

Talking About Boundaries

Conversations with children about boundaries are an important part of body safety. Boundary crossing can look like: walking in on a child while they are getting dressed, helping a child bathe when they are able to clean their own body, asking a child to keep a secret from a grown-up who takes care of them, or touching the private parts of their body. The activities below provide opportunities to talk with your child about privacy and secrets - two important aspects of understanding boundaries!

Privacy

**Privacy means to be by yourself.
As a big kid there are lots of
things you can do on your own!**

Look at the pictures to the right
and decide with your grown-up
which pictures show when we
should have privacy.

Draw a star over the pictures
showing privacy.



When I am getting dressed



When I am using the bathroom.



When I am eating dinner.



When I am taking a bath or shower.



A game about touching private parts.



A surprise party!



A secret handshake with my friend.



A gift I make in art class for my grandma.

Safe and Not Safe Secrets

Safe Secrets are secrets that are fun to keep and no one is making you feel uncomfortable or breaking body safety rules.

Not Safe Secrets can make you feel scared or weird inside (and you are never supposed to tell anyone!).

Look at the pictures to the left and decide with your grown-up which pictures show Safe Secrets.

Draw a circle around the pictures showing Safe Secrets.

Which picture shows a Not Safe Secret?
Draw an X over this picture.

Who do you tell if someone wants you to keep a Not Safe Secret?