

# THANK YOU FOR YOUR PURCHASE!



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★★★★★ Extremely satisfied

I truly appreciate your feedback to help my little store grow.

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Access my  
Freebie  
Library



Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter.



If you have any questions or concerns please email me at:  
[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

♥  
*Ashley*

# GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Body Safety: Red Flags](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

# BODY SAFETY

## KNOW THE UNSAFE RED FLAGS.

### Session Objective:

- \*Students will differentiate between safe and unsafe situations.
- \*Students will identify ways to keep their body safe.

### Materials:

- \*Handouts, pencils.

### Guiding Questions:

- \*What are ways to keep your body safe?
- \*What are safe and unsafe secrets?
- \*What are some strange behaviors that should be reported to a trusted adult?

### ASCA Standards Alignment:

- \*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
- \*Behavior: Self-Management: Personal Safety Skills. (B-SMS 9)
- \*Behavior: Social Skills: Advocacy skills for self and others and ability to assert self, when necessary (B-SS 8)

### SEL Competencies:

- \*Responsible Decision-making: Identifying problems, Analyzing situations, solving problems.

### Session Details

\*Say "Today we are going to be talking about how to keep our bodies safe. We keep our bodies safe from strangers but also we recognize strange behavior and report it to our parents/trusted adults." Read the first 2 handouts about how to stay safe, and know the unsafe red flags. "Let's practice together saying no if someone makes us uncomfortable: "No! Stop! I have to ask my parent first!" After you say this, you should run to tell your parent right away." Review each safety poster, allow for questions from students. "Now that we have learned about keeping our bodies safe, let's go through some scenarios that test our safety skills." Pass out the multiple choice handout pages. For each scenario, think hard if it is safe, unsafe, or if you are not sure, always ask a parent or safe adult. Complete the handouts either individually or together using the PowerPoint presentation. "We are becoming safety pros, let's create a safety plan to keep us safe." Each child should complete the safety plan individually on p.18. "Now that we have our safety plan we have to sign our safety pledge, we pledge to keep our bodies safe by following our safety plan" Each student should sign the pledge on p.19. Send students home with the parent letter and their safety plan to review with their parents. Display the pledges around the room and the informational posters to reinforce the learning.



# BODY SAFETY

## KNOW HOW TO STAY SAFE.

I trust my instincts and that uncomfortable/unsure feeling to know when something does not feel safe or right.

I do not talk to strangers, and I report strange behavior.

I speak up and say NO to protect my body and safety.

I do not keep secrets from my parents. If I am told to keep something from them, I tell them right away.

I tell a trusted adult like a parent or teacher if someone does something to make me uncomfortable.

I know my body belongs to me. My private parts are not to be touched or shown to anyone other than a doctor, with a parent in the room.





# BODY SAFETY

## KNOW THE UNSAFE RED FLAGS.



Practice this response "No! Stop! I have to ask my parent first!" Go to your parent right away.



Someone does something or asks you to do something that makes you feel uncomfortable or gives you an unsure feeling.



Being asked to keep a forever secret from your parent. Being threatened or made to be scared not to tell.



A stranger talking to a child, asking them for help, or offering them something.



Being asked to touch or show private body parts by someone other than a parent or doctor.



An adult, even one you know, acting strangely and making you feel uncomfortable.



Being shown pictures of private parts or things that make you uncomfortable.



# BODY SAFETY

I trust my instincts and that uncomfortable unsure feeling to know when something does not feel safe or right.



# BODY SAFETY



I do not talk to strangers. I report strange behavior, even by adults that I know, to a trusted adult.





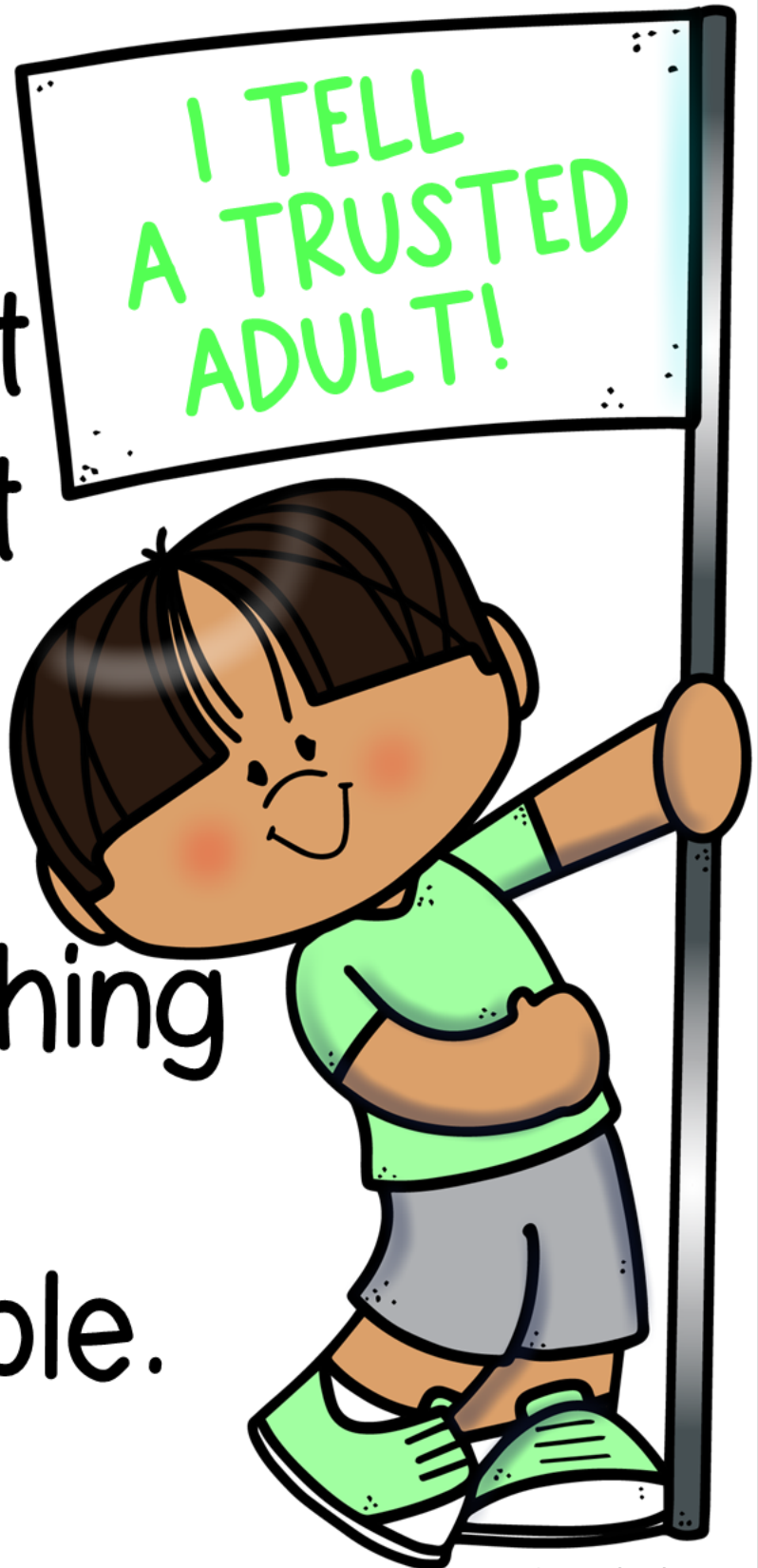
# BODY SAFETY

I speak  
up and  
say NO  
to protect  
my body  
and safety.



# BODY SAFETY

I tell a  
trusted adult  
like a parent  
or teacher  
if someone  
does something  
to make me  
uncomfortable.



# BODY SAFETY



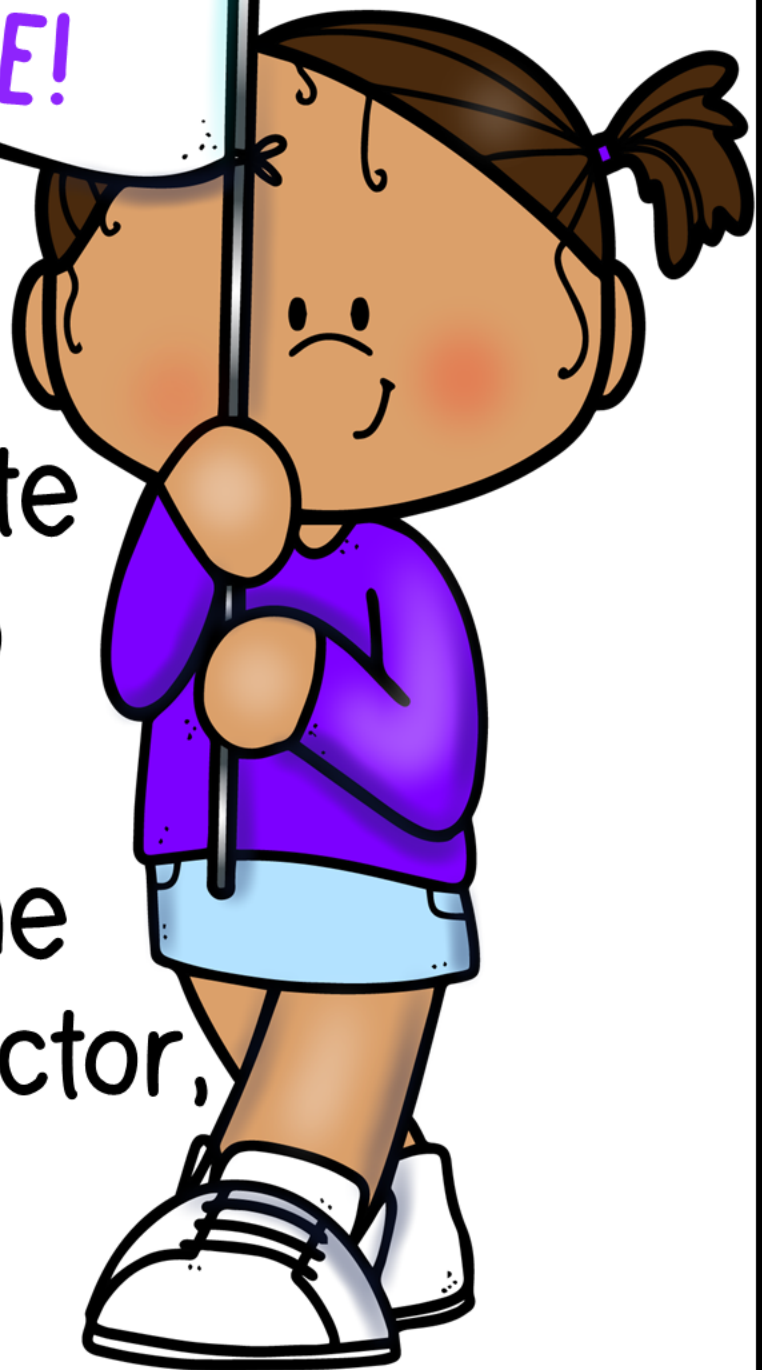
I do not keep secrets from my parents. If I am told to keep something from them, I tell them right away even if I am scared.



# BODY SAFETY

MY BODY  
BELONGS  
TO ME!

I know my body belongs to me. My private parts are not to be touched or shown to anyone other than a doctor, with a parent in the room.



# BODY SAFETY

## KNOW THE UNSAFE RED FLAGS.

Read the scenarios and determine if it is safe or unsafe. If you are not sure, your response should always be to ask a parent or trusted adult.



Your friend shows you a private part.



Unsafe



Not sure,  
ask a parent.



Safe



Your Uncle asks to see your private part.



Unsafe



Not sure,  
ask a parent.



Safe



Your doctor checks your body to see if you are healthy. You have your mom in the room with you.



Unsafe



Not sure,  
ask a parent.



Safe



Your relative asks you to touch their private part.



Unsafe



Not sure,  
ask a parent.



Safe

# BODY SAFETY

## KNOW THE UNSAFE RED FLAGS.

Read the scenarios and determine if it is safe or unsafe. If you are not sure, your response should always be to ask a parent or trusted adult.



An unknown adult asks you for help.



Unsafe



Not sure,  
ask a parent.



Safe



A stranger tells you that your parent sent them to pick you up from the park today.



Unsafe



Not sure,  
ask a parent.



Safe



You need urgent help. A stranger who is a first responder, like a paramedic or firefighter, approaches you and offers to help. The stranger has a uniform and identification on.



Unsafe



Not sure,  
ask a parent.



Safe



A grownup approaches you and starts asking personal questions like your name or where you live.



Unsafe



Not sure,  
ask a parent.



Safe



# BODY SAFETY

## KNOW THE UNSAFE RED FLAGS.

Read the scenarios and determine if it is safe or unsafe. If you are not sure, your response should always be to ask a parent or trusted adult.



Your friend texts you a picture of their private part.



Unsafe



Not sure,  
ask a parent.



Safe



An unknown person on social media messages you asking to meet up.



Unsafe



Not sure,  
ask a parent.



Safe



You are playing your favorite video game when a chat message pops up with a person offering you money in exchange for pictures of you.



Unsafe



Not sure,  
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Safe



Your older cousin shows you a website with a bunch of pictures of private parts on it.



Unsafe



Not sure,  
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Your friend asks you to keep a forever secret.



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Not sure,  
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Your dad tells you to keep your mom's surprise party a secret.



Unsafe



Not sure,  
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Your cousin tells you not to tell anyone, including your parents, about something they did.



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Your friend asks you to keep their crush a secret.



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Read the scenarios and determine if it is safe or unsafe. If you are not sure, your response should always be to ask a parent or trusted adult.



Your family member is demanding you give them a hug but you don't feel comfortable.



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Not sure,  
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Safe



Your babysitter pats you on the back.



Unsafe



Not sure,  
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Safe



Your coach gives you a high five.



Unsafe



Not sure,  
ask a parent.



Safe



Your relative offers to help give you a bath.



Unsafe



Not sure,  
ask a parent.



Safe

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Read the scenarios and determine if it is safe or unsafe. If you are not sure, your response should always be to ask a parent or trusted adult.



A family friend keeps rubbing your back and it starts to make you feel uncomfortable.



Unsafe



Not sure,  
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Safe



You have a weird feeling about your babysitter and don't like to be around them.



Unsafe



Not sure,  
ask a parent.



Safe



Your coach did something that made you feel uncomfortable.



Unsafe



Not sure,  
ask a parent.



Safe



Your relative wants you to sit on their lap, you said no a few times already.



Unsafe



Not sure,  
ask a parent.



Safe



# BODY SAFETY

## PLAN BY: \_\_\_\_\_

This is how I will be responsible for keeping my body safe:

I KEEP MY BODY SAFE!



I CAN SAY NO!



This is how I will speak up for myself:

I TELL A TRUSTED ADULT!



These are my trusted adults:

I DON'T KEEP UNSAFE SECRETS



Unsafe secrets make me feel:

I DO NOT TALK TO STRANGERS!



If a stranger tries to talk to me I will:

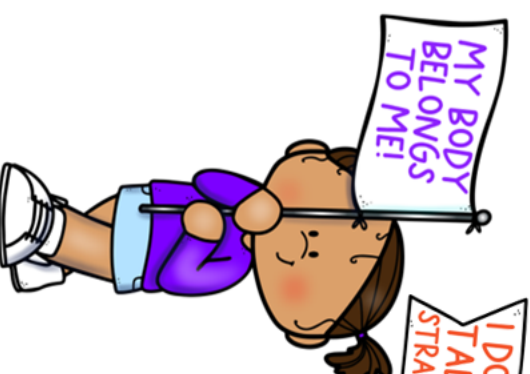
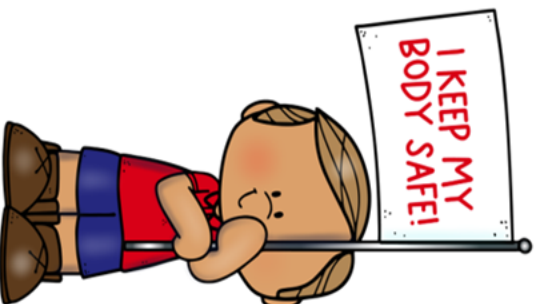
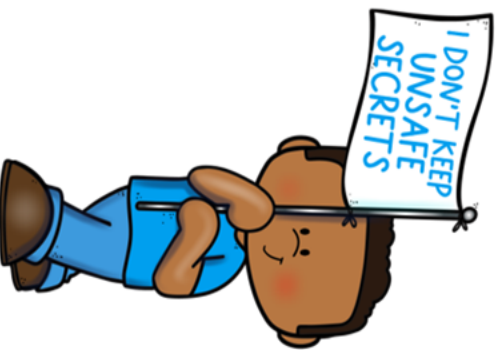
MY BODY BELONGS TO ME!



These are my body rules:

# BODY SAFETY PLEDGE

I pledge to protect my body!



Pledge by: \_\_\_\_\_

# TEACH YOUR CHILD ABOUT BODY SAFETY



## SCARY FACTS

1 out of 3 girls and 1 out of 5 boys will be sexually abused before they reach age 18.

90% of child sexual abuse victims know the perpetrator in some way. 68% are abused by a family member.

- 🚩 Talk to your kids about personal body space and privacy. Teach them that their body belongs to them and if anyone makes them feel uncomfortable to say NO, leave and get a safe adult right away. Explain that private parts are the area where a bathing suit covers.
- 🚩 Teach children the correct names of body parts and/or refer to them as private parts. Do not create "cute" nicknames for them.
- 🚩 Tell kids that it is okay to say "no" or "stop" to an adult (even a family member) to protect their body. Tell them the only person that should be looking at their private parts is a doctor, with a parent present.
- 🚩 Explain that no one should tell them to keep a secret from you, especially if it makes them scared or uncomfortable.
- 🚩 Do not force a child to show affection (hugging, kissing, sitting on laps) to anyone.
- 🚩 Teach your kids about stranger danger, but also to recognize strange behavior. Strange behavior can be from anyone, even adults they know. If it makes them uncomfortable, they should you right away.

# BODY SAFETY

## KNOW THE UNSAFE RED FLAGS.

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- \*Responsible Decision-making: Identifying problems, Analyzing situations, solving problems.

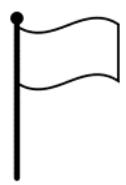
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# BODY SAFETY

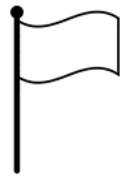
## KNOW HOW TO STAY SAFE.



I trust my instincts and that uncomfortable/unsure feeling to know when something does not feel safe or right.



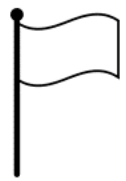
I do not talk to strangers, and I report strange behavior.



I speak up and say NO to protect my body and safety.



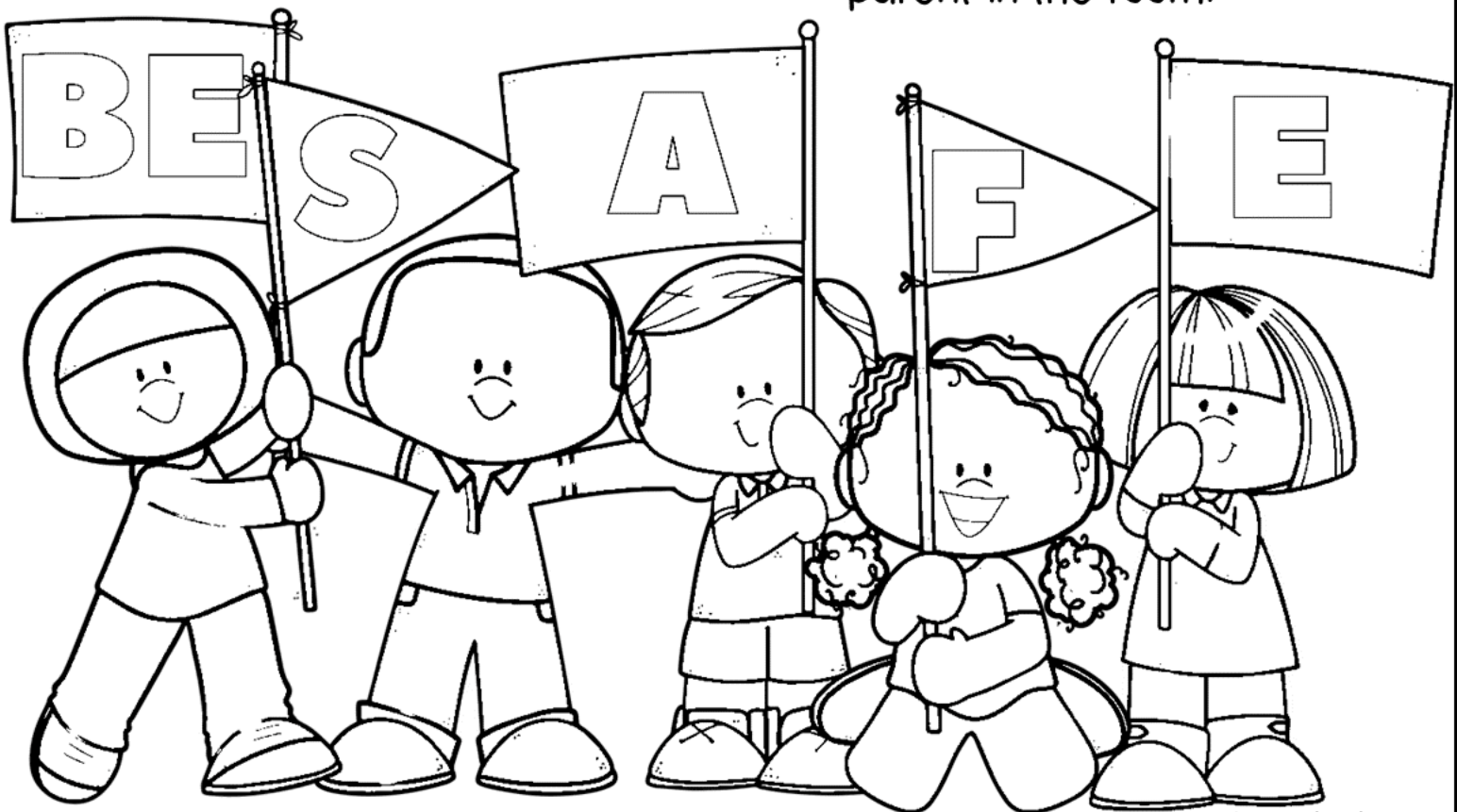
I do not keep secrets from my parents. If I am told to keep something from them, I tell them right away.



I tell a trusted adult like a parent or teacher if someone does something to make me uncomfortable.



I know my body belongs to me. My private parts are not to be touched or shown to anyone other than a doctor, with a parent in the room.



# BODY SAFETY

## KNOW THE UNSAFE RED FLAGS.



Practice this response "No! Stop! I have to ask my parent first!" Go to your parent right away.



Someone does something or asks you to do something that makes you feel uncomfortable or gives you an unsure feeling.



Being asked to keep a forever secret from your parent. Being threatened or made to be scared not to tell.



A stranger talking to a child, asking them for help, or offering them something.



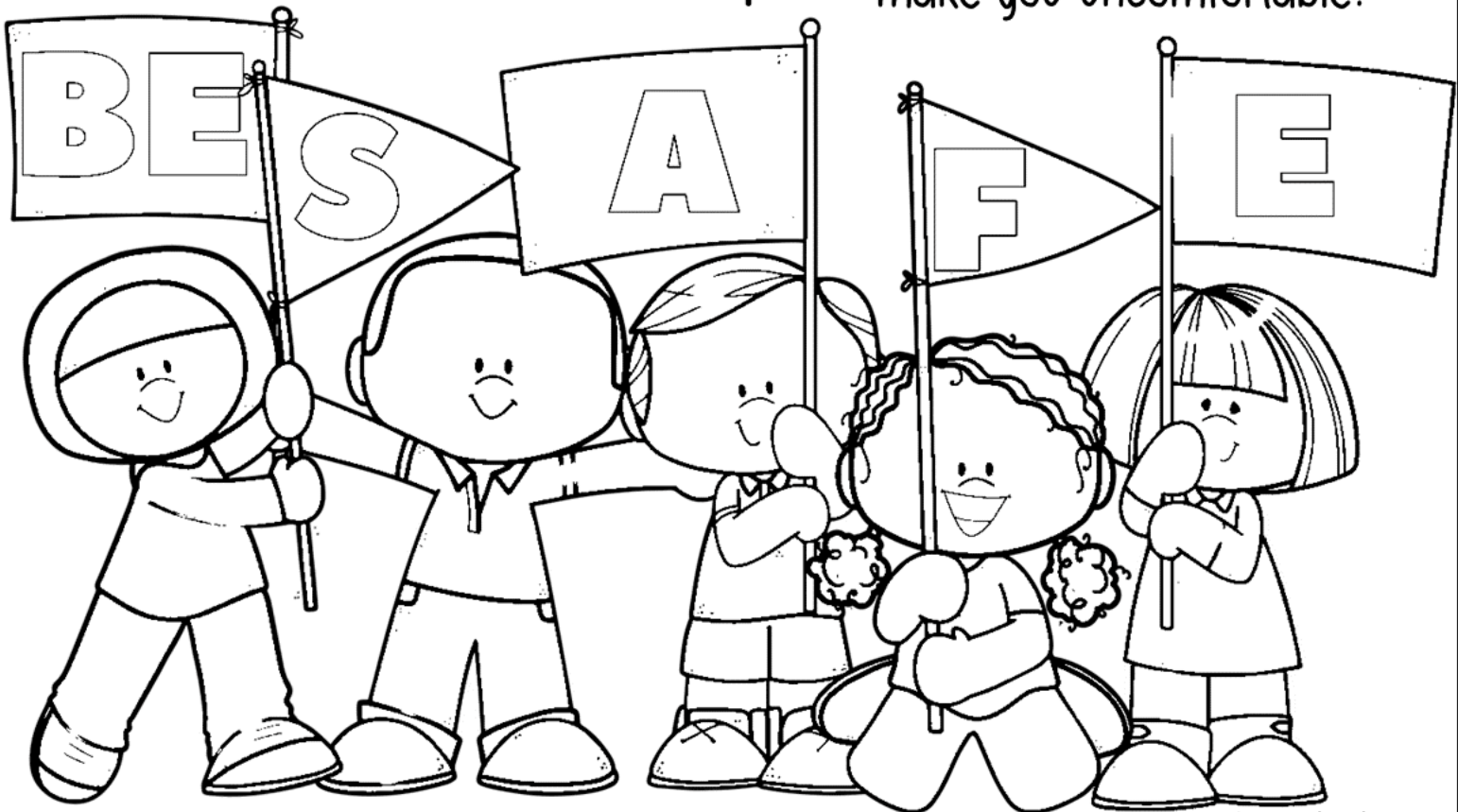
Being asked to touch or show private body parts by someone other than a parent or doctor.



An adult, even one you know, acting strangely and making you feel uncomfortable.



Being shown pictures of private parts or things that make you uncomfortable.



# BODY SAFETY

I trust my  
instincts  
and that  
uncomfortable  
unsure feeling  
to know when  
something does  
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right.



# BODY SAFETY



I do not talk to strangers. I report strange behavior, even by adults that I know, to a trusted adult.





# BODY SAFETY

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# BODY SAFETY

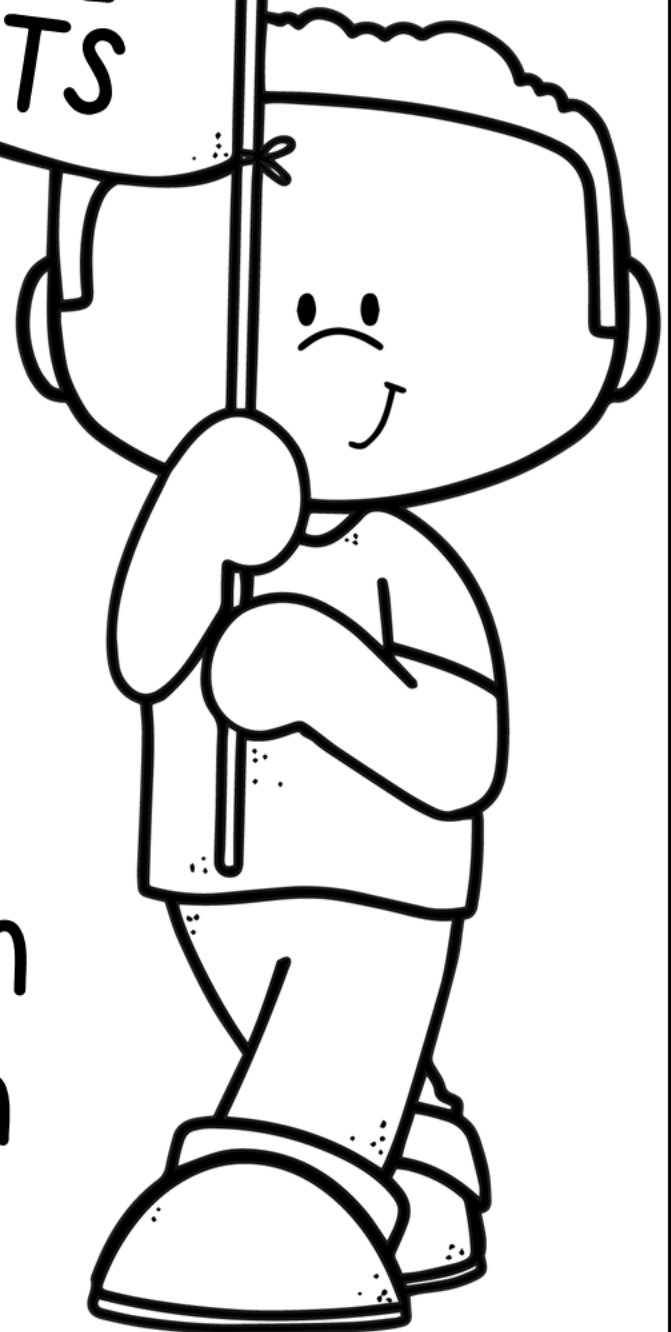
I tell a  
trusted adult  
like a parent  
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if someone  
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to make me  
uncomfortable.



# BODY SAFETY

I DON'T KEEP  
UNSAFE  
SECRETS

I do not keep secrets from my parents. If I am told to keep something from them, I tell them right away even if I am scared.



# BODY SAFETY



I know my body belongs to me. My private parts are not to be touched or shown to anyone other than a doctor with a parent in the room.



# BODY SAFETY

## KNOW THE UNSAFE RED FLAGS.

Read the scenarios and determine if it is safe or unsafe. If you are not sure, your response should always be to ask a parent or trusted adult.



Your friend shows you a private part.



Unsafe



Not sure,  
ask a parent.



Safe



Your Uncle asks to see your private part.



Unsafe



Not sure,  
ask a parent.



Safe



Your doctor checks your body to see if you are healthy. You have your mom in the room with you.



Unsafe



Not sure,  
ask a parent.



Safe



Your relative asks you to touch their private part.



Unsafe



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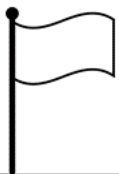
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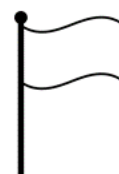
An unknown adult asks you for help.



Unsafe



Not sure,  
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Safe



A stranger tells you that your parent sent them to pick you up from the park today.



Unsafe



Not sure,  
ask a parent.



Safe



You need urgent help. A stranger who is a first responder, like a paramedic or firefighter, approaches you and offers to help. The stranger has a uniform and identification on.



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Not sure,  
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A grownup approaches you and starts asking personal questions like your name or where you live.



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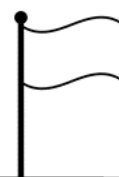
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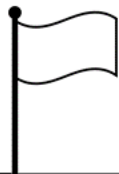
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An unknown person on social media messages you asking to meet up.



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You are playing your favorite video game when a chat message pops up with a person offering you money in exchange for pictures of you.



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Your older cousin shows you a website with a bunch of pictures of private parts on it.



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Read the scenarios and determine if it is safe or unsafe. If you are not sure, your response should always be to ask a parent or trusted adult.



Your friend asks you to keep a forever secret.



Unsafe



Not sure,  
ask a parent.



Safe



Your dad tells you to keep your mom's surprise party a secret.



Unsafe



Not sure,  
ask a parent.



Safe



Your cousin tells you not to tell anyone, including your parents, about something they did.



Unsafe



Not sure,  
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Your friend asks you to keep their crush a secret.



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# BODY SAFETY

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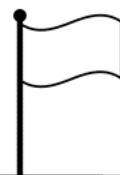
Your family member is demanding you give them a hug but you don't feel comfortable.



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Not sure,  
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Your babysitter pats you on the back.



Unsafe



Not sure,  
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Safe



Your coach gives you a high five.



Unsafe



Not sure,  
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Safe



Your relative offers to help give you a bath.



Unsafe



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Safe

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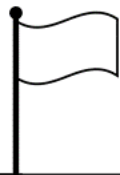
Read the scenarios and determine if it is safe or unsafe. If you are not sure, your response should always be to ask a parent or trusted adult.



A family friend keeps rubbing your back and it starts to make you feel uncomfortable.



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You have a weird feeling about your babysitter and don't like to be around them.



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Your coach did something that made you feel uncomfortable.



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Your relative wants you to sit on their lap, you said no a few times already.



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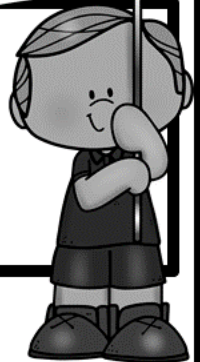
Safe

# BODY SAFETY

## PLAN BY: \_\_\_\_\_

This is how I will be responsible for keeping my body safe:

I KEEP MY BODY SAFE!



I CAN SAY NO!



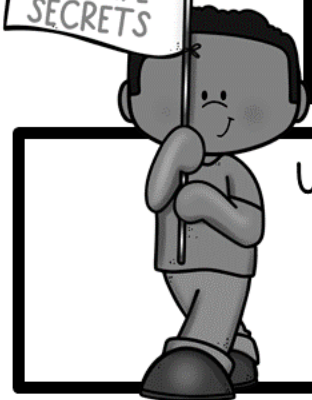
This is how I will speak up for myself:

I TELL A TRUSTED ADULT!



These are my trusted adults:

I DON'T KEEP UNSAFE SECRETS



Unsafe secrets make me feel:

I DO NOT TALK TO STRANGERS!



If a stranger tries to talk to me I will:

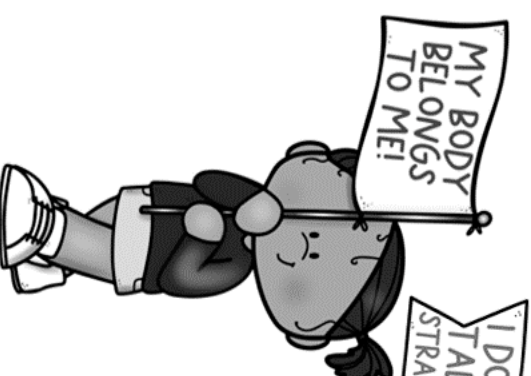
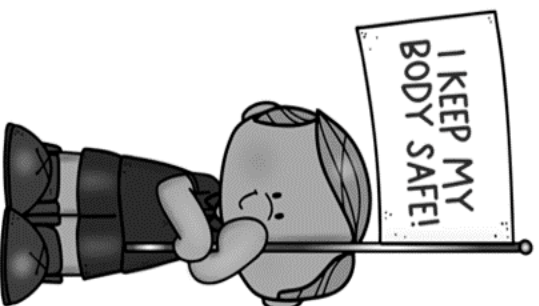
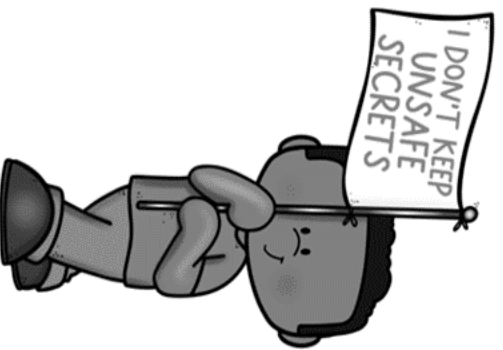
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These are my body rules:

# BOODY SAFETY PLEDGE

I pledge to protect my body!



Pledge by: \_\_\_\_\_









# TEACH YOUR CHILD ABOUT BODY SAFETY



## SCARY FACTS

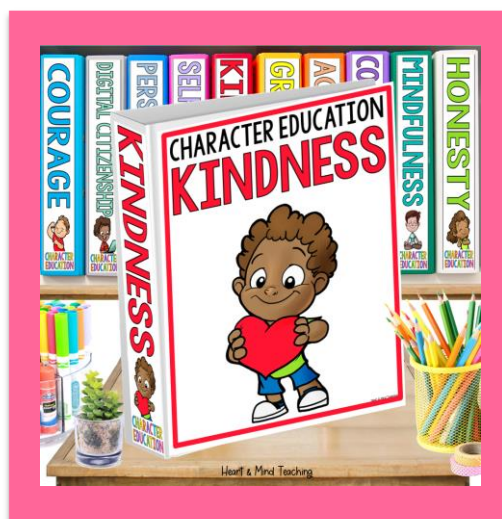
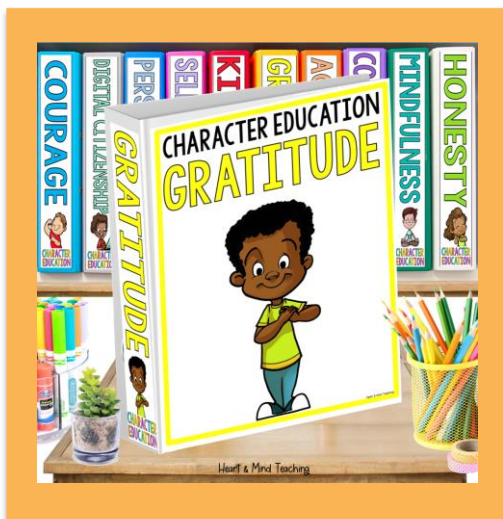
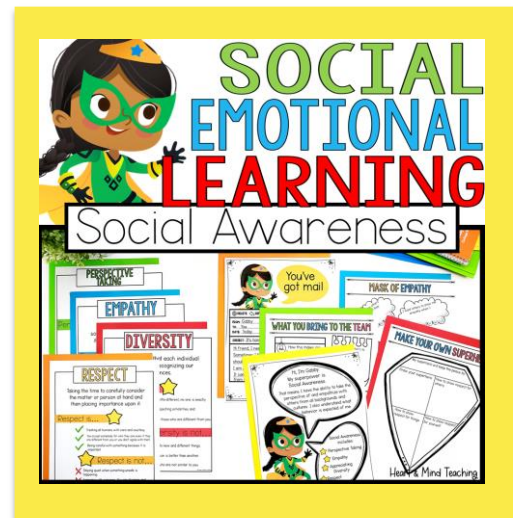
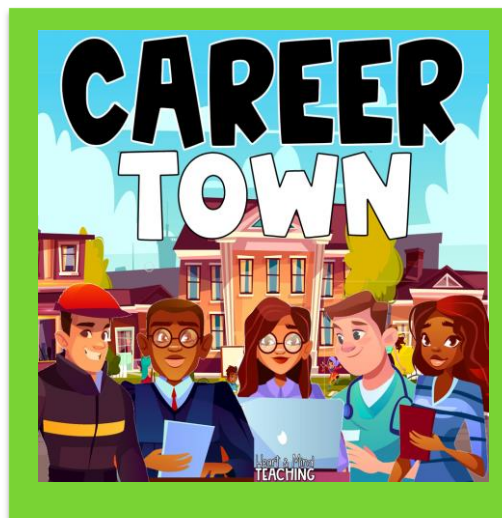
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-  Talk to your kids about personal body space and privacy. Teach them that their body belongs to them and if anyone makes them feel uncomfortable to say NO, leave and get a safe adult right away. Explain that private parts are the area where a bathing suit covers.
-  Teach children the correct names of body parts and/or refer to them as private parts. Do not create "cute" nicknames for them.
-  Tell kids that it is okay to say "no" or "stop" to an adult (even a family member) to protect their body. Tell them the only person that should be looking at their private parts is a doctor, with a parent present.
-  Explain that no one should tell them to keep a secret from you, especially if it makes them scared or uncomfortable.
-  Do not force a child to show affection (hugging, kissing, sitting on laps) to anyone.
-  Teach your kids about stranger danger, but also to recognize strange behavior. Strange behavior can be from anyone, even adults they know. If it makes them uncomfortable, they should you right away.

# CHECK THESE OUT

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# THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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