

# Prepare for **Red** Flags: BODY SAFETY TOOLKIT

**Parents can help children create a body safety plan and practice how to handle potential "red flag" situations.**

## What's a body safety plan?

It's a plan of what kids can **think**, **say**, and **do** in a red flag situation. It's also a list of **safe adults** a child can go to for help in a time of need.

## Create a list of safe adults

*Safe adults* could include a parent, grandparent, coach, teacher, doctor, or neighbor. Ideally, the safe adult list should include both family and non-family members. Let your child know they can seek help from someone else if they are in a "red flag" situation and can't access anyone on the safe adult list. A mom with kids or an older woman may be the safest "strangers" for a child to approach.

Talk to your kids and **together** decide who should be on the safe adult list. Decide what the child should do if these safe adults are not nearby.

You may also want to come up with a code word or phrase the child can use so they can alert a parent they are in danger. For example, you can decide that if a child calls a parent and talks about a "stomachache" the parent knows it's important to drop everything and pick up the child right away.

## Discuss potential red flag situations

Practice what kids can do, think, and say in the following situations. We provide possible answers for what a child might think, say, and do. Please modify and expand these answers as you discuss these scenarios with your kids.

### What if? #1:

If you're on the bus and somebody dares you to pull down your underwear, and she says she will give you 50 bucks... What should you think? What should you say? What should you do?

**Think:** Underwear should stay on! When somebody offers you money that is a *bribe*. That's a red flag!

**Say:** No! I'm not going to do that OR I don't like that kind of dare.

**Do:** Tell a trusted adult as soon as you can.



### What if? #2

What if you're at soccer practice and you're alone with your coach and he makes a joke about private parts.

**Think:** Adults shouldn't joke with kids about private parts, but the coach is acting like this is normal. That's a red flag!

**Say:** I'm going to go practice with the other kids.

**Do:** Go back to the group and tell the first trusted adult you see.

### What if? #3

What if your cousin asks you to play a "secret game" with private parts called show and tell, and then says, if you play this game I will buy you things and you will be my favorite cool cousin.

**Think:** We don't play games with private parts. That breaks a body safety rule. And this cousin is using a bribe to convince me. That's **two** red flags! This is a sign my cousin needs grown-up help. It's important to tell so they don't ask me this again or ask other kids.

**Say:** No. I can't play that game. I'm going to the kitchen to get a drink of water.

**Do:** Go tell your mom, dad or trusted adult about the game your cousin wanted to play.

### What if? #4

What if someone you know sends you a message on your phone or computer asking you to send a picture of your private parts? What if this person says other kids send these pictures?

**Think:** No one should ask a child (in person or online) to do this. Private parts are private. That's a red flag!

**Say:** No way!

**Do:** Step away from the computer or phone and get an adult to help! Mom or Dad can help you block this person.

### What if? #5

What if you're playing at your friend's house and your friend's older brother says, "Hey, look at this," and then shows you a video with naked people touching each other? What if the older brother says you're weird if you don't want to look and tells you everybody watches stuff like that?

**Think:** No one should show a kid pornography, not even another kid. That's a red flag!

**Say:** Kids don't need to look at that stuff.

**Do:** Ask your friend to play outside. Text your mom to pick you up and tell her what happened.

## Update your safety plan regularly and keep talking!

Regularly review the list of safe adults with your kids. Come up with your own potential red flag situations and discuss these with your kids. Remind kids that no matter how they handle any situation, abuse is NEVER their fault and it's NEVER too late to tell.

