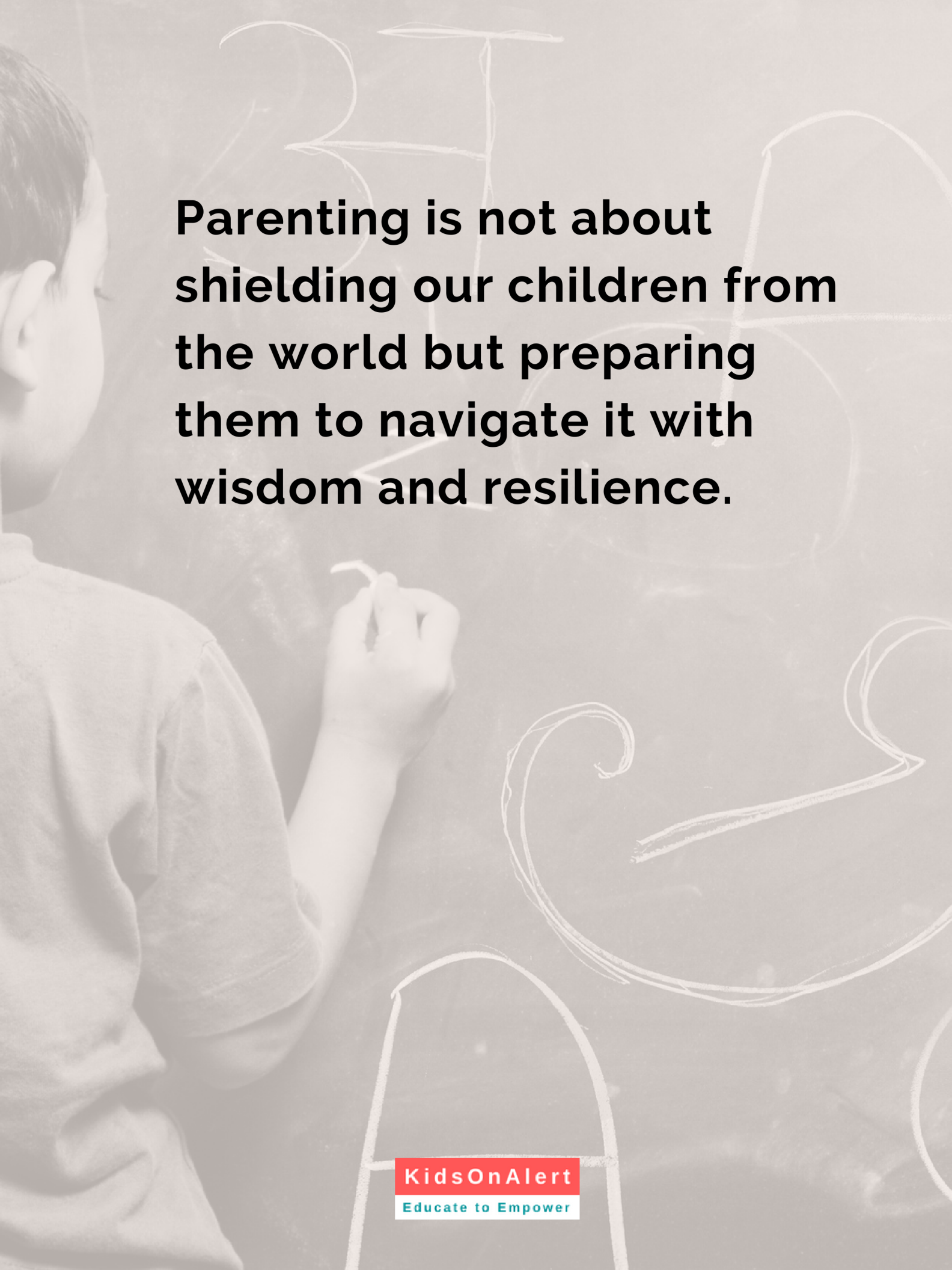


BODY SAFETY AND  
CONSENT

101

*Quick guide for busy parents*



A young child is seen from the side, focused on drawing on a chalkboard. The child's hand is visible, holding a piece of white chalk. The chalkboard is covered in various white chalk drawings, including a large, stylized letter 'E' at the top, a large 'S' on the right, and a large 'A' at the bottom. The background is a soft, out-of-focus grey, suggesting a classroom or play area setting.

**Parenting is not about  
shielding our children from  
the world but preparing  
them to navigate it with  
wisdom and resilience.**

**KidsOnAlert**

**Educate to Empower**

## A PREVALENT PROBLEM

# 1 in 2

children in India experience some form of sexual abuse before age 18.

Ministry WCD, Unicef, Prayas, Save the Children 2007

# 96%

of child sexual abusers are people related to or well-known to the child.

NCRB 2021 report

# 94%

increase in reported child sexual abuse cases under POCSO (Protection of Children from Sexual Offences) Act since 2015.

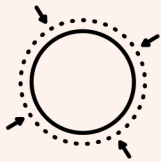
NCRB 2021 report

# 1 in 3

crimes against a child was registered under the POCSO (Protection of Children from Sexual Offences) Act.

NCRB 2021 report

# How parents can help prevent child sexual abuse (CSA)



**Limiting 1-on-1 access to your child (even with family!)**



**Monitoring all (even relations!) who interact with your child for unsafe behaviour.**



**Teach your child about body safety and consent to help them recognize, respond to and report abuse.**



**Checking in with your child regularly to know if they are feeling scared or unsafe.**



**Choose schools, nannies, tuition teachers, coaches, etc. carefully.**

# ABOUT US

## Who we are

We are a team of educators creating resources for children, their caregivers and educators that focus on body safety education, consent, gender equality and building social and emotional intelligence.

## What we do

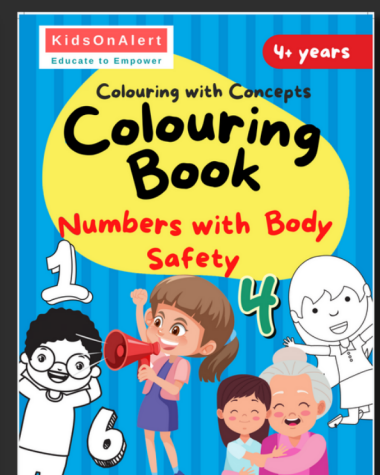
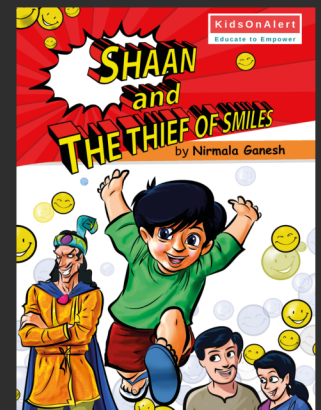
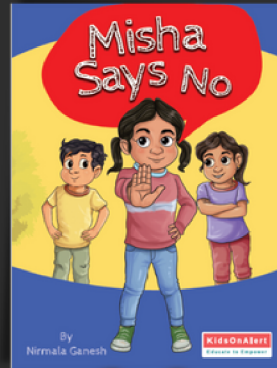
We aim to equip children, parents, and educators with effective tools for teaching vital topics essential for children's safe and healthy development.

Get our children's books on body safety and consent on

[www.kidsonalert.com](http://www.kidsonalert.com)

or

[Amazon.in](http://Amazon.in)



# WHAT IS BODY SAFETY AND CONSENT?

Body safety & consent education is a set of age-appropriate teachings to empower children with knowledge and skills to protect themselves from potential abuse.

# WHAT BODY SAFETY AND CONSENT HELPS A CHILD TO DO



Recognize the signs of potential abuse or unsafe situations which could be a part of 'grooming'



Respond to the unsafe situation with exit / escape strategies

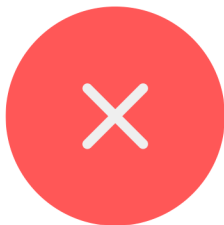


Report what happened to a trusted adult

# WHAT BODY SAFETY AND CONSENT DOES NOT DO



**Does not make the child responsible for his/her safety. That is still the parent/guardian's responsibility**



**Does not over-sexualize/scare the child with sexual information.**



**Does not replace the various actions parents need to take to keep kids safe.**



# **DONT TEACH GOOD TOUCH BAD TOUCH BECAUSE...**

**1**

**How can kids understand “good/bad touch” when it is done by someone they know really well?**

**2**

**What if a child is being groomed by sexual talk and showing pornography?**

**3**

**What if a child is being asked to keep a secret from the parents?**

**4**

**Sexual abuse often involves touching erogenous zones which can feel physiologically “good” even if it is not consensual.**

# Body Boundaries

What is a body boundary?

A body boundary is the personal space around a person's body that should be respected by others.

Children learn about personal space, understanding that they have the right to set boundaries around their bodies and decide who can touch them and how.

Important to note that In Indian culture, it can be considered rude to say "No", specially to older people. So, you can step in by explaining to the adult that you are teaching your child body safety as well as give scripts to your child to use.

## Situation

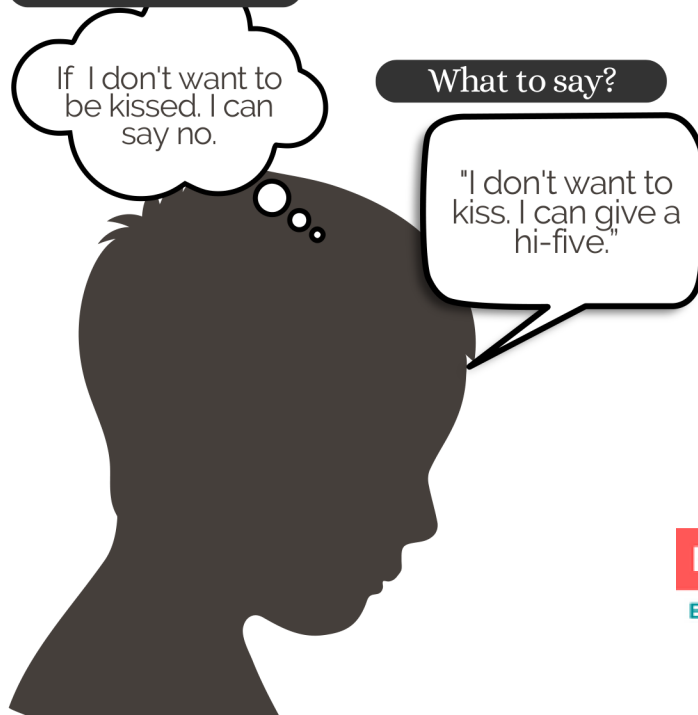
During a family gathering, a relative insists on kissing you, but you don't want to be kissed.

## What to think?

If I don't want to be kissed. I can say no.

## What to say?

"I don't want to kiss. I can give a hi-five."



# Consent

Kids learn about giving and receiving permission for physical contact. They understand that they have the right to say "no" to unwanted touch, and others should respect their decisions. They also learn the importance of seeking consent before touching others.

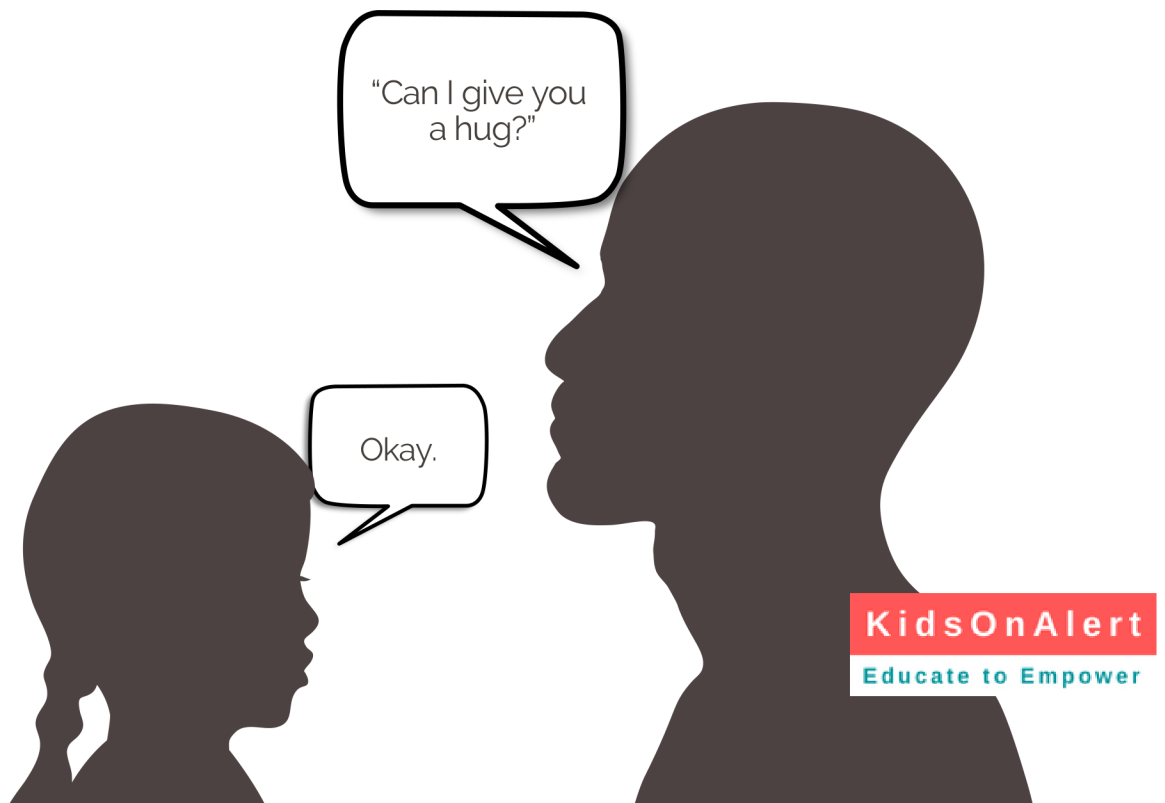
Modeling consent in your daily life is the best way to teach it to kids.

## Three ways to model consent:

- Respect their personal space and body autonomy.
- Use affirmative language while asking for consent
- Apologize when mistakes are made

### Situation

How to ask for consent and give it.



# Safe / Unsafe Behaviour

Children learn that safe behaviour is respectful, appropriate, and usually occurs with permission from a trusted person. Unsafe behaviour involves actions that make them uncomfortable, scared, or confused.

Sometimes a child may not be able to assess whether something is safe or unsafe. So, it is always important to tell the child that if something weird / strange / confusing happened, its good to tell someone they trust.

**Unsafe adults usually ask kids to keep secrets, don't respect their body boundaries and also engage in inappropriate /sexual talk.**

## Situation

A relation shows you pictures of naked people and tells you that this is how people show love for each other.

## What to think?

Private parts are private and showing pictures like this is not safe.

## What to say?

"Stop! I don't want to see that."

Children can also turn away and move away from that person.

# Secrets

Secrets are a key behaviour of unsafe/tricky adults. They trap kids into a web of secrets and often entice kids offering something inappropriate like letting them smoke a cigarette or watch an adult movie. Children often don't tell about the inappropriate touching for fear that they will get into trouble for forbidden behaviour.

## Always tell your child:

- Keeping secrets is unsafe
- A surprise is something that will be revealed/told. But a secret is something that cannot be told
- If anyone asks them to keep a secret they can tell you about it.

### Situation

A friend's dad gives you his phone to watch videos on and tells you to keep it a secret because he will get in to trouble with your parents if they come to know.

### What to think?

Only tricky people ask me to keep secrets.

### What to say?

"I don't want the phone."

# Private Parts

Children are taught the correct names for their body parts (including all their private parts to ensure correct communication and reducing confusion or shame. This helps children tell an adult about any unsafe incidents.

Important to always be open and honest with your child and talk without shame about private parts.

- Always use the correct names to refer to private parts
- Tell your child that these parts have a function like other body parts and that there is nothing to be ashamed of
- Reinforce the idea of "privacy" regularly while bathing or by reading books
- Include age-appropriate information as your child grows

## Situation

A neighbour asks you to play a show and touch game with your private parts.

### What to think?

Touching and seeing private parts is unsafe.

### What to say?

"No! I don't want to do that."

Children can also turn away and move away from that person.

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# Safety Network

This helps parents identify trusted adults, such as parents, caregivers, teachers, or family members, whom their child can turn to if they have concerns or encounter uncomfortable situations.

It is also a good practice to use a WARNING WORD - a word that only the child and safety network know which the child can use to communicate that they are feeling unsafe.

## Situation

You are playing in a friend's house and the friend's cousin is trying to lift you even when you have said no.

## What to think?

I'm not feeling safe. I need to ask for help.

## What to do?

Go to someone from your safety network if you can't find your parents.



# Exit strategies

Children are taught practical strategies like knowing when and how to say "no," seeking help from trusted adults, leaving unsafe situations and recognizing signs of potential abuse.

While we can tell children to say no, adults will not always listen to them. So, it is equally important to teach them how to get away from an unsafe person / situation.

## Situation

You are in school. An older kid offers you money/sweets (or threatens you) to show him your private parts.

## What to think?

This older child is a tricky person. Private parts are private.

## What to do?

Run away from this person if you can.

Go to a safe adult / teacher.



# Feelings / Instincts

Children learn to recognize and understand their emotions, including feelings of discomfort or unease. They are encouraged to express their feelings and concerns assertively and seek help when needed.

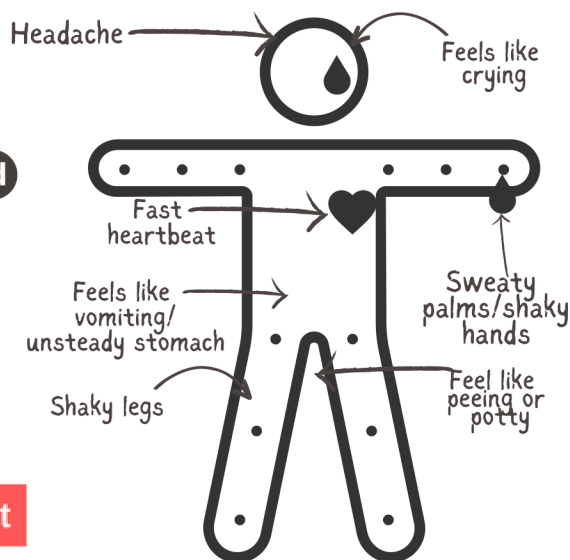
Often kids may not understand the full situation but may "feel" weird or confused. Parents must encourage kids to always listen to their feelings and discuss with them if they are confused.

## Ask your child:

- Can you think of a time when you were scared?
- How did your body feel when you were scared? What was your mind telling you?

You might get answers like, sweaty palms, or fast heart beat, goosebumps. Your child might say they wanted to run away or cry. Explain that this is the way their body is telling them they are unsafe / scared / confused. Emphasize that they must always listen to these feelings. If they don't understand something, they can always come and tell you.

Give them an outline of a human body and ask them to mark how they feel in unsafe situations.



"Always listen to what your body is telling you."

"No matter who it is, if you feel your early warning signs, get away from them."

"Always tell me about what made you feel unsafe."

Children can also turn away and move away from that person.

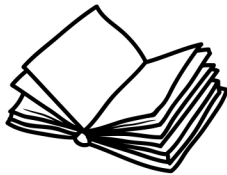
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# How to teach your child about body safety and consent?



Role-play is a powerful way to teach kids different scenarios that can come up and it also allows them to practice their response to these situations



Books are a great way to teach kids body safety in a fun and non-threatening way



Games are good to explain consent to kids



Using everyday moments to talk to kids about private parts, consent and boundaries.

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# THINGS TO REMEMBER

This is not a one-time conversation but a concept that needs to be reinforced continuously and adapted as the child grows.

Creating an open and trusting relationship with your child is the BEST defence against CSA.

While you may teach your child these concepts, the responsibility to keep them safe is still yours.

It is the parent's responsibility to remain vigilant at all times to ensure the safety of their child

One of the most important tasks as a parent is to have an open, frank and trusting relationship with your kids where they can talk to you about anything without fear or embarrassment.



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