



My Body Belongs to Me

A Personal Safety & Child Abuse Prevention Program

Our workshops are free in schools anywhere in Ventura County.

We serve:

- Children preschool - 5th grade
- Parents
- Educators

1 in 3 girls and 1 in 5 boys are sexually abused before the age of 18
BUT

95% of sexual abuse is preventable through education and awareness!

Contact us if interested:

fvispresentations@icfs.org

Megan White | (805) 850-4566



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Program Overview

Children will:

- Learn and practice when to say "no," get away, and tell an adult helper
- Learn about "ok" and "not ok" touches/situations
- Learn and practice their power voices
- Learn about personal boundaries (4-5th grade)

Educators and Parents will:

- Preview the child's presentation
- Learn about child abuse & warning signs
- Learn strategies to practice personal safety skills
- Learn how to respond to child abuse disclosures

Interface Children & Family Services also offers:

Other Prevention School based Programs:

- Shifting Boundaries (Middle School)
- Encouraging Healthy Relationships
- Teen Dating Violence Prevention
- Coaching Boys to Men

- Mental Health & Trauma Treatment
- Domestic Violence & Child Abuse Prevention
- Youth Crisis & Homeless Services
- Human Trafficking Intervention
- Justice Services
- 211 Information & Assistance



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