



SAFEGUARDING QUESTIONNAIRE

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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.
- ☐ My child knows unsafe touch can come from another child or teenager, not only from adults.

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 its about their closest friends/relatives.
- ☐ My child knows the difference between a surprise and a secret.
- ☐ My child can recognize their own "uh-oh" feeling and act according to agreement.

4. Boundaries & Saying "No"

- ☐ My child knows that when it comes to their private body parts, they can say 'no', even to someone they love and respect, and understands this is separate from showing respect in other ways (greetings, helping, listening)
- ☐ My child knows they can offer a greeting alternative , salam, a wave, a high-five , instead of a hug or kiss, and that this isn't disrespectful
- ☐ 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.
- ☐ My child knows not to share photos of themselves with people they haven't met in person.

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.