

WHAT SHOULD A PRE-PRIMARY CHILD KNOW ABOUT BODY SAFETY AWARENESS?

MY BODY - MY RULES

Teaching young children that they have control over their own bodies and the right to say "no" to unwanted touch



UNDERSTANDING BODY LITERACY

Children should know the proper names for their body parts, especially private parts, and feel comfortable saying them

Adults I can trust



STRANGER DANGER

Teaching "stranger danger" alone is not enough to protect children from sexual predators. Most abusers are familiar adults who build trust to access children.

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02

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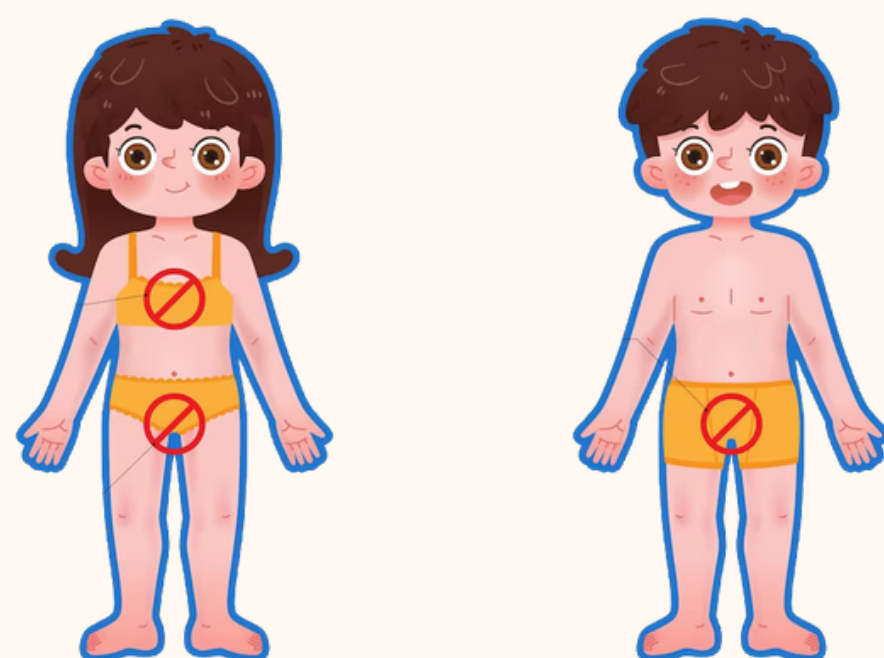
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SAFE AND UNSAFE TOUCH

Teach children about "safe vs. unsafe touching" instead of "good vs. bad" to avoid guilt. Explain how feeling "unsafe" might look and feel, such as sweating, wanting to cry, upset stomach, fast heartbeat, or goosebumps



SAFE PEOPLE

Ask your child to name five trusted adults they can talk to about unsafe touches. Practice reciting names, relationships, and how to contact them, like "Mrs. Sindhu, my teacher, who I can talk to at school."





Resource bank



Acts

- POCSO
- Juvenile Justice



Articles

- Teaching Body Safety
- Statistics on Child Abuse



Videos

- Always #LikeaGirl
- Child Abuse



Helpline

- NCPCR Helpline - 9868235077
- NCPCR POCSO e-box, www.ncpcr.gov.in, pocsoebox-ncpcr@gov.in
- Childline 1098



Books

- The Yellow Book, A Parent's Guide to Sexuality Education, by Tarshi
- Body Safety Education, by Jayneen Sanders
- Amazing you, by Dr. Gail Saltz
- Safe Over Sorry, by Sudhalini Devadason and Ishwarya Kumar Ahmed
- My Body! What I Say Goes! By Jayneen Sanders



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