

As with any danger to children, it helps to understand the risk. It is estimated that one in ten children will experience unwanted sexual contact before the age of 18.

The majority of children who experience sexual abuse are abused by someone the family knows. We must expand the conversation from “stranger danger” to protect children from the real possibility of abuse by someone known to the family.

90% of children who are sexually abused know their abuser

Parents/Caregivers often wonder how to begin the conversation and talk with children about body safety. This brochure lists some basic tips to use as a guide.

What you need to **KNOW** about body safety and how to **TELL** children about their bodies starts early and happens throughout childhood.

Schedule a KNOW & TELL Workshop to learn more about grooming behavior, body safety and keeping children safe by emailing info@njcainc.org.

If you suspect child abuse, you must contact the Division of Child Protection & Permanency (DCPP) Child Abuse Hotline 1-877-NJABUSE (1-877-652-2873) / TTY 1-800-835-5510.

For immediate safety concerns, call 911.



NJ Child Advocacy Centers

New Jersey Child Advocacy Centers (CACs) are community partnerships dedicated to ending child abuse by pursuing the truth in child abuse cases and coordinating services and resources for child victims. To find out more, visit our website at njcainc.org or contact your local CAC.

CAC Directory by County

Atlantic County Child Advocacy Center

609-909-7929

Bergen County Child Advocacy Center

201-226-5620

Burlington County Child Center

609-265-5881

Camden County Child Advocacy Center

856-614-8000

Cape May County Child Advocacy Center

609-465-1135 x 3440

Cumberland County Child Advocacy Center

856-453-0486

Wynona's House, Essex County Child Advocacy Center

973-753-1110

Gloucester County Child Advocacy Center

856-384-5557

Hudson County Child Advocacy Center

201-915-1234

Hunterdon County Child Advocacy Center

908-806-8765

Mercer County Child Advocacy Center

609-989-6350

Middlesex County Victim Advocacy Center

732-745-3394

The Friends of Monmouth County Child Advocacy Center

908-770-1366

Deirdre's House, Morris County Child Advocacy Center

973-631-5000

Tina's House, Ocean County Child Advocacy Center

732-929-2027 ex. 3647

Passaic County Child Advocacy Center

973-837-7651

Salem County Child Advocacy Center

856-339-8630

Somerset County Child Advocacy Center

908-575-3381

Ginnie's House, Sussex County Child Advocacy Center

973-579-0770

Union County Child Advocacy Center

908-965-3866

Warren County Child Advocacy Center

908-475-6275

A large graphic on the right side of the page. It features a blue background with a grid pattern. At the top, there are two circular inset images: one showing a man in a yellow shirt talking to a group of children in red soccer uniforms, and another showing a woman sitting and talking to a group of children. Below these images, the text 'TEACHING CHILDREN BODY SAFETY' is written in large, white, bold, sans-serif capital letters. Underneath that, the phrase 'Educate. Inform. Protect.' is written in a smaller, white, sans-serif font. At the bottom right, the 'KNOW & TELL' logo is displayed in green and blue, and the website 'KNOWandTELL-NJ.org' is listed in white.

TEACHING CHILDREN BODY SAFETY

Educate. Inform. Protect.

**KNOW
& TELL**

KNOWandTELL-NJ.org

Child Sexual Abuse is a Risk for Every Child

Teaching children body safety can be a powerful prevention tool for your family. The following is to be used as a guide for talking with your child about keeping their body safe. Prevention starts with you!

Become Familiar with the Signs of Abuse

Learn more by visiting KNOWandTELL.org

Encourage Children to TELL You About Things that Happen that Make Them Feel Sad, Uncomfortable or Scared

Help them identify a safe adult if you are not immediately available.

Use a Book from the Booklist to Begin a Conversation with Your Child

Add a couple of books to your bookshelf and use them as a starting point.

Teach Children What to Do if Someone Shows Them Their Private Parts

TELL a parent/caregiver or other trusted adult as soon as they can.

Teach Children the Correct Terms for Their Body Parts

If a child is touched inappropriately, being able to clearly communicate to you or anyone else what happened is incredibly important.

This can start as early as diapering and potty training up through puberty.

Ask Your Child Questions to Help Them Think Through Possible Situations

“What would you do if someone touched you on your _____?”

“Who would you tell?”

“What if they said it was ‘our secret’?”

Discuss the Difference Between Secrets and Surprises

An abuser may “test” a child with keeping a secret as innocent as having ice cream before dinner.

Do Not Force Children to Hug, Kiss or Touch People — Even Relatives

It is important that a child feels “in charge” of their body. The simple act of listening if they do not want to hug, kiss, or touch a person speaks volumes.

Teach Children Which Parts of the Body Are “Private” Body Parts

These are parts of the body that are kept private with a bathing suit.

Body parts that no one touches (unless assisting with toileting, bathing, or part of a doctor’s exam).

This can also start as early as potty training.

Explain that they are not to touch anyone else’s private body parts.

Talk about who may touch them there and why. For example, during a doctor’s visit and only with a parent/caregiver present.

Encourage Children to Trust Their Feelings

If something feels “weird” or “off,” listen to that feeling. It is your instinct giving you a signal that danger may be near.



Books for the Bookshelf

Street Smarts for Kids—What Parents Must Know to Keep Their Children Safe

by Detective Rick Bentz and Christine Allison, 1999.
A book for parents/caregivers.

No Means No!: Teaching Children About Personal Boundaries, Respect and Consent

Empowering kids by respecting their choices and their right to say, ‘No!’ by Jayneen Sanders, 2015: Ages 3-9

I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private

by Kimberly King, 2008. Ages 4 and up.

Protecting the Gift: Keeping Children and Teenagers Safe (and Parents Sane)

by Gavin de Becker, May 9, 2000. A book for parents/caregivers.

More Resources at KNOWandTELL-NJ.org

No Trespassing – This is My Body!

by Pattie Fitzgerald, 2011.

Your Body Belongs to You

by Cornelia Maude Spelman, January 1, 1997.

Say “NO!” and TELL!

By Kimberly Perry, 2016