



READY, SET, SAFE!

Parent Prep for Summer Success

MY BODY, MY BEACH TOWEL

- Just as we respect people's beach towels and sandcastles, we respect bodies too! Tell your child their body is theirs—no one gets to touch, look at or talk about private parts (except for doctors or caregivers when appropriate).
- We will play lots of outdoor games — touching private parts is never a game or a secret.

SPEAK UP BEFORE THE POPSICLE MELTS!

- If something gives your child an uh-oh feeling, they have the right to say “No!”—even to adults (except in emergencies).
- No secrets allowed—remind them: Safe adults don't ask kids to keep secrets. Teach them to talk to a trusted adult instead.
- Play pretend together! Practice what they can say if someone pushes a boundary— it helps boost confidence when it really matters.

SLIDE WITH THE RULES

- Just as we take turns on the swings and give each other room on the slide, everyone has the right to personal space. Help your child recognize their own limits and respect others'.
- Boundaries and structure help keep the summer fun! Find ways to maintain consistency, especially with safety rules.

- Talk with your child about personal space, privacy (especially while dressing/changing) and saying “no” to uncomfortable questions or touches.
- Remind them: Always ask before leaving the group or switching plans—just like you'd check in before leaving the park!

NOTHING'S TOO STICKY TO SHARE

- The more relaxed and open you are, the more likely your child will come to you with questions, worries, or just big feelings.
- Use everyday moments (like car rides, sunscreen time or popsicle breaks) to talk about puberty, body safety or boundaries in an age-appropriate way.
- Ask your child how they feel about camp/upcoming summer plans/changes in routine and if they have concerns, fears or questions. You can start with questions like, “What are you most excited for this summer?” or “Is anything making you nervous?” and remind them there's nothing they can't discuss with you.

We encourage you to discuss these concepts with your child to ensure a safe and fun summer. Visit [JCFS.org](https://www.jcfs.org) for more resources.

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