

TALK

ABOUT IT

TALK TRUTHFULLY AND OFTEN

- Talk to your children when they are young and continue the conversation as they get older
- Use proper names for body parts.
- Teach children which body parts others should never touch.
- Secrets are not safe or allowed.
- Never share personal information online.



TEACH BODY RULES AND AUTONOMY

- Talk about body safety and healthy boundaries.
- Support their right for body autonomy by reminding children they have a right to say "NO".
- Never force a child to give affection.

BUILD TRUST/CREATE A SAFETY CIRCLE

- Reassure children they can talk with you about anything without fear of being criticized or embarrassed.
- Remind your child you will always believe them.
- Help children identify their safety circle of trusted adults.

Repeated conversations about body safety and healthy boundaries strengthens trust and confidence!

EMPOWER
EDUCATE
& PROTECT
ALL CHILDREN

START TALKING TODAY!!

You can find more information and additional resources at: www.Dzl.org OR Scan the QR code

