



## John Middleton Elementary School

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Paul Ruffino, Principal  
Emily McFadden, Assistant Principal

Dear Middleton Families,

Your child recently participated in the Personal Body Safety Lesson. Children learned about what personal body safety is, the difference between safe and unsafe touch, the definition of the word "private," the meaning of "The Touching Rule", and when and how to get help from others. The information was presented specific to the designated age group. For your information, we are providing you with a general outline that includes the words and definitions that your child learned. If you have any questions or concerns, please feel free to contact the social workers at any time.

Sincerely,

Jennifer Gregg  
Social Worker  
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Theresa Gabby  
Social Worker  
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# Personal Body Safety Lesson

## Steps that keep us safe

Examples:

- Wearing a seatbelt
- Looking both ways before crossing the street
- Wearing sunblock while in the sun
- Not talking to strangers or sharing personal information (name, address, phone number)

## Personal Body Safety = how to keep yourself safe from other people

- Who owns your body? You do!
- Nobody has the right to hurt you or make you feel uncomfortable. If they do, you have every right to say no or stop, no matter how many times you have to say it to make someone listen.

## Discussion of safe vs. unsafe touches

Examples:

- Hug? – safe touch
- Kick? – unsafe touch
- Punch? – unsafe touch
- High-five? – safe touch
- Handshake? – safe touch

## Discussion of the word “Private” (→Private Body Parts)

Private – something that is personal; it’s not for everyone; not for the public

Examples:

- When you go to the bathroom you shut the door for *privacy*.
- If you have a diary or journal, the stuff you write is *private* to you.
- You may have a password to get into a phone or computer, which is *private*.
- We also have body parts that are private. These are called “private body parts” and everyone has private body parts. Private body parts are the parts of our body that are covered up by a bathing suit.

## New Rule – “The Touching Rule”

**“Nobody should touch your private body parts except to keep you clean and healthy.”**

- Clean = Taking a shower or bath. A newborn baby cannot take a shower or bath by themselves; they need an adult to do this for them and they need an adult to change their diaper. When a mom or dad changes a baby’s diaper or gives them a bath, it is okay that they touch the baby’s private body parts because a baby cannot do this alone, and they need to stay clean.
- Healthy = Going to the doctor. When going to the doctor for a checkup, the doctor may check private body parts. This is normal because the doctor is only trying to keep you healthy.

**What if someone breaks the touching rule?**

What if an eye doctor touched private body parts? Is this a safe or unsafe touch? This is unsafe because the only part of the body an eye doctor should be checking is your eyes.

**Safety Steps:**

1. Say words that mean no (stop, don't touch me there, this isn't safe, no, do not do that)
2. Get away (go to a neighbor's house, go to a different room in the house, a safe room at school)
3. Tell an adult (mom, dad, teacher, grandparents, coach, relatives, principal, etc.)