach
your child:

About “Appropriate and
Inappropriate” touch

**Empower your children
with the correct
information which
could prevent them
from becoming victims
of violence or abuse!**

Teach your children how to report abuse



Teach your child:

The word 'secrets' can make things complicated and difficult for your child.

You can rather use 'Inside Stories' which is information that they should share with people they trust.

For information that can be shared with anyone, you can say 'Outside Stories'.



scared
(anxious)



confused



sad
(crying)



uncomfortable
(awkward)



ashamed



angry

Teach your child:

If they feel scared, confused, sad, uncomfortable, ashamed or angry they should talk to someone on their Hand of Safety (people they trust).

Teach your child:

No one should ever take pictures of their naked bodies, even people they know.



Teach your child:

About body secrets and how they should never be scared to talk to you about someone who is telling them they should keep it a secret.





What if my child tells me they have been abused?

1. Respond quickly and report the abuse
 - Go to your local police station or,
 - Call 10111 / 0800 428 428 or,
 - Go to your local Department of Social Development office or,
 - Go to your closest Thuthuzela Care Centre
2. Believe your child
3. Support and be caring towards your child
4. Face the abuse
5. Re-establish trust (make a family safety plan)
6. Get help for your child's healing
7. Have hope – children do recover after abuse

To talk to a counsellor,
you can call



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For more information and training
on child safe-guarding:

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