

BODY SAFETY CARDS

HOW TO USE THE BODY SAFETY CARDS

The 'Body Safety Cards' provide children and young people with empowering phrases and rules they can remember and use in unsafe situations. Each card has a sentence for a child or young person to learn and refer to, a fun image, and a discussion prompt to open up the conversation.

There are several ways you can use the cards:

- You can print and cut these cards out and display them in a prominent place in your home or classroom so children and young people can refer to them often.
 - These displayed phrases also send a clear message to other adults and older children that your child is educated in personal safety.
- Make two copies of the cards and play a game of Concentration with a child or young person.
- Have the child or young person 'act out' each phrase — both using their voice and body stance.
- Have the child or young person read the phrases to you, then discuss what each phrase means.

ABOUT 'ONE TALK AT A TIME'

The 'One Talk at a Time' campaign is Australia's first national awareness raising and behavioural change campaign aimed at preventing child sexual abuse. It inspires adults to help prevent child sexual abuse by encouraging them to learn about the issue and have ongoing, proactive, preventative conversations with children, young people and other adults. 'One Talk at a Time' was informed by a substantial research program to help make it effective, culturally-safe, accessible and trauma-informed.

ABOUT JAYNEEN SANDERS

Jayneen Sanders is an experienced author, publisher, primary school teacher, mother of three and an active advocate for Body Safety, Gender Equality and Respectful Relationship Education being taught both in homes and in schools. She is also lead author of 'Engage Literacy' published by Capstone and has authored many stories for children via Educate2Empower Publishing. Jayneen feels passionately that we can do so much more to keep our children safe by teaching them age-appropriate and empowering prevention education.

*These Body Safety Cards were developed in partnership with **Educate2Empower Publishing**. Visit www.e2epublishing.info for more resources and tools.*

BODY SAFETY CARDS

BODY BOUNDARIES

My body is my body
and it belongs to me!



I am the boss of
my body!



**Who is the boss
of their body?**

**Why are you
the boss of your
body?**

I have a body boundary.
No one can enter my body
boundary without my
consent.



I can say "No" if I
don't want to kiss or
hug someone.



**What do you
think consent
means?**

**How might you greet
someone if you don't
want to kiss or hug
them?**

BODY SAFETY CARDS

MY SAFETY TEAM

I know who my 3 to 5 trusted adults are.



My 3 to 5 trusted adults make up my safety team.



What do you think 'trust' means?

Who are your trusted adults?

Who are the safe adults on your safety team?

Why do they make you feel safe?

I can tell the people on my safety team if I feel unsafe, worried or scared.



If I tell someone and they don't believe me, I should keep speaking up until I find someone who does.



If you feel unsafe, worried or scared who should you tell?

Why is it important to keep telling until you are believed?

BODY SAFETY CARDS

EARLY WARNING SIGNS

My body gives me early warning signs if I feel frightened or unsafe.



I might get lots of early warning signs, or just a few.



What do you think your early warning signs might be?

Have you ever felt your early warning signs?

Could you explain a bit more about when you felt these early warning signs?

If I feel my early warning signs, I should tell an adult on my safety team.



I should always trust my early warning signs!



Who would you tell if you felt your early warning signs?

Why should you always trust your early warning signs?

BODY SAFETY CARDS

PRIVATE PARTS

My private parts are the parts of my body under my underwear or swimwear, and include my mouth.



I always call my private parts by their correct names.



If someone shows you pictures of private parts or asks for pictures of your private parts, what do you need to do?

Why should you call your private parts by their correct names?

My private parts are private!



No one can touch my private parts.



What does 'private' mean?

What do you need to do if someone touches your private parts or asks you to touch their private parts or shows you their private parts?

BODY SAFETY CARDS

SECRETS AND SURPRISES

I should never keep secrets that make me feel bad or uncomfortable.



I don't keep secrets, only happy surprises because they will always be told.



Why should you never keep secrets?

What do you think is the difference between secrets and surprises?

Nobody should ever ask me to keep something a secret, especially if that something makes me feel bad or unsafe.



If someone asks me to keep a secret that makes me feel bad or unsafe, I should tell an adult on my safety team.



Has anyone asked you to keep an unsafe secret? Can you explain a bit more?

Why do you need to tell someone on your safety team if another person asks you to keep a secret?