

Careageous Kids!

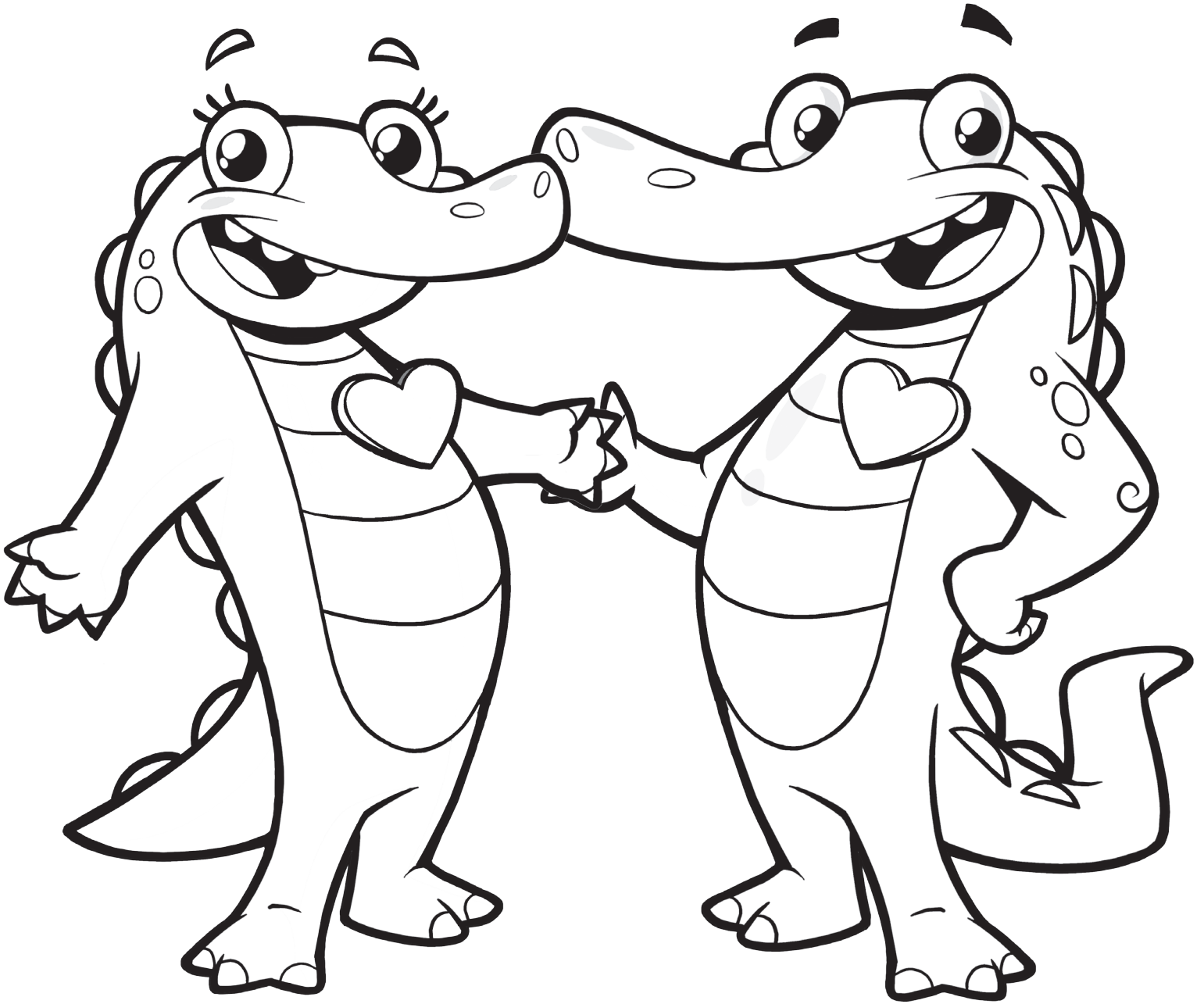
Smart kids have a mind that's courageous and kind!



Gator Goodfellow & Gator Goodheart

Present

Keeping your body safe!



**Hi! We are Gator Goodheart
and Gator Goodfellow.
We are here to talk to you about
keeping your body safe!**

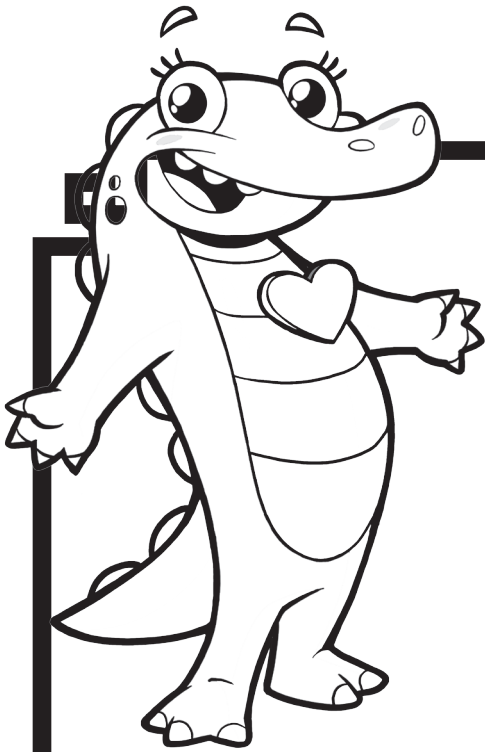
**Our bodies are special and wonderful.
Our bodies belong to us and we have to take
care of them. We care for our bodies by:**

EXERCISING



**AND EATING
HEALTHY FOODS**

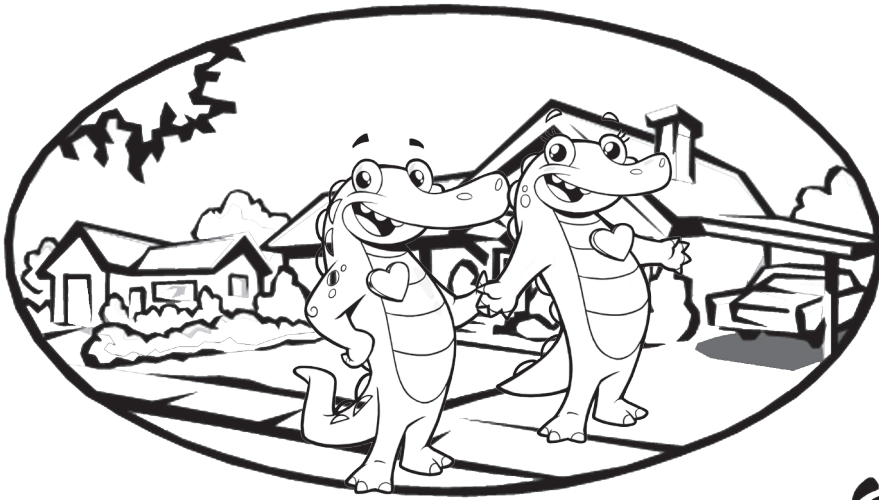




**Draw a picture of a way to keep
your body safe and healthy.**

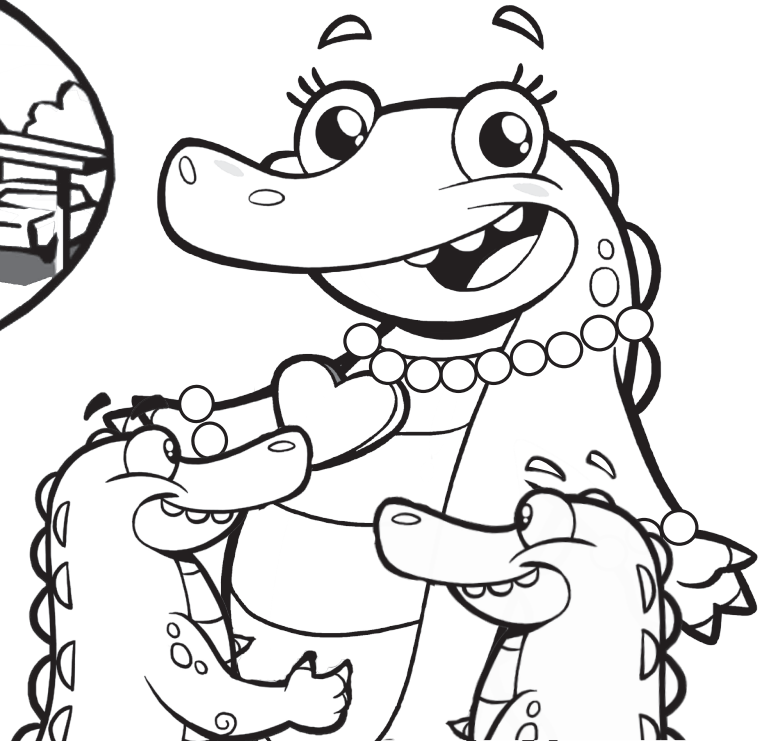
Your body belongs to you and you have the power to do amazing and fun things with it.

Some things we do are:



HOLD HANDS WHEN WE CROSS THE STREET.

HUG OUR MAMA.



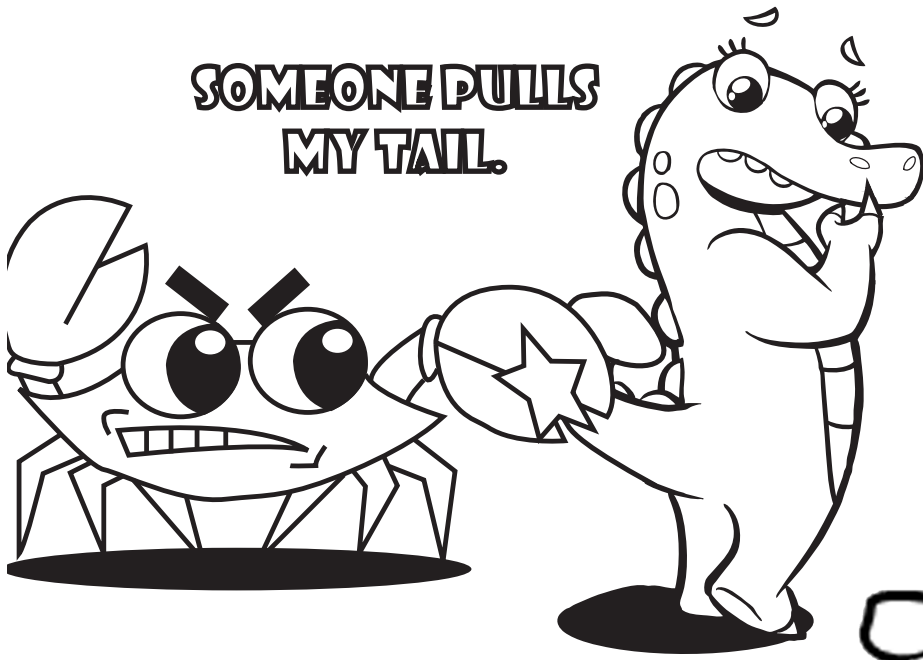
Draw a picture of a Good Touch!



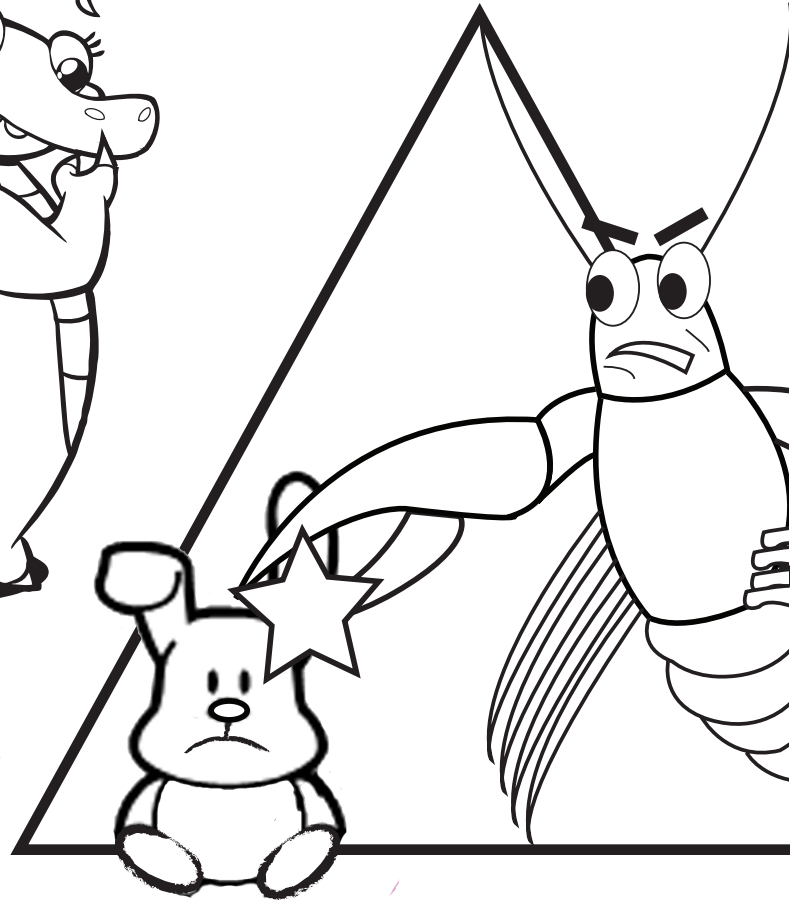
**These are called Good Touches.
Good Touches make us feel safe and happy.**

Some touches don't feel good. Like when:

**SOMEONE PULLS
MY TAIL.**



**OR YOUR EAR GETS
PULLED.**



Draw a picture of a Bad Touch.



**These are called Bad Touches.
Bad Touches make us feel hurt or scared.**

We have the power to decide how we will be touched. You get to decide what is a Good Touch for you!

“I like to be tickled sometimes!”

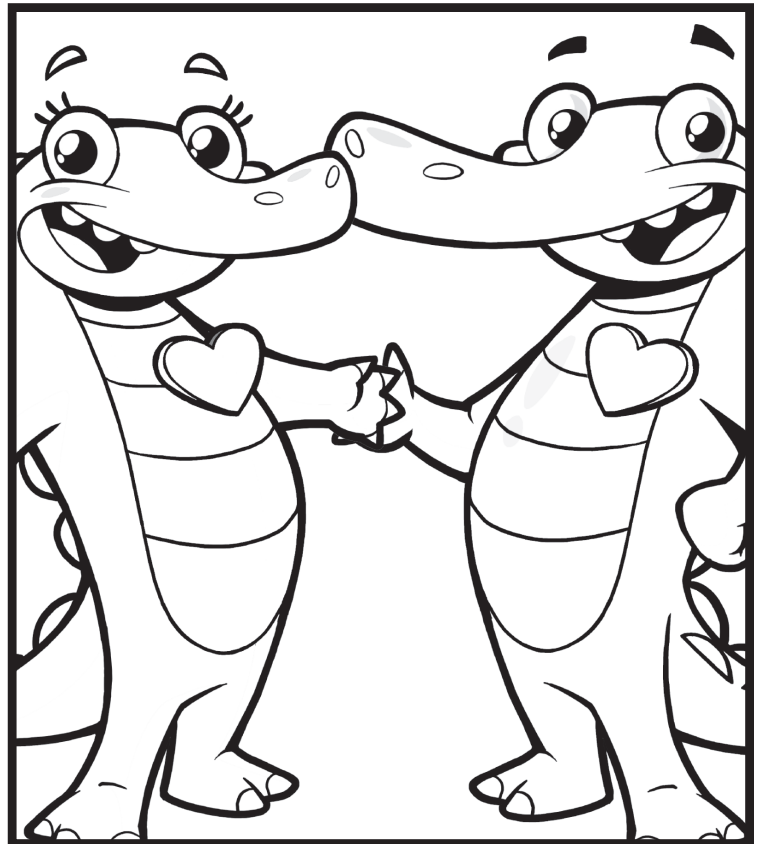
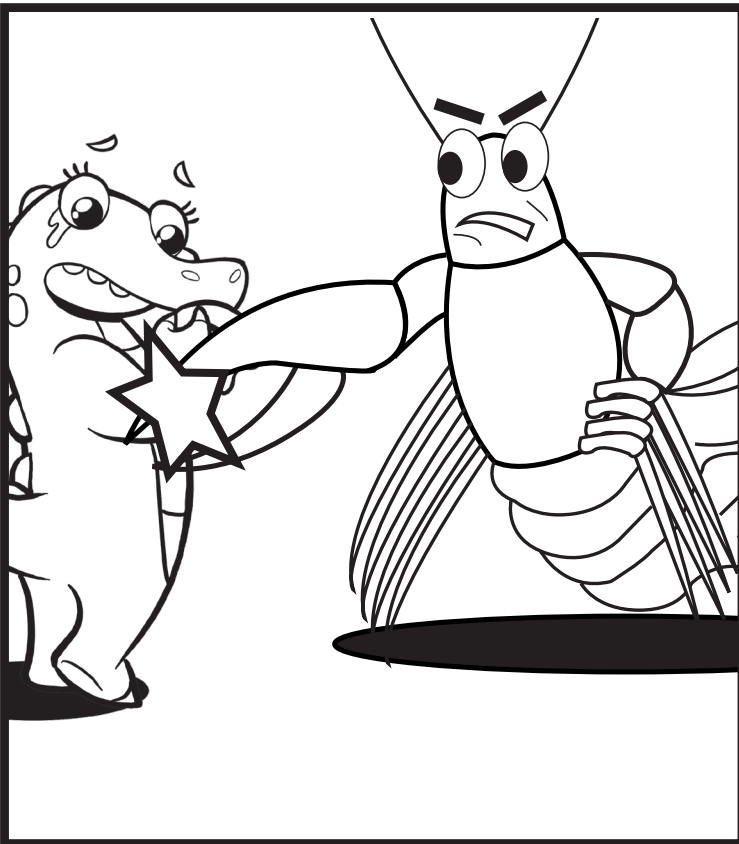
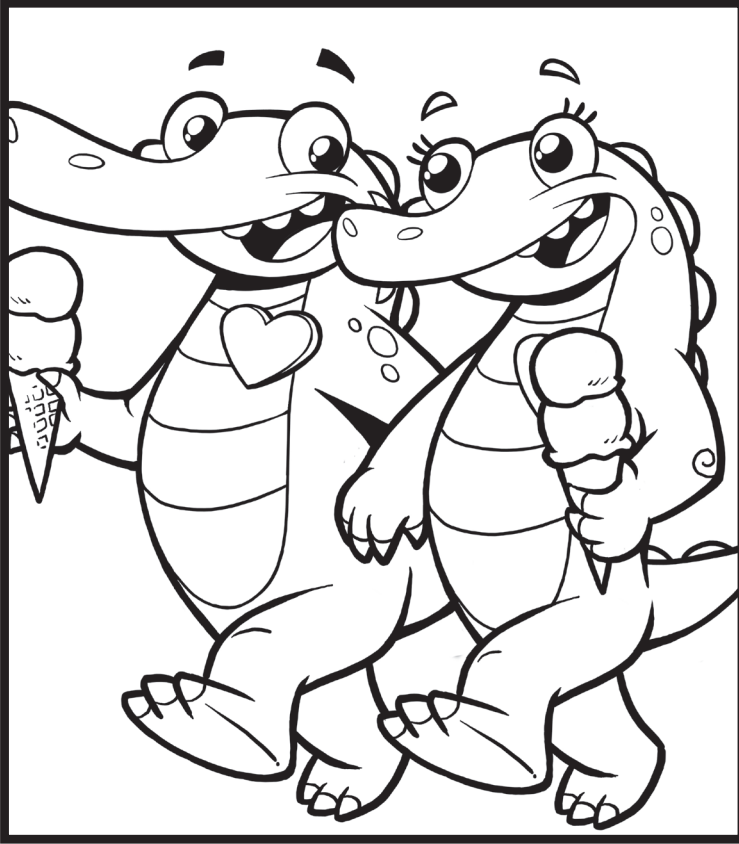


“I don't like to be tickled at all!”



Even grown-ups are supposed to listen when you tell them you don't want to be touched.

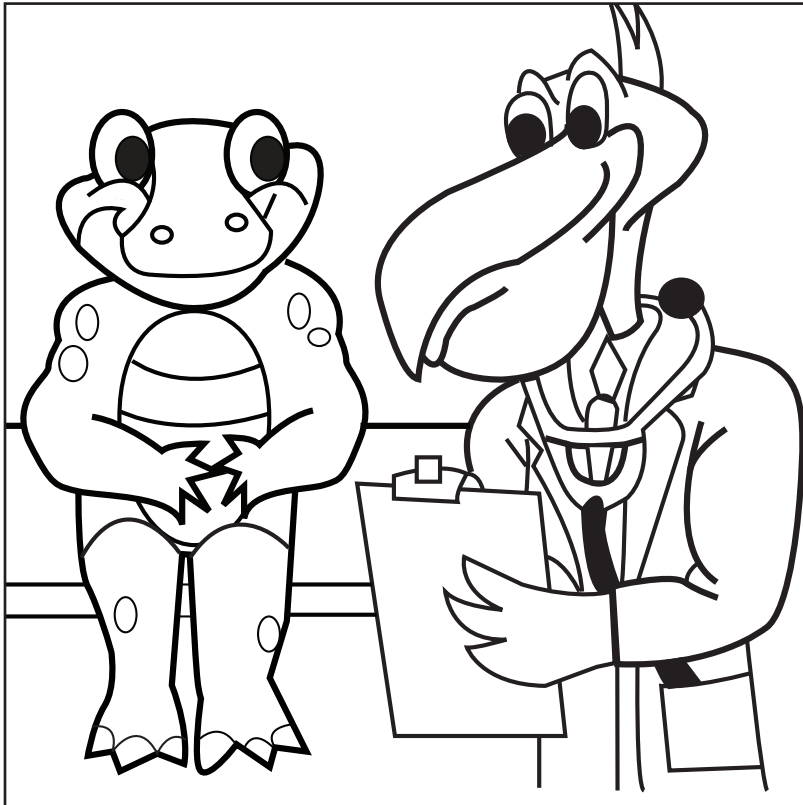
**Circle the pictures that show a Good Touch
and put an X over the pictures that show
a Bad Touch.**





Some parts of the body are private. These are the parts that we cover with clothes even when we go swimming. You do too!

When we were little, our parents touched our private body parts when we got a bath or had a diaper change. Sometimes, your parents might put medicine on your private body parts if you are hurt or sick.



Sometimes during a checkup, a doctor may touch your private body parts. But your mom or dad will be in the room when this happens.

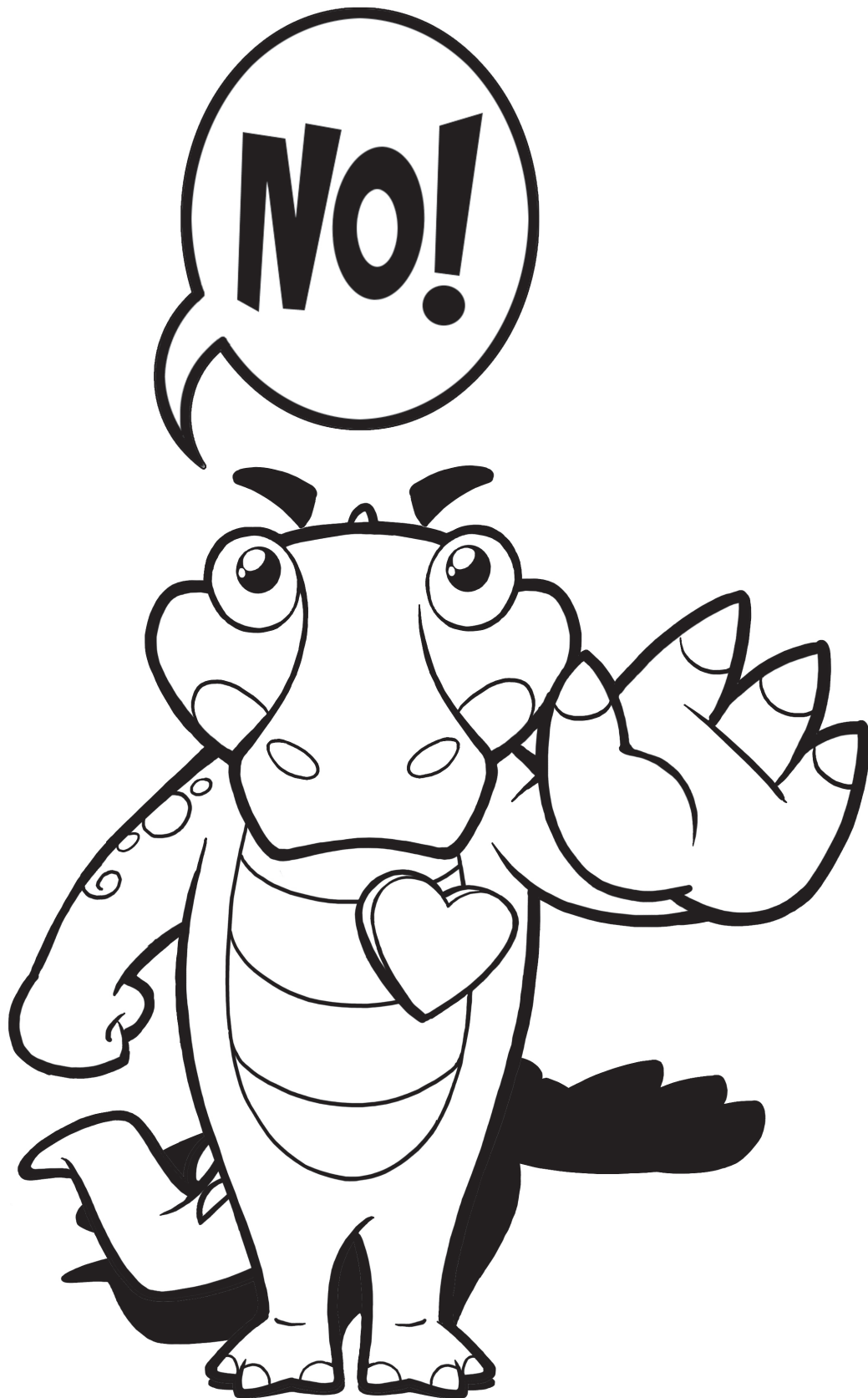
No one should touch your private body parts for any other reasons! Not even someone you know and love.

If someone tries to touch your private body parts in a way that makes you feel scared or upset, you have the power to say



Tell a grown-up you can trust!

If someone asks you to look at or touch their private body parts, say, “No! I don’t want to!”



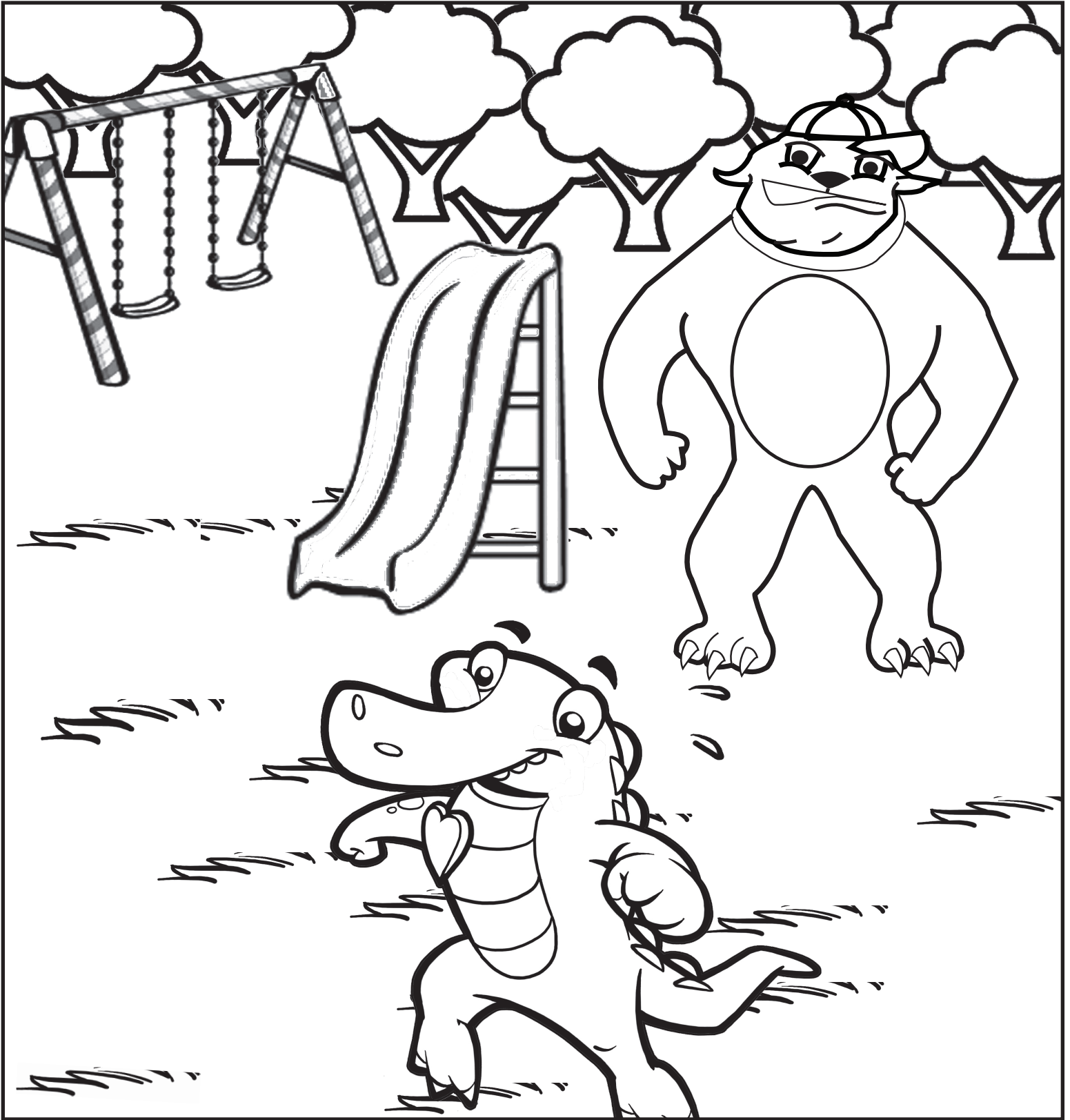
Tell a grown-up you can trust!

If someone touches you and tells you not to tell anyone, say “No! I don’t keep secrets like that!”



**Even if it's scary,
Tell a grown-up you can trust!**

If anyone makes you feel strange or uncomfortable, run away as soon as you can.



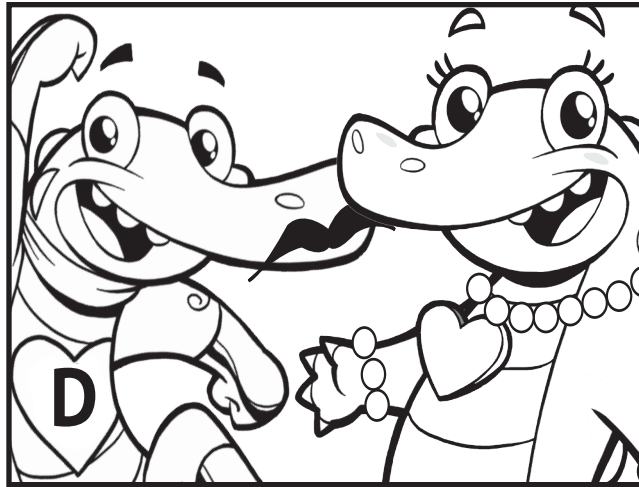
Tell a grown-up you can trust!

Remember...

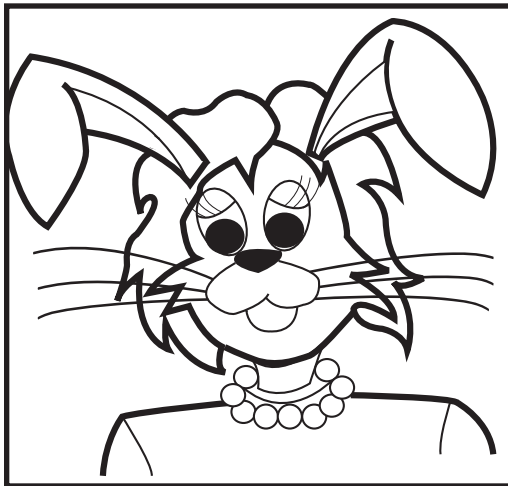


If you were touched, the person who touched you is the only one to blame.

**Don't be afraid to tell a grown-up you can trust!
Keep telling until someone believes and helps
you. Who can you tell?**



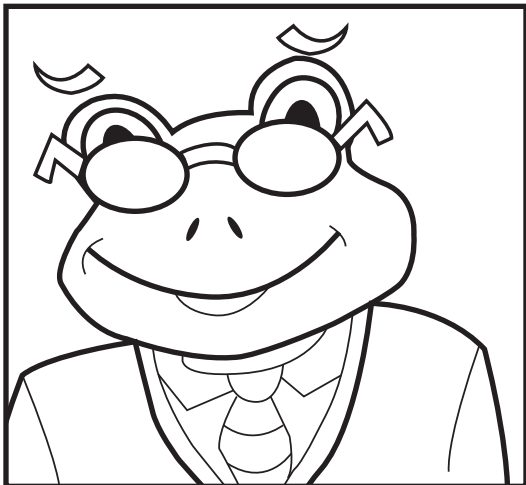
**Mama, Dad or
other relative**



A friend's parent



The Doctor

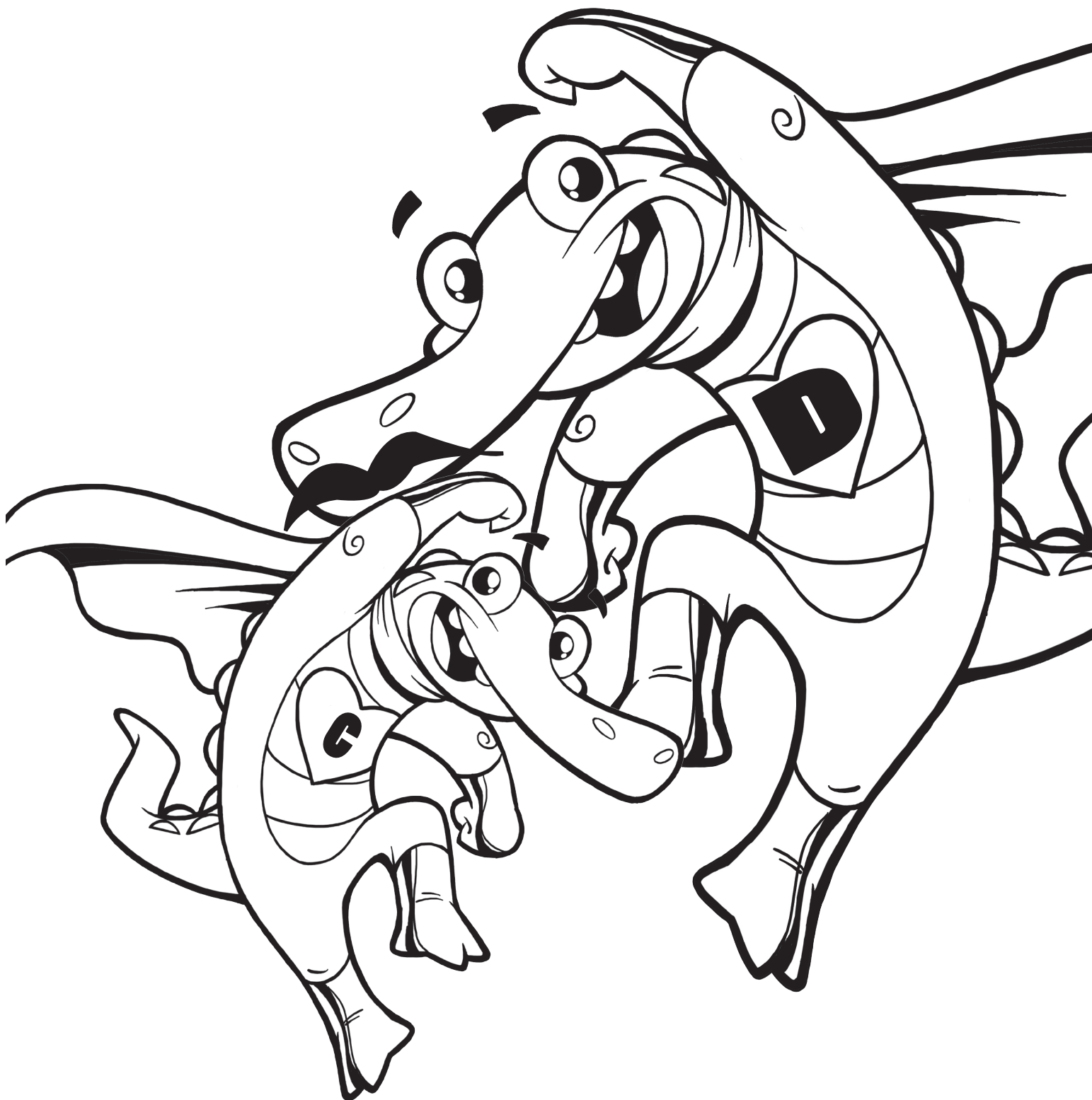


Your teacher



A police officer

Remember...You are a SuperGator! Your body belongs to you and you have the power to help take care of it.



Talk to grown-ups you trust about more ways you can work together to keep you safe and healthy!

To the parents:

As a parent, it can often be scary to address the topic of sexual abuse with your child. However, children need to be taught about personal (sexual) safety as openly as they are taught about road safety and water safety. While this book is a wonderful starting point, it is important to remember that all blame for sexual violence lies with the perpetrator. Children can do only so much to reduce their risk of sexual violence, and therefore need their parents to actively participate in protecting them.

Some easy and effective steps that can be taken to protect all the children in your life are:

- Understand that childhood sexual assault does happen with alarming frequency. One in four girls and one in six boys will experience sexual violence before the age of 18.**
- Educate yourself about risk factors for sexual violence. Use that information to help make decisions regarding your children's safety.**
- Know that the vast majority of child sexual abuse occurs when there is a one-child/one-adult situation. If such situations can be reduced, so can the risk of abuse.**
- Encourage your child to talk with you about anything that happens that makes them scared or worried. Tell your child to never keep a secret that makes them feel this way, even if another adult tells them to.**
- Teach your child that their body can warn them when a situation is wrong or dangerous. They might get a tight feeling in their tummy or feel scared. Talking about what these feelings mean helps children to recognize and trust their own feelings.**
- Remember, most of the time, physical symptoms of abuse are not present. You are more likely to see emotional and behavioral symptoms. However, some children show no signs at all.**
- Know what to do if you receive a disclosure of abuse from a child. Tell the child you believe them. Try to stay as calm as possible. Know where to get help in your community. A supportive reaction to a disclosure will help a child in her or his healing process.**
- Tell others what you know. Encouraging conversations about risk reduction with your family and friends can help protect children in your community. Consider volunteering for an organization that fights against child sexual abuse.**

Feel free to call your local rape crisis center to discuss prevention of child sexual abuse and other forms of sexual abuse if you have questions or need more information.

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