My Body is Special
and belongs to me

Cherie Benjoseph, LCSW • Sally Berenzweig, MEd, MA
To Parents Everywhere

❤️ for raising safe and smart kids
❤️ for empowering yourselves with personal safety knowledge
❤️ for teaching your children that they are valued and loved
❤️ for being the approachable parent

This Book Is For You And Your Children
From The KidSafe Foundation
Building strong, resilient families and safer communities
I am KidSafe smart and I have a lot to share about keeping our bodies safe and treating ourselves with love and care.

Because My Body is Special and belongs to me. I am in charge of my body, as you will see!
So think about how many times we are touched throughout the day. We know a touch is Safe when we feel this way: Happy, cozy, and comfortable as can be. A touch that feels this way is a Safe touch to me.
I have private parts that belong just to me. They are under my bathing suit, but I won’t let you see.

You have private parts that are special, too. No one should touch them — they are meant just for YOU!
How to Get the Most Out of this book

Before reading with your child:
Read the book yourself cover to cover. This will give you the opportunity to familiarize yourself with the content and feel of the book.

Read the children’s pages out loud to get comfortable with the rhyming.

Share the book with any other significant grown-ups in your child’s life.

During reading with your child:
During the first reading let your child and yourself enjoy the book as is. Children find this a comforting book and will ask for it to be read over and over.

Monitor your child’s understanding by asking questions about the illustrations. Some examples: “Can you point to where the safe touch is in the picture?” “What is the child doing in the picture?”

Expand the learning by asking further questions: “How do you think the little boy is feeling in this picture? How do you know?” “What is a safe touch for you?” “Who are some people in your Circle of Safe Adults?” “What do you think the girl in the picture should do?” “Does the little girl have to hug her uncle? Why or Why not?”

After reading with your child:
Integrate the key KidSafe Language of Safety words into your everyday parenting. (Safety Voice, Circle of Safe Adults, Good Secret/Bad Secret, Safe Touch/Unsafe Touch). And of course – My Body is Special and Belongs to Me.

Teach your children the proper names for their private parts.

Encourage your child to use their Safety Voice.

Label everyday ‘touches’. For example: “When your brother held your hand as we crossed the street was that a safe touch or an unsafe touch for you?” or “When your sister hit you in the car was that a safe touch or an unsafe touch?” “What were you feeling?”

Have your child draw a picture of their Circle of Safe Adults. You can find a sample to download at www.KidSafeFoundation.org
My Body is Special and Belongs To Me! is a fun, age appropriate and comfortable way for parents to open the conversation about personal safety with their children. Parents often ask how they can talk to their children about personal safety from a place of empowerment, not fear. My Body is Special and Belongs to Me! does just that. This book sparks conversations between parents and children about body boundaries, secrets, and consent as a natural part of everyday parenting.

My Body is Special teaches children that they have a right to feel safe and comfortable, and that others will listen when they speak up using their “Safety Voice.” The way the authors approach the topic takes the scariness out of talking about it – even with young children. No mysterious sounding “Stranger Danger” here. This book presents solid and simple concepts; bright and accessible artwork; helpful conversation tips for parents; activities to reinforce the lessons for kids; and useful, factual information. It’s a tool that informs parents about the risks of abuse so they will feel empowered to help keep their children safe.

– Lisa Blum, PsyD. Licensed Clinical Psychologist

KidSafe

Empowered Children Become Powerful Adults
Visit us at www.KidSafeFoundation.org
Downloadable materials available.