

S a f e g u a r d i n g

Q u e s t i o n n a i r e

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1. Body Awareness & Privacy

- My child knows the correct names for their private body parts.
- My child understands that only certain trusted adults (e.g., parents, doctor during a check-up) can touch private parts, and only with permission.
- My child knows they can say "no" to any unwanted touch, even from someone they know.

2. Safe vs. Unsafe Touch

- My child can explain the difference between a "safe touch" and an "unsafe touch."
- My child understands that even "games" or "jokes" that make them uncomfortable are not okay.
- My child knows that touch should never be kept a secret.

3. Secrets & Telling

- My child can name at least three trusted adults they could go to if they feel unsafe.
- My child feels comfortable telling me if something happens that worries or confuses them - even if it's about their closest friends/relatives.

4. Boundaries & Saying "No"

- My child knows it's okay to say "no" firmly to anyone — even adults — if something feels wrong.
- My child knows they can change their mind and say "no" at any time, even if they agreed to something before.

5. Digital & Online Safety

- My child understands not to share personal information online (name, address, school, etc.).
- My child knows to tell an adult if someone they don't know contacts them online or sends uncomfortable messages.

Final Reflection:

- I feel confident that my child knows how to recognize unsafe situations and what to do.
- I have regular conversations with my child about safety, privacy, and boundaries.

If you answered "Yes" to most questions:

Your child has a strong foundation! Keep reinforcing these lessons over time.

If you answered "No" or "Not Sure" to several questions:

Consider reviewing these topics with your child through short conversations, books, or role-play activities.