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Age-wise  
guide to  
educating  
kids about  
**Body Safety  
and Consent**

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**Please note:**

These are general guidelines. Conversations about body safety and consent should be ongoing and tailored to your child's developmental level and maturity.



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## 2-3 years

- ✓ Know names of body parts and all private parts
- ✓ Understand that their body belongs to them
- ✓ Know that they can say no to unwanted touch
- ✓ Know that they should ask for permission before touching someone else



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## 4-5 years

- ✔ Learn about safe/unsafe touch and body boundaries
- ✔ Learn that they must never keep secrets from their parents
- ✔ Know that they should listen to their feelings and early warning signs
- ✔ Have a safety network of 5 adults who they can go to if they need help
- ✔ Understand that it's NEVER their fault if someone touches them inappropriately



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## 6-7 years

- ✔ Learn about consent, where and why it is needed
- ✔ Recognize grooming behaviors and the importance of telling a trusted adult if someone tries to manipulate or make them uncomfortable.
- ✔ Know about online safety and the importance of not sharing private information, including photos, with others online.



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## 8-10 years

- ✔ Learn the details about reproduction and sex
- ✔ Understand pornography (including explicit content like music) and its risks and harms
- ✔ Have exit strategies for potentially unsafe situations when they are alone



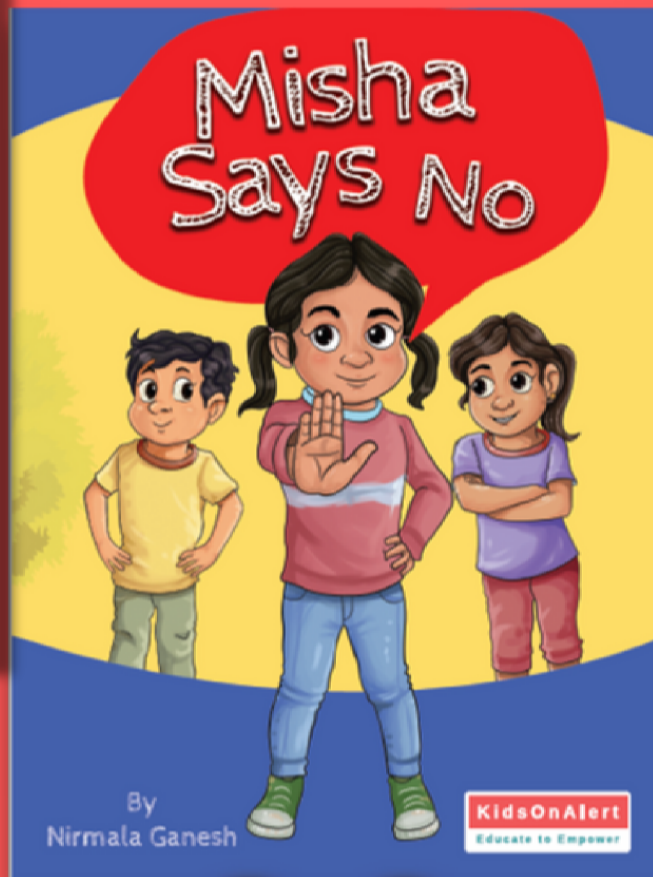
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# 11-13 years

- ✔ Learn about the different types of abuse, (physical, emotional and sexual) and how to identify them.
- ✔ Understand healthy relationships, including the importance of communication, respect, and consent.
- ✔ Learn about Child Sexual Abuse Material (CSAM) and its impact on children



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Available  
on  
amazon

The Body Safety Starter Book Set  
- to begin your child's body safety  
education