

BODY BOUNDARY CONVERSATION STARTERS

Body Boundary Conversation Starters help children understand body boundaries by sparking curiosity about topics like personal space and mutual respect. When combined with some basic body safety rules, these open-ended questions can be a powerful way to prevent abuse and empower our kids with ways to communicate their limits.

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1

What is the difference between a secret and a surprise?

2

Who are 2-3 people you could tell if someone did something that made you feel scared, sad, or broke a body rule?

3

What are some polite ways to say "no" to an uncomfortable touch? What are some other ways you can greet someone or say goodbye?

4

What are some different ways to greet someone? Is it ok to change your boundaries with someone and if so, how could you communicate that?

Instructions

The objective of "*Body Boundary Conversations Starters*" is to encourage critical thinking and open dialogue around the critical topic of body safety.

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2

Idea

Encourage your child to list at least one person in the family and one outside of the family. Discuss what might be hard about telling someone.

1

Idea

Your cousin gives you a candy bar and tell you not to tell your parents (Secret). You are going on a trip to Disney, but your parents don't tell you until the day of (Surprise). A friend asks to see your private parts and tell you they will hate you if you tell anyone (Secret). You buy a birthday present for your sister, but don't tell her what it is until she opens it (Surprise).

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4

Idea

Name different people in your life (like a cashier, coach, best friend, or family) and discuss how you feel comfortable greeting them. If you feel comfortable with someone, you could ask, "Would it be ok if I gave you a hug?" And if you need space, you can say, "I need some space right now; thanks for understanding!"

3

Idea

If your aunt wants to give you a kiss goodbye, you could offer a hug or high five. If a cousin is tickling you and it makes you uncomfortable, you could say "I'm not feeling like being tickled, could we play another game instead?"

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What does privacy mean to you? What are some activities that should be done in private? How can we respect each other's privacy within our home?

6

What could you do if someone showed you photos or videos that showed people's private parts? What if you accidentally saw them in a book or on the internet?

7

When would it be ok to break a promise? What if someone was in danger or asked you to do something unkind or unsafe?

8

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Idea

Reassure your child they will never be "in trouble" for telling you if they've accidentally or even intentionally looked at pornographic material. Remind them you are on their side and want to help them stay safe. Role play different scenarios where they might encounter pornography.

5

Idea

Discuss how personal hygiene, using the bathroom, and changing should be done in private. Respecting other's privacy could include knocking on doors before entering, closing the door while bathing or changing, etc.

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8

Idea

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7

Idea

Any promise that involves breaking a body safety rule or inappropriate or unkind behavior is a promise that should be broken. This includes if a friend shares about abuse and asks you to keep it a secret. It's always the right choice to tell a trusted adult and get help.