

My Body is Special Sing-a-Long Songs

Tips for Adults

We encourage you to teach your child the songs *My Body Belongs to Me* and *Touches*. It's a fun, upbeat way to educate him or her about personal safety.

Talking to your child about safe and unsafe touching is an important step in protecting them from sexual abuse. Sadly, all children are at risk of being sexually abused, and over 90% of child victims are abused by someone they know. Many children do not report the abuse because they are frightened into keeping the abuse a secret. However, if a child has been educated about unsafe, secret touching they are much more likely to tell a trusted adult if sexually abused.

Use the songs to teach:

My Body Belongs to Me song

- Read the lyrics and sing the song together (you can create hand gestures to go along with the lyrics too). Keep it a positive experience.
- Talk about body ownership. For example, say to your child: **Who does your tummy belong to?** (answer: ME) Continue asking about different body parts, including their private parts (name them, or say "the parts covered by your bathing suit"). Wrap up by saying, **That's Right! Your body belongs to you.**

Touches song

- Read the lyrics and sing the song together. Make it fun by clapping your hands and stomping your feet when mentioned in the song.
- Start the conversation about touching. For example, say to your child: **Can you think of some good touches?** (e.g., holding hands with a friend, hugging mommy before bed, petting a dog). Then say, **Can you think of some bad touches?** (e.g., being hit, being pushed down).
- Explain secret touching. **Secret touching is when someone touches your private parts** (or vagina, bottom or penis) **and tells you to keep it a secret.** Help your child distinguish between good and bad secrets. Good secrets are fun and safe such as keeping a secret about a surprise birthday party, bad secrets are secrets about someone getting hurt or secrets about touching private parts.
- Explain what to do if secret touching happens. **If secret touching happens to you, get away as soon as you can and tell a grown-up you can trust – like me.** Remind your child that secret touching is never a child's fault.
- End on an upbeat note. For example, sing the songs once more, or suggest the child give a favorite doll or stuffed animal a good touch.

For more educational materials visit the Sex Abuse Treatment Center website and click on **Child Sexual Abuse Prevention Toolkit** (www.satchawaii.com)

These songs are part of the *My Body is Special* curriculum created by the Sex Abuse Treatment Center and approved by the Department of Education. For more information call SATC at 535-7600.

My Body Belongs To Me

* Sing to the tune of *Head, Shoulders, Knees, and Toes*

My body belongs
just to me,
just to me

Some parts of my body
you can see,
you can see

Like my arms, my legs
my tummy
and my nose

But my private parts belong
just to me,
just to me.

Touches

* Sing to the tune of *If You're Happy & You Know it*

If good touches make you smile, clap your hands

If good touches make you smile, clap your hands

If good touches make you smile, smile like a crocodile

If good touches make you smile, clap your hands

If bad touches make you frown, stomp your feet

If bad touches make you frown, stomp your feet

If bad touches make you frown, then don't hang around

If bad touches make you frown, stomp your feet

If you get a secret touch, get away

If you get a secret touch, get away

If you get a secret touch, tell a grown-up you can trust

If you get a secret touch, get away