

I Am a Super Kid

**An Age-Appropriate Guide to Empower
Three to Seven Year Olds to Protect Their**



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I want to be a Super Kid!



But what do Super Kids do?



**There are many
ways you can
show you are a
Super Kid.**

**A Super Kid
tries to respect
the feelings of
others.**

**A Super Kid
helps recycle.**

**A Super Kid
learns to share
how he or she
feels.**

**A Super Kid
tells the truth.**



**I am a Super Kid.
I am learning to bathe myself.**



**I am a Super Kid.
I am learning to wipe myself
at toilet time.**



I am a Super Kid.

**I am learning to protect my
private part my private parts.**



What are my private parts?



Our private parts are the special parts of our bodies that are hidden by our bathing suits. We can protect our private parts.



How do Super Kids protect their private parts?



**If someone touches or takes a picture of
my private parts,
I will SHOUT OUT**



**If I feel weird when someone touches
or kisses me, I will use my
super powers.
I will SHOUT OUT**



and RUN for help.

Even if I am scared,

I will try to

SHOUT OUT



A Super Kid

tries to be brave.

It is not always easy

and sometimes

your super shouting

powers won't work.



If your super shouting powers don't work, it is okay.

You can still show you are a Super Kid.

Telling the truth is powerful. Tell the truth if someone touches your private parts until an adult believes you.



**I have learned how to
protect my private parts!**



**If someone touches
my private parts,
I will be brave
enough to
SHOUT OUT**



**And then I will
run to an adult.
I will tell them
who touched my
private parts.
I am a Super
Kid with super
powers. Super
powers come with
telling the truth.**



I am a Super Kid!

**I am learning to protect my
private parts and tell the truth.**



According to The Child Molestation Prevention Research Institute, 95% of sexual abuse is preventable through



education. *I Am A Super Kid* is a resource which gives you the opportunity to start educating your child about protecting his/her body.

I Am A Super Kid should be read to your child multiple times. Repetition allows adults to teach and reinforce principles concerning preservation of childhood innocence. All children are super in unique ways. Since children gravitate toward Super Heroes this book will develop super ways to strengthen and empower them to protect their bodies.

Here are a few additional teaching ideas as you read:

1. Ask children what they would do to protect their private parts.
2. Encourage your children to stop a friend or family member from touching or photographing their private parts. At least 92% of sexual misconduct happens by someone your family knows and trusts. Assure children that even if they are unable to protect their private parts, they are a super kid for telling you the truth. You want to protect them from it happening again. Never force children to kiss someone.
3. Encourage children in their process of independence during bathing and going to the bathroom. This lessens the opportunity for perpetrators to have access to children's private parts. If a child is able to bathe and wipe themselves, this provides less opportunity and necessity for a caretaker to be with children during these activities.
4. There are many appropriate terms you may use for private parts when training children. However, child advocates recognize the benefit of medical terms being taught to children.
5. Allow children to know that doctors may have to examine their private parts, but another adult must be there to make sure they are protected.
6. Role playing helps children put these new concepts into practice. Have them practice shouting out, "STOP!" and asking you for help.