

# Prevention Messages for Children in Preschool to Grade 2

## Bodies

- Our bodies are good and special and deserve care and respect (including our private parts).
- Boys and girls have many parts that are the same and some that are different.

## Babies

- Babies need help with most things and deserve to be looked after.
- Children, as they grow, learn to do more things by themselves, but they still need some help.

## Feelings

- Everyone has all kinds of feelings.
- When you are not sure what you are feeling, we call that “mixed-up” or “confused”.

## Bedtime

- Private parts are kept special.
- Small children sometimes need help washing and wiping their private parts.
- Other children and grown-ups do not need help from children with their private parts.

## Touching

- Sometimes we like touching and sometimes we don't.
- Touching is never a secret.
- Any person can say “no” to touch.
- Do not touch a person who says “no touching”.

## Asking for Help

- Sometimes we can do things by ourselves.
- Sometimes we need to ask for help.
- When one grown up can't help you, you can ask 2 or 3 other grown ups for help.

**Credit:** Prevent Child Abuse Vermont's Nurturing Healthy Sexual Development Workshop



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## Prevention Messages for Children & Youth in Grades 3-8

### Sexuality

- Everyone has a sexuality. Sexuality includes how we feel about our bodies, how we feel about other people (attraction), and how we express these feelings through our behaviors.
- Everyone has the right to have their bodies, feelings, and ways of expressing themselves respected.
- It is important to respect other people's bodies, feelings, and ways of expressing themselves.

### Support

- If you have a question or would like to talk about something, it can be helpful to talk with someone you trust.
- If the person that you trust does not help you, it is ok to go and talk to someone else that you trust.

### Feelings

- We all have lots of different feelings. No feelings are wrong or bad.
- If you are feeling wrong or bad, you can talk with someone you trust.
- Sometimes, we can recognize how we are feeling when we think about how our body feels.
- There are things that we can do to help us cope with strong feelings. It is important to cope with strong feelings so that we don't hurt anyone else or ourselves.

### Empathy

- Looking at someone's face or their body language helps give us clues about how they are feeling.
- When we know how someone else is feeling, we can show them that we care by trying to help.

### Boundaries

- Boundaries are limits on how we want others to act with us. We can also have boundaries about how close we want another person to get to us.
- Everyone has the right to have their boundaries respected.
- Everyone has the responsibility to respect other people's boundaries.
- It is important to listen to what someone is saying and look at what their body language is telling us so that we can be sure not to cross their boundaries.

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