



Body Safety for Children

Often times body safety is something that gets looked over. It can be an awkward topic, but one that every child should have comprehensive knowledge about.



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Body safety is an interactive, prevention program with the purpose of teaching children what “welcome” and “unwelcome” touches are, proper terms for body parts and acceptable language associated with private parts, and what to do if they find themselves in a potentially dangerous or “uh-oh” situation. Through the use of worksheets, videos, and interactive and fun games, children learn how to keep their bodies safe and happy.



Often times body safety is something that gets looked over. It can be an awkward topic, but one that every child should have comprehensive knowledge about. Children can be curious and it is normal for them to “explore” their bodies. With our body safety program, they are able to learn what is appropriate and inappropriate in this exploration.

Parents are able to gain insight on how to speak to their children about body safety and receive tips on how to handle situations in which their children could possibly be in danger and various signs to look for.

Our body safety program is a fast-paced, individualized program consisting of three to four sessions. This particular body safety program is most appropriate for children ranging from three to six years in age.

****Children do not have to be victims of physical or sexual abuse in order to benefit from this program****

Covered in this program:

- Proper identification and naming of private parts
- “Welcome” and “Unwelcome” touching
- Immediate steps to follow in the event of danger
- Gain knowledge of trusted adults
- Review of basic safety information
- Set safe and appropriate boundaries
- Social norms in relation to body parts/acceptable behavior

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vehicula lectus velit nec velit.