Parent first talk

Safe touch and unsafe touch

Ages 3 to 5 At bath time

Pick a normal evening bath. Keep your voice the same as when you name a nose or a knee.

While you pour the water, say: **"This is your elbow. This is your knee. And this is your vulva."** (For a boy: **"your penis and your testicles."**) **"These are your private parts. They are under your chaddi."**

Then say: **"Your private parts are only yours. Amma helps you wash them, and the doctor checks you when I am there. Nobody else touches them. Not even someone you love."**

Say: **"If anyone tries, or asks you to keep a secret about your body, come and tell me. You will never be scolded for telling me."**

Play a quick game the next day: **"Who can you tell?"** Help your child name you, Papa, Nani, and one person outside your home, like the aunty next door.

If your child does not want to hug a relative at a function, let them wave or say namaste. Say: **"Your body is yours. You can say no."**

Ages 6 to 8 On the way home

Choose a calm, ordinary moment: the auto ride home from school, or folding clothes together. Bring the home chart or the bookmark if you have one.

Say: **"Your school is teaching body safety rules. Can you teach me?"** Let your child read or say them. Praise every one.

Then say: **"Your private parts are your chest, your vulva and vagina, and your bottom."** (For a boy: **"your chest, your penis and testicles, and your bottom."**) **"No one touches them. Not even someone we know and love. Even if it does not hurt."**

Ask: "What is the difference between a surprise and a secret?" Agree together: a surprise is happy and ends soon. A secret about a touch, a gift or a photo, we always tell.

Say: **"If a big person does not listen, tell the next one. And you will never be scolded for telling me. Even if you broke a rule. Even if you kept it secret for a long time."**

Repeat one rule a day for a week.

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Ages 9 to 12 When the phone comes out

Pick a moment around a phone: setting up a game, or after a news story. Sit side by side.

Say: **"You know the body safety rules. I want to add the phone part. No one asks you for photos of your private parts, and no one sends you photos of theirs. Not even a friend or a cousin."**

Say: **"People who do this are often nice first. They give gifts, data packs or game coins, then ask for a secret. A secret like that is the sign to tell me."**

Say: **"If someone has already sent you something or asked for a photo, you are not in trouble. Do not delete anything. Show me, and we sort it out together."**

Ask: **"Who are your five big people? Is one outside our home?"** Listen to the answer.

End with: **"It is never your fault. Even if you could not move, kept it secret, or broke a rule. Telling is always right. You will never be scolded for telling me."**

If your child asks a hard question

"Why are they private?" "Because they are only yours. Every person's private parts are private, even mine."

"Where do babies come from?" Give a short true answer for their age, then say: "Good question. Ask me anything, any time."

"What if it is someone I love?" "The rule is the same. Tell me anyway, and I will help."

"Why are you asking me all this?" "Because I love you, and I want you to know you can always tell me."

If you do not know the answer, say: **"Let me find out and tell you tomorrow."** Then do it.

If your child tells you something

If a child in India tells you someone touched or abused them, stay calm. Tell them you believe them and that it is not their fault. Keep them away from the person they named, and do not confront that person. Then call 1098, India's Child Helpline. If anyone is hurt or in danger now, call 112.

You could say *I believe you. Thank you for telling me.* Or *This is not your fault, and you will never be in trouble for telling me.*

You do not need to be sure. A worry is enough to call 1098.

Read the full steps at kaaval.org/if-a-child-tells-you.

1098 **Child Helpline.** Any worry about a child's safety, day or night, even if you are not sure what it means.

112 **Emergency.** Someone is hurt or threatened now, or the person shares the home and you cannot keep the child away.

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