



Kinderschutz Schweiz
Protection de l'enfance Suisse
Protezione dell'infanzia Svizzera



“My body is mine!”

For children aged 7–9

Sexualised violence prevention at elementary school level
Information for parents and attachment figures



“My body is mine!”

For children aged 7–9

Your child will soon take part in the school programme “My body is mine!”. This interactive course is designed to help children recognise and respect boundaries – their own as well as those of others. Through play, a moderator will help the children understand seven prevention messages. These messages are key to preventing sexualised violence.



As parents and attachment figures, you support your child in everyday life. You are their role models. Children need guidance, nurturing, encouragement, and support in their physical and psychological development.



On the website www.kinderschutz.ch, you'll find a short film with information about the programme.

Seven prevention messages

The following seven messages are modelled on the UN Convention on the Rights of the Child. They refer to physical integrity and the right to sexual self-determination.

1 My body is mine



Good body awareness and an age-appropriate understanding of sex are important for developing a healthy self-image.

When children know and can name the parts of their own bodies, it is easier for them to recognise sexualised violence and to talk about it. You empower your child by speaking freely and openly with them about bodies, parts of bodies and their physical development.

2 I trust my feelings

Children who know and trust different feelings notice more quickly when something is wrong, strange or uncomfortable. As parents and attachment figures, you empower your children by teaching them to trust their feelings. You can do this by listening to them carefully when they speak about their feelings.

When you ask your child where exactly they are feeling something in their body, you help them to better recognise and understand these feelings. This will give your child the confidence to say something and get help.



3 **I know the difference between good, bad, and strange touching**



Children have the right to decide for themselves how, when, where, and by whom they are touched. They should be allowed to clearly object to any touching they think is strange or unpleasant. Children must know that no one has the right to touch them on their breasts, bottom, or intimate areas. No child may be forced or talked into touching another person's private parts. Finally, children should be taught that there may be experiences involving unpleasant touching that can't be avoided. These may include medical examinations – but this too may be seen as unpleasant touching.

4 **I have the right to say “no”**

Children should be allowed to say “no” – to adults as well as to other children. This includes learning to respect others when they say “no”, too. They should also know that their wishes may not be honoured if their health or safety is involved. Explain to your child that you hear their “no” and that their feelings are valid.



5 I know the difference between good and bad secrets

Children love secrets. They're exciting. Children normally follow a clear "code of honour" about telling on each other, which keeps them from revealing secrets. Perpetrators use this to their advantage: they manipulate children into staying silent about sexual acts through force, threats, or gifts. That's why it's important for children to be able to distinguish between good and bad secrets. They should know to report bad secrets and that they are not at fault. You empower your child by encouraging them to talk about good and bad experiences.



6 I know where I can get help

It takes courage to talk about bad experiences and seek help in difficult situations. Children should learn that it is important to seek help. It may be that they don't get help on the first try. In these situations, it is vital that children learn not to give up and keep trying to find support.



7 It's not my fault

Children cannot protect themselves on their own. Adults are responsible for safeguarding children's boundaries and for protecting them from sexualised violence. Sexual assault is never the child's fault. The perpetrator is responsible.



Facts, help and contacts

Facts about sexualised violence toward children in Switzerland

One in seven children in Switzerland has experienced sexualised violence with physical contact at least once. Almost one in three children has experienced sexualised violence without physical contact (sexualised looks and words, exhibitionism, exposure to sexual photos, exposure to pornographic materials, etc.). Girls are twice as likely as boys to have these experiences.¹

Sexualised violence is defined as sexual acts towards, with, or in front of a child. Perpetrators often come from the child's social environment.

Children's rights: did you know that...

children have a right to privacy? This also means the right to their own image and the right to self-determination. That's why parents should not share or post photos of their children without their consent.

#SharingIsNotCaring



If you suspect that a child has been subject to sexualised violence

What you can do:

- Listen to the child and take their words seriously.
- Let the child speak freely and don't ask many questions,² write down what the child has said.
- Let the child know it's not their fault.
- Don't do anything rash.
- Get help: <https://www.opferhilfe-schweiz.ch/de/wo-finde-ich-hilfe/> (in German only).
- Find out the next steps.
- Explain to the child what happens next.
- Do not take matters into your own hands.
- Do not confront the alleged perpetrator yourself!



¹ UBS Optimus Foundation (2012): Sexual assaults on children and young people in Switzerland. Forms, distribution, circumstances of the crime.

² Asking questions may influence what the child remembers and says. This means their statement will no longer be legally valid.



Get help here:

Victim support services

<https://www.opferhilfe-schweiz.ch/en/where-can-i-find-support/>

Prevention and counselling for cases of paedophilia and child sexual abuse

<https://beforemore.ch> (in German only)

<https://www.forio.ch> (in German only)

ClickandSTOP: website for reporting paedophilic crimes online

<https://www.clickandstop.ch/en/home-1.html>

More information

Sexualerziehung: sex education website for parents and guardians

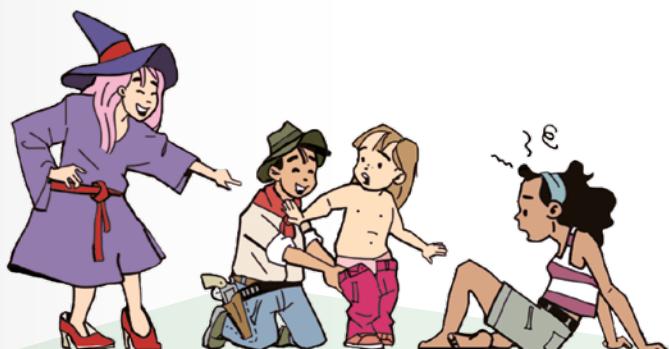
This website has information on sexual development and how you can give your child age appropriate support.

<https://sexualerziehung-eltern.ch/de>
(in German only)



Strong Parents – Strong Children course

This course and associated workshops give parents information about positive, constructive learning (e.g., respectful communication and psychological resilience) and dialogue with other parents. Course: kinderschutz.ch/kurse-starke-eltern-starke-kinder (in German only)





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**Protecting children.
Strengthening children.**



**We are the strong voice
of children in Switzerland.**



Your donation will help the work of Kinderschutz Schweiz.
Online: kinderschutz.ch/spenden

THANK YOU VERY MUCH



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