

La Piñon
Body Safety Bingo

Use crayons or markers to mark these boxes:

Use RED for STOP! Makes me feel bad or makes another person feel bad Use YELLOW for CAUTION< WARNING, this might not be a good idea without talking to a grown-up like a teacher or parent. If this makes you feel bad or uncomfortable it may not be safe.

Use GREEN for Safe if it not hurting anyone's body or feelings.

Tickles on my tummy	Kiss on my mouth	Mean words	Nice hug	_____ (fill in the blank)
Taking pictures for school	Being pushed down	A pat on my bottom	Tickles on my legs	Being told I am ugly
Being squeezed very tight	Someone who watches me shower	Bad secret	Playing tag with friends	Being hit by someone bigger than me
Talking to a stranger without my parents knowing	Pinching someone at school	Telling someone they are hurting me	Telling a sister or brother not to touch my body	Watching a movie for grown ups
Seeing dirty pictures	Meeting people on the internet	Telling a grown-up I trust if I need help	Calling a friend if I need to talk	Telling the teacher if someone is hurting me

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Answer Key: Use crayons or markers to mark these boxes:

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Tickles on my tummy: may be safe for one child and a trigger for another.

Kiss on my mouth: Please remember that each child is going to feel differently based upon their own family's rules and values. A kiss on the mouth to one child may be red while to another may be green zone. Based upon their own culture and beliefs. However if ever a tongue or private part is put into the mouth it is criminal sexual penetration.

Mean words: may be hard for any child to understand but if they are used by an adult it is abuse.

Even a nice hug: can be a yellow or red zone for some children. Boundaries are very important and can be discussed.

Fill in the blank: is an opportunity to allow the child to express their own thoughts about a good or bad (uncomfortable) touch or behavior. This also allows for a child to take responsibility for their own actions and use their own behaviors as an example. You might ask, "Can you think of a time when you may have hurt someone?" or "Can you remember a time when you helped someone who needed help?"

Taking school pictures: should be safe but you want to reiterate to the children that their parents and teachers should all be aware of this event.

Being pushed down: is never a good feeling, talking about boundaries with friends and respect for yourself is important. Explain that part of respect means you get help when you need it, in order to show respect for your own body.

A pat on the bottom: could again be a trigger or a family gesture of love. It is not appropriate for anyone to touch underneath clothing, however.

Tickles on legs: could again be a trigger or a safe touch depending upon how the recipient feels.

Being told you are ugly: may be very hurtful and may make a person feel sad, angry or confused. It is important that no grown-up say these things to you. If it is peer it is important to talk to someone who can help you. Always remember that you are a special person and no one is ugly but sometimes actions can be. Such as hitting a person or calling them names. Many times people who feel badly about themselves try to make others feel bad as well.

Being squeezed tight: may make you feel confused or uncomfortable, again it is based upon values of each individual. If someone squeezes you in anger it is not safe.

Someone watching you shower: Grown-ups help children bathe when they are very small, do you need help bathing?

Bad secrets: generally make someone feel bad, usually someone is going to be hurt or has been hurt if there is a bad secret.

Playing tag with friends: as long as no one is asking to play a touching game or a secret game and you feel safe this can be a fun activity.

Being hit: is never safe nor a nice thing. No one should be hurting your body in any way. A teacher or parent can help if you are being abused by anyone.

Talking to a stranger: is not a safe idea. Sometimes people we do not know come to school to talk but teachers and parents know about this. It is not safe to help strangers find their "lost kittens" or to tell a stranger where you live or go to school.

Pinching is not a safe touch and hurts.

Telling someone if they hurt you: can be a healthy and helpful thing. If someone hurts you because you told them you need to talk to a teacher or grown-up right away.

Telling your sister or brother or any person not to touch your body is your right. You have the right to feel safe and comfortable. You also have the responsibility to respect other people if they do not want to be touched.

Watching adult movies may not be safe nor healthy. There are some things such as nude scenes which are not safe for children.

Seeing dirty pictures is not safe for children and if anyone ever tries to make you see them or asks you take a picture without your parents' and teachers' permission get help.

Telling a grown-up you trust is very important if you ever need help. Keep telling grown-ups until you are safe.

Telling a teacher can help you if you are being hurt at school or at home. Many times children are hurt by people they know and trust.