

## Teaching Children about their Private Parts or Friedman's

### \* *"The No Touch Zone."*

*\*(The parts of the body between the waist and knees, front and back, and chest are those parts that may only be touched by the child, and his/her parent(s) or guardian(s). Exceptions by parental permission only. Parent(s) actually establish a permission list.*

Most authorities on human sexuality and child development, including the **American Pediatric Association**, agree that the names of all parts of the body should be taught to children beginning about 18 months of age. This specifically means that one should not differentiate or leave out any parts of the body in the teaching process. The example listed below, separated by gender, is a suggested list to use to teach the names of the parts of the body. Parents may certainly create their own list.

Male	Female
Head	Head
Eyes	Eyes
Nose	Nose
Mouth	Mouth
Chin	Chin
Neck	Neck
<b>Chest</b>	<b>Chest</b>
<b>Abdomen</b>	<b>Abdomen</b>
<b>Navel/ Waist</b>	<b>Navel/ Waist</b>
<b>Penis</b>	<b>Labia</b>
<b>Scrotum</b>	<b>Vagina</b>
<b>Buttocks</b>	<b>Buttocks</b>
<b>Anus</b>	<b>Anus</b>
<b>Thigh</b>	<b>Thigh</b>
Knee/Ankle	Knee/Ankle
Feet	Feet

*The  
No Touch  
Zone*

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**IMPORTANT**

Choose comfortable names for the *No Touch Zone* or private parts if necessary.

*The shaded and italicized section of the table define Private Parts and/or Friedman's "The No Touch Zone."*

At approximately *five years of age*, children need to learn about their *private parts/The No Touch Zone*. They are now ready to learn that the area between their waist and knees, (all the way around) and chest is a *"no-touch zone"* and they must stop anyone who attempts to touch this area by simply saying, "You are not allowed to touch me there or I am not allowed to touch you there." They must then tell their parents what happened. They have learned that only those on a permission list, created by their parents have the right to touch them. No one else, ever!

Child molesters who learn that a child is "savvy" will keep away. They rarely stand up to a child who just says, "No." They do not want to get caught. Once learned, reviewing *The No Touch Zone* is very meaningful to a child and begins the process of self-protection. **The most effective combatants in the war against child molesters are the children themselves -TAUGHT BY THEIR PARENTS.**

*Friedman's bilingual book, "Inoculating Your Children Against Sexual Abuse: What every parent should know!" is available at bookstores nationwide and Amazon.com*

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