

Preschool children (less than 4 years)**Basic Information**

- Boys and girls are different
- Accurate names for body parts of boys and girls
- Babies come from mommies
- Rules about personal boundaries (for example, keeping private parts covered, not touching other children's private parts)
- Give simple answers to all questions about the body and bodily functions.

**Safety Information**

- The difference between “okay” touches (which are comforting, pleasant, and welcome) and “not okay” touches (which are intrusive, uncomfortable, unwanted, or painful)
- Your body belongs to you
- Everyone has the right to say “no” to being touched, even by grownups
- No one—child or adult—has the right to touch your private parts
- It’s okay to say “no” when grownups ask you to do things that are wrong, such as touching private parts or keeping secrets from mommy or daddy
- There is a difference between a “surprise”—which is something that will be revealed sometime soon, like a present—and a “secret,” which is something you’re never supposed to tell. Stress that it is never okay to keep secrets from mommy and daddy
- Who to tell if people do “not okay” things to you, or ask you to do “not okay” things to them

Young Children (approximately 4-6 years)**Basic Information**

- Boys’ and girls’ bodies change when they get older.
- Simple explanations of how babies grow in their mothers’ wombs and about the birth process.
- Rules about personal boundaries (such as, keeping private parts covered, not touching other children's private parts)
- Simple answers to all questions about the body and bodily functions
- Touching your own private parts can feel nice, but is something done in private

Safety Information

- Sexual abuse is when someone touches your private parts or asks you to touch their private parts
- It is sexual abuse even if it is by someone you know
- Sexual abuse is NEVER the child’s fault
- If a stranger tries to get you to go with him or her, run and tell a parent, teacher, neighbor, police officer, or other trusted adult
- Who to tell if people do “not okay” things to you, or ask you to do “not okay” things to them

School-Aged Children (approximately 7-12 years)**Basic Information**

- What to expect and how to cope with the changes of puberty (including menstruation and wet dreams)
- Basics of reproduction, pregnancy, and childbirth
- Risks of sexual activity (pregnancy, sexually transmitted diseases)
- Basics of contraception
- Masturbation is common and not associated with long term problems but should be done in private

Safety Information

- Sexual abuse may or may not involve touch
- How to maintain safety and personal boundaries when chatting or meeting people online
- How to recognize and avoid risky social situations
- Dating rules