

## ABOUT THE PLAY

Talking about personal body safety can sometimes feel awkward, but that's okay! By discussing it in a calm, non-threatening manner, we are empowering our children to stop current acts of abusive behavior, and protect themselves in the future. *No Secrets* serves to do just that.

In a fun, interactive performance, *No Secrets* explored the types of touch that are a normal part of your child's everyday life: a pat on the back from a teacher, a game of "Tag", a hug from a mother, arm wrestling with a brother... In these scenarios, your child learned what safe, appropriate, touch is: touch that you can talk about, touch that you want, touch that is friendly...

Knowing what a safe touch is helped your child to understand when the touch changes, and is not okay: someone gets hurt while playing, over-zealous relatives pinching cheeks or giving a "pat" on the behind. Your child also learned what unsafe, inappropriate touch is: touch that is unwanted, touch that is a secret, touch that involves the "private parts" of our bodies..."

Learning to recognize the difference between safe and unsafe touches helped your child feel safe and empowered.

We encourage you to talk to your child about what he/she learned today!

Dear Parent,

Your child will be seeing a presentation by Chicago's award-winning Imagination Theater entitled *No Secrets*. The play teaches about personal body safety, and how to recognize the difference between touch that is appropriate and safe, and touch that is not.

While your child will have an opportunity to ask questions and participate in a classroom discussion, we encourage you to talk to your child further about what he/she learns. This brochure is designed to give you some background information about the topic, and suggestions for how to begin a discussion.

If you are in need of additional information, have questions, or simply would like to talk to someone about personal body safety, please contact any of the following resources:

School Counselor: \_\_\_\_\_  
Child Protection: \_\_\_\_\_  
Police: \_\_\_\_\_  
District Attorney's Office: \_\_\_\_\_  
Hospital: \_\_\_\_\_

Chicago Rape Crisis 24-Hour Hotline:  
888-293-2080

Resilience  
312-443-9603

Other: \_\_\_\_\_

Thank you,  
Steve Leaver, Artistic Director  
Imagination Theater



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**PRESENTS...**

**NO SECRETS**

**A PLAY ABOUT**

**PERSONAL BODY SAFETY**

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**TALKING TO YOUR CHILDREN**

**ABOUT STAYING SAFE!**

A pamphlet for parents,  
with content provided by  
Imagination Theater, Inc.

## FOR PARENTS ONLY

In order to “protect our bodies” it’s important to first understand what child sexual abuse is: Sexual abuse is forced sexual contact or penetration. Non-contact forms of sexual abuse include obscene phone calls, exposing, or the pornographic use of children.

In discussing sexual abuse with your child, a review of the definition provided by Imagination Theater’s *No Secrets* may be helpful: “Sexual abuse is a child is forced or tricked into showing or touching their private parts or someone else’s private parts.” *No Secrets* defines “private parts” simply as “the parts of your body that are found underneath a bathing suit.”

If you suspect that your child may be a victim of abuse, keep in mind that he/she may be too embarrassed or scared to tell you what happened. Remain calm, listen, and be supportive.

In addition, because many children are tricked into sexually abusive activity, he/she may feel as if it is his/her fault that the abuse has occurred. This is not true. Let your child know that it is never a child’s fault if he/she receives an unsafe touch or is a victim of sexual abuse.

While it is true that children have imaginations and sometimes lie (as adults do), remember that it is a very uncommon occurrence for a child to make up or fantasize about an incident of sexual abuse.

## WHY TALK ABOUT IT?

Talking about personal body safety is just as important as talking about other kinds of safety. For example, what should you do before crossing a street? What should you do if a stranger knocks on your door? Why is it important to not play with matches? Children begin learning at a very early age how to best protect themselves.

The topic of “keeping your body safe” can be addressed in the same manner. By introducing this topic in a calm, matter-of-fact tone, you are protecting your child and preparing him/her for future interactions with all different types of people, from close friends and family, to acquaintances and strangers.

Your willingness to talk about “protecting your body” lets your child know that sexual abuse does happen to children and that it is something that should never be kept a secret. It also lets your child know that you are there for him/her, and willing to listen.

Discussing personal body safety is easier for some parents than others. If you feel uncomfortable about discussing this topic with your child, share that discomfort. This gives an even more powerful message to your child: *Even adults can be embarrassed by this topic. You are not alone. We are going to work through this together.*

In talking to your child, remember to listen to your child’s questions and answers. Ask for definitions of terms so that you understand his/her meaning. Correct misunderstandings or misperceptions. If you don’t have an answer, use this opportunity to “learn together.”

## QUESTIONS TO ASK

The following questions may be helpful as you discuss with your child what they learned in Imagination Theater’s assembly presentation. In some instances, we’ve provided you with the Imagination Theater (IT) answer:

What did you learn today?

Give me an example of a safe touch. How do you know it’s safe?

Give me an example of an unsafe touch. How do you know it’s unsafe?

What could you do if you accidentally hurt someone? (IT: *apologize.*)

Were there any parts of the play that made you uncomfortable, or feel embarrassed? Discuss.

Is it okay for someone to touch you if you don’t want them to? (IT: *it is never okay to be touched in a way that makes you uncomfortable.*)

If a relative pinched your cheeks, or patted your behind, and you didn’t like it, what would you do? (IT: *ask them politely to stop.*)

Where are your private parts? (IT: *the parts of your body that are underneath a bathing suit.*)

If someone tries to touch your private parts, or trick you into touching someone else’s private parts, what would you do? (IT: *say NO in a loud firm voice, tell them to stop, walk away, report to an adult that you trust.*)

Should you keep it a secret if you receive a touch that is not safe? (IT: *no.*)