5 key body safety rules children will learn:

It's MY Body
Your body belongs to you.

Ask an Adult if I'm Safe
Identify safe adults.

I Have Choices
Know what to do if no safe adults are available.

Tell Someone
Share uncomfortable feelings and situations with safe adults.

It's NEVER My Fault
Understand abuse is NEVER a child's fault.

What is Body Safety?

Children, ages 4-12 years old, in the Body Safety Program learn what abuse is and how they can resist when they feel unsafe.

The Body Safety program uses the Childhelp® Speak Up Be Safe curriculum* to educate and empower children.

The Body Safety program is offered at **NO COST** to participants and is presented in partnership with Fairfax County Public Schools, other county agencies, community centers, and community and faith-based organizations.

For more information about the curriculum, visit **SpeakUpBeSafe.org.*

The Body Safety program provides your school or organization with:

- A free 30-90min body safety class using the Childhelp® Speak Up Be Safe Curriculum for children in pre-school - 6th grade
- An age-appropriate curriculum that builds a child's safety skills, and helps them identify risks such as cyberbullying, internet safety, child abuse and child sexual abuse.
- Pre- and post-class surveys for the children.
- An optional separate presentation for parents and guardians.
- Parent/teacher handouts/activities available upon request.

Volunteer!

Volunteer facilitators are needed to support the county's Body Safety Program for children. After successfully completing background checks, volunteers receive training and certification in teaching children the Childhelp® Speak Up Be Safe Curriculum.

Volunteers should:

- Be at least 21 years of age.
- Be available to teach during school hours.
- Enjoy teaching school-age children.
- Commit to leading at least 4-6 classes a month, for at least one school year.

To bring Body Safety to your school or program, or to be a volunteer, call **703-324-7459**.

For more information visit **FairfaxCounty.gov/familyservices** search "**Body Safety**."

Did you know?

- 1 in 4 children is abused.
- Child abuse can happen to children of any age, culture or socioeconomic level.
- Children rarely lie about being abused.
- 90% of child abusers are known by the child, and 68% are family members.

Effective prevention education programs have been shown to empower children to identify unsafe situations before they are abused, or recognize current or prior abuse and seek help.

"This is probably the most important lesson the students have learned this year."

Elementary School Vice Principal

"I will definitely recommend this program to other schools in the county."

Elementary School Special Education Teacher

"I was abused at age 5, and today's class helped me with some confusion that I have had for years."

6th Grade Student

FairfaxCounty.gov/familyservices

Where a TTY number is not indicated, use 711/Virginia Relay. Reasonable accommodations made upon request; call 703-324-7459.

CHILDHELP Speak Up Be Safe PREVENTION EDUCATION CURRICULUM

FAIRFAX COUNTY DEPARTMENT OF FAMILYSERVICES

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Fairfax County Department of Family Services
Children, Youth and Families Division

Body Safety Program

Preventing abuse through empowering children.

