

**S** is for **SAFETY**



# HOW TO READ THIS BOOK WITH CHILDREN

STAR wants to help you make personal body safety conversations part of everyday discussion with the children in your life. STAR's Personal Safety Coloring Book is a tool that can be used by any adult in the community that wants to help keep our children safe.

You don't have to finish every activity all in one sitting, what is most important is creating a safe open dialogue early and often!

## READING THE STORY:

**Personal Space:** Stand up and make your own personal body bubble with the child you are reading with.

**Safe Touches:** Everyone can see and know about a safe touch. Think up examples of everyday safe touch like a high five, a hug, or a fist bump.

**Ouch Touches:** Talk about examples of an ouch touch like pulling hair, pinching, hitting, etc. No one is allowed to give you ouch touches (and you are not allowed to give them to anyone else either.)

**Secret Touches:** When someone wants a child to look at or touch their body or wants to look at or touch a child's body especially the parts covered by a bathing suit; our private parts, and tells the child not to tell and to keep the touch a secret.

- This is a great opportunity to go over "secrets" and "surprises". Surprises are something happy or fun that is only kept for a while, but then everyone can know about them. EG: Birthday parties, presents, a family trip. Surprises should not be scary, or involve a child in doing anything that makes them feel unsafe or uncomfortable. Adults should never ask children to keep secrets.

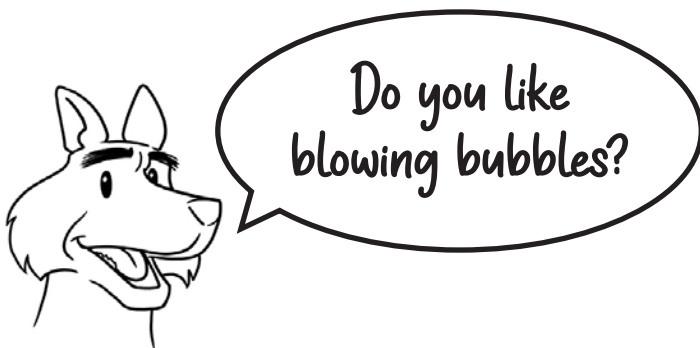
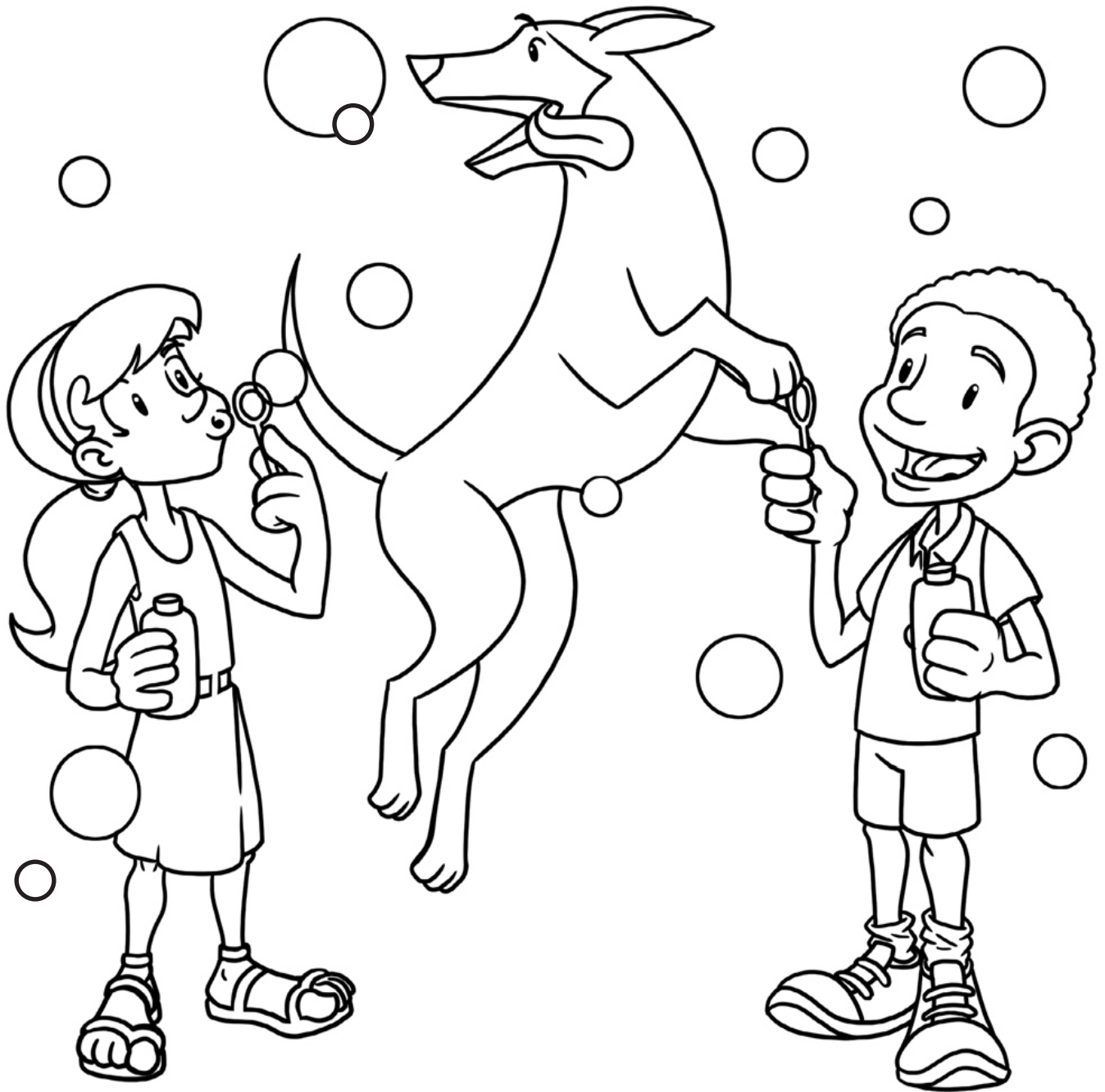
- It is **NEVER** the child's fault if something like this happens, and that if a child says someone has given them secret touches reassure the child that it is **NOT** their fault.

**A Clean and Healthy Touch:** when someone is helping a kid keep clean and healthy and they don't ask them to keep it a secret. Talk about bathing, diaper changes and doctor visits – and how they aren't secrets.

**The Personal Safety Rule:** Try and say **NO** in a firm voice, **GO** to a safe place as soon as possible, and most importantly **TELL** a trusted adult. Have fun repeating the personal safety rule together out loud 5 times in a row.

**Trusted Adults:** Trusted adults can be found in many different areas of our community, STAR likes to help children identify adults they know; family members, neighbors, their friends, parents in addition to people who have special jobs that help keep people safe and healthy (mandated reporters) police officers, firefighters, EMT's, teachers, and even STAR staff. If a child tells a trusted adult and they don't think they were believed, or the harm did not stop, encourage them to keep telling and telling until the harm stops. Reassure the child that YOU will always listen to and believe them if they tell you something unsafe is happening.

I would like you to imagine you are blowing bubbles.



Every person has an invisible bubble around them. Stand up and put your hand out in front of you.



Keeping your hand out, spin around in a circle to find out where your invisible bubble is. This your MAGIC body bubble.

Your magic body bubble is also called your personal space bubble. Your personal space bubble – along with your body – belongs only to you.



You get to choose who comes inside your personal space bubble and when, because your body belongs to you.

It's never okay for another kid or a grown-up to come inside your personal space bubble without your permission, because that's not safe.



Since it's your body, YOU have the right to say who's allowed to touch it and when you want to be touched.



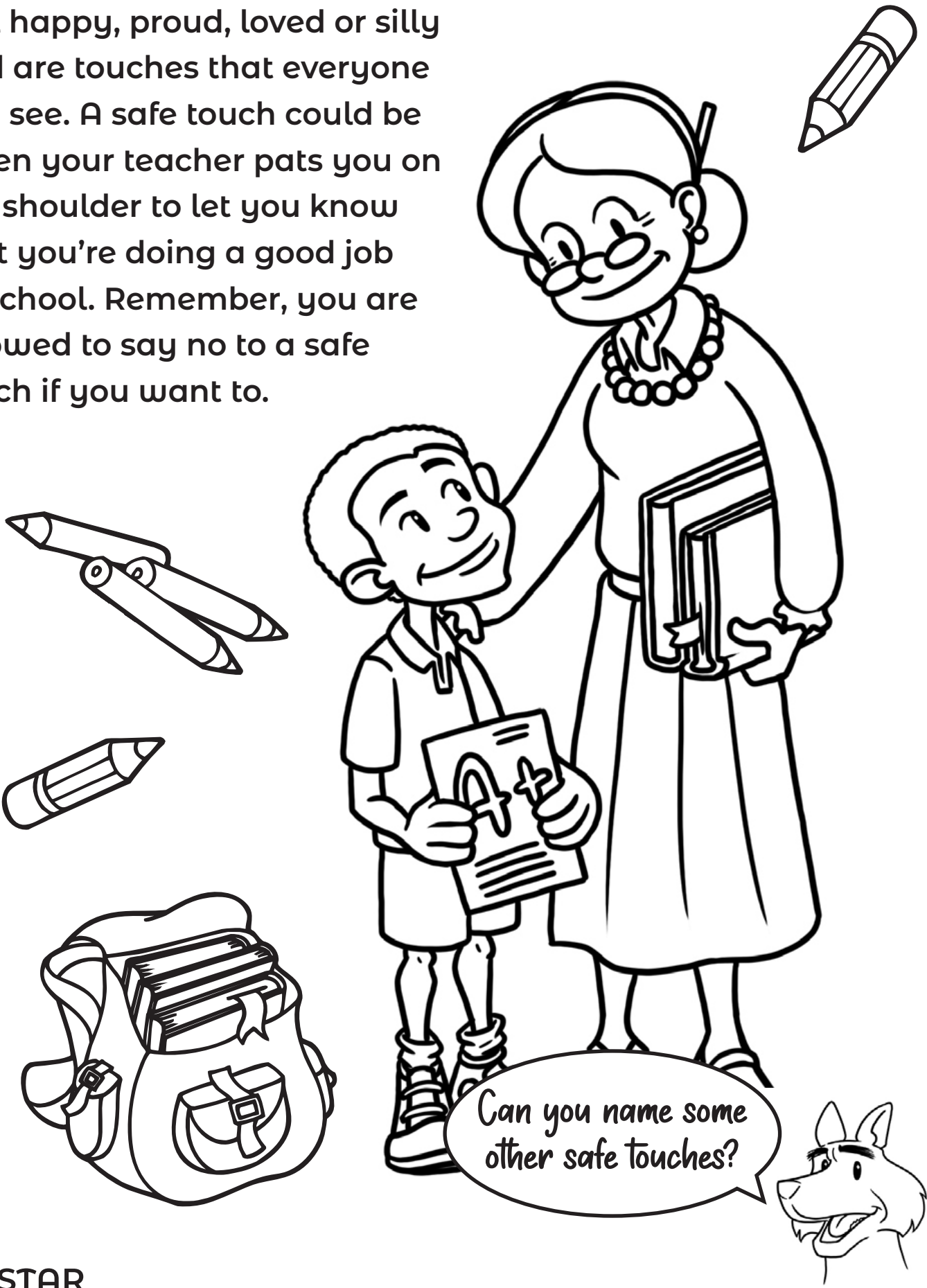
There are three kinds of touches:

- ① Safe touches
- ② Ouch touches
- ③ Secret touches



Can you count  
the flowers?

Safe touches can make you feel happy, proud, loved or silly and are touches that everyone can see. A safe touch could be when your teacher pats you on the shoulder to let you know that you're doing a good job at school. Remember, you are allowed to say no to a safe touch if you want to.



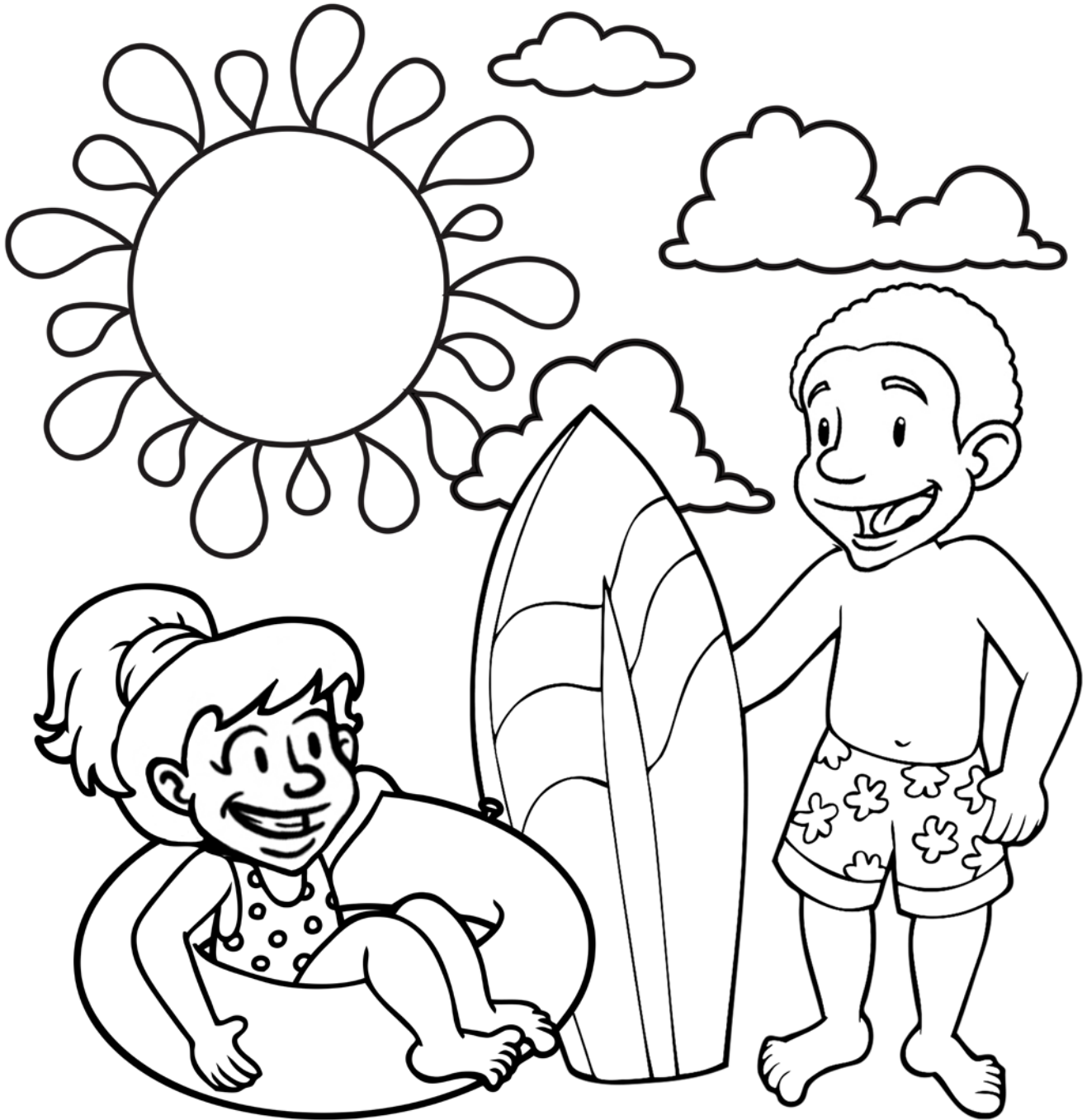


Ouch touches make us feel angry or sad or even make us cry. Ouch touches are when another kid or a grownup hits you or hurts you.



It is never okay for anyone to give you ouch touches or for you to give them to any one else

Secret touches are when someone touches your body or asks you to touch their body in the places that your swimming suit covers and then tells you not to tell and to keep it a secret.



Secret touches are NEVER your fault.

The only time it's ever okay for someone to look at or touch your private parts is if they are trying to keep you healthy and they do not ask you to keep it a secret.



Some kids and grown-ups may not care about your personal space bubble.



If anyone – even someone you know and love – gives you ouch or secret touches or touches your body in a way that you just don't like or is doing anything that makes you feel unsafe, you have the right to try and say “NO!” and GO away from them as soon as possible

Then TELL a trusted adult



Who is an adult  
you can trust?



If that adult doesn't listen to you or do anything about it, go tell another trusted adult! Some trusted adults have special jobs to help keep kids safe and can be found in our community, like teachers, firefighters and police officers.



If you have to call 911 to find a trusted adult that will listen, that is okay.





# PROTECTING OUR CHILDREN

## TIPS FOR ADULTS

We can create safer environments for the youth in our communities and you have an important role to play. It is important to give children the skills and knowledge to know what to do if something unsafe is happening but ultimately it is adults' responsibility to keep children safe.

STAR encourages the use of proper anatomical names for the private parts of our bodies. This helps reduce shame and or stigma related to our bodies. In addition, it can be a great learning moment for a caregiver to hear from their child what they know and how they are learning what they know. Secret touches are **NEVER** the child's fault. If a child is harmed, reassure the child that it is **NOT** their fault and reach out to STAR as soon as possible.

Children should be supported in creating safe physical boundaries. One important way to do this, is by not forcing physical contact like hugs or kisses from friends or relatives. Brainstorm ways they can meet and greet in a way that makes them feel comfortable. Examples include fist bumps, high fives or even air hugs.

We know it may be difficult to maintain normality while adapting to the ever-changing environment. Maybe school has been canceled temporarily, but you still have to go to work. Or because of the expectation of social distancing children in your life don't have as much access to trusted adults.

This is where being an active bystander is incredibly important. You have the ability to help keep the children around you safe, just by being an active bystander. A bystander is someone who may not be directly involved but senses that something unsafe may be happening.

If you feel that something is unsafe, the following are ways to intervene and check in to make sure things are okay.

- You can directly speak with the adult caregivers of the child you are concerned about and let them know why you are concerned and provide a resource like one of the ones listed on the back cover.
- You can diffuse the situation by redirecting the attention of the individuals involved. This might be offering to sit outside and watch the kiddos play while they take a small break. This is especially helpful when you are not sure what it is that you are seeing or hearing.
- You can also ask for help from an outside source, especially if you don't feel safe or comfortable approaching the situation yourself. This could look like reaching out to another adult in the household or a neighbor that may know them better than you and asking them to step in. This could also look like contacting one of the resources on the back cover.

Remember, asking for help for a child is not an accusation of wrongdoing, it's a request to make sure a child is safe.



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## STAR'S 24-HOUR, FREE, CONFIDENTIAL CRISIS LINE

Anchorage: 907-276-7273

Toll Free: 800-478-8999

Business Line: 907-276-7279

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### STAR

**Tel.** 907-276-7273

**Toll Free:** 800-478-8999

STAR is a 501(c)3 nonprofit organization that has been providing services in Alaska for over forty years. STAR's mission is to prevent sexual trauma and provide comprehensive, collaborative crisis intervention, advocacy, and support to victims/survivors, their families and our communities. We have a number of age-appropriate presentations (preschool-12th) available to be given at your child's school. Presentations provide personal safety and sexual violence information as well as resources and skill building. If you have questions about STAR education and community presentations contact us today!

### ANCHORAGE POLICE DEPARTMENT

**Emergencies:** 9-1-1

**Non Emergencies:** 3-1-1

**Tel.** 907-786-8900, press #2

**Address:** 716 W. 4th Ave,  
Anchorage, AK 99501

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### ALASKA CARES

**Tel.** 907-561-8301

Alaska CARES, a service of The Children's Hospital at Providence, helps children who have experienced trauma from abuse. As a Child Advocacy Center (CAC), the program provides comprehensive, child-centered and compassionate care. Victim advocates, law enforcement, child protection, tribal health, forensic medicine and mental health professionals all work together in the same facility to support Alaska's most vulnerable kids.

### ALASKA 211

**Tel.** 2-1-1

**Toll Free:** 1-800-478-2221

Anyone caring for a child can call 2-1-1 and request to talk with someone about resources for parents and trusted adults.

For more information:

[www.alaska211.org](http://www.alaska211.org)

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### OFFICE OF CHILDREN'S SERVICES

**Tel.** 1-800-478-4444

A primary goal of the Office of Children's Services is to keep Alaska's children safe. OCS provides training for reporters of child maltreatment and for Alaskan's who want to know more about how to recognize and respond to child abuse and neglect.

For more information or training:

[www.ReportChildAbuse.alaska.gov](http://www.ReportChildAbuse.alaska.gov)