



Personal Body Safety for Children and Youth

Protecting Students and Staff

In *Counsels to Parents, Teachers, and Students*, Ellen G. White writes: “[Teachers] will discern that they have a most important field in the Lord’s vineyard to cultivate.” Educating children and the adults who work with them about appropriate methods of physical contact helps protect everyone from harm and allegations of misconduct.

These four body zones are always off-limits (except in the event of emergency medical response, such as the administering of CPR/first aid by a medical professional):

- ✗ Mouth
- ✗ Chest
- ✗ Between the legs
- ✗ Buttocks

Appropriate Touch: Guidelines for Staff Members

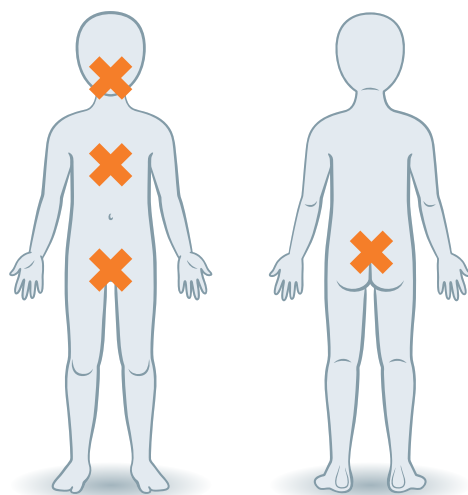
- Always ask for permission to hug, pat on the back, or even high-five a child.
- Only touch at the shoulder level or above.
- Use side hugs.
- Rough physical play, physical discipline, and horseplay are inappropriate.

Providing Guidelines for Children

Help your students to understand that their bodies belong only to them. No one is allowed to touch them without permission. And kids should always ask before touching someone else.

Personal Body Zones

Reinforce the importance of understanding and protecting personal body zones.





Communicating Safe and Unsafe Touch



Safe Touch...

- is affirming and uplifting.
- is respectful of privacy and personal zones.
- is aware of boundaries and asks permission.
- can be a side hug from a teacher to a child.



Unsafe Touch...

- seeks to compromise the boundaries and privacy of personal zones.
- is not respectful of the individual's body autonomy.
- includes hitting, pushing, or kicking.

Helping Your Students Report Inappropriate Behavior

Children must be encouraged and empowered to report inappropriate behavior toward them. As teachers, help them speak up if something has occurred. Remind them that their personal zones are off-limits to everyone and they must talk to a trusted grown-up. Inappropriate behavior to a child is never the child's fault. If abuse is suspected, you as an educator must speak up.

Learn more at
adventistrisk.org



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