



# Honr

Celebrating dads raising daughters.

SUMMER 2025 ISSUE

## THE SAFETY ISSUE:

*A dad's guide to body safety and boundaries.  
Equip her for a world that doesn't always play fair.*

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Did you see our Spring Issue?



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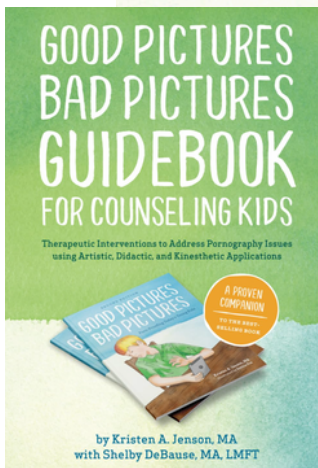
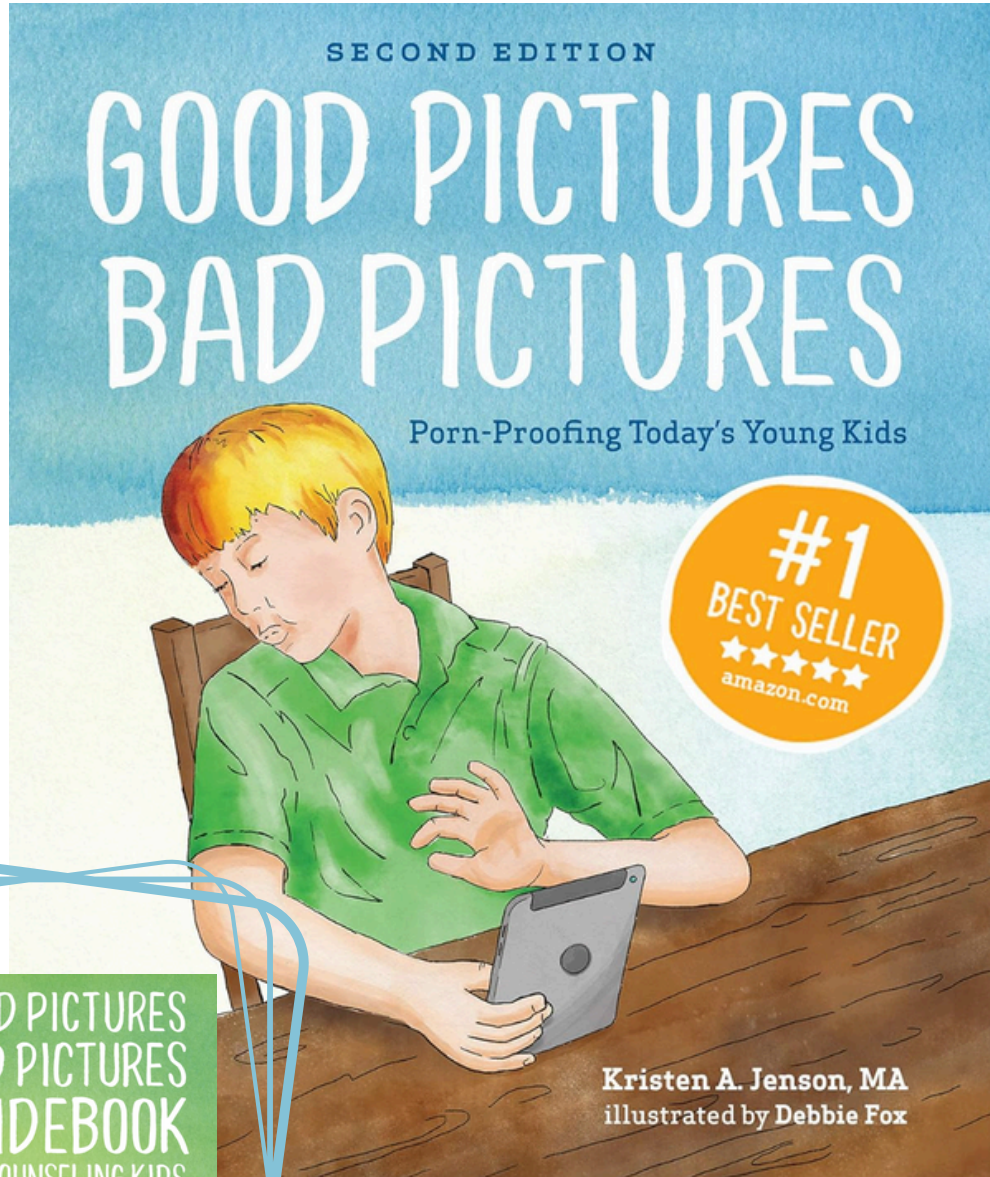
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Available on Amazon





## **Porn-Proofing Today's Young Kids**

Talking to your daughter about pornography might feel uncomfortable—but this book makes it doable, even at a young age. Read it together and give her tools to recognize harmful content, reject it confidently, and protect her developing mind. No shame. No panic. Just calm, clear guidance—right from you.

### **Also available:**

**The Counseling Guidebook**—for dads who are also mentors, coaches, or educators, offering creative ways to support daughters impacted by exposure to pornography or exploitation.

## **Why This Book Matters Now More Than Ever**

### **The Problem:**

Kids are exposed to explicit content younger than ever—often before you've even had “the talk.” This book helps you get ahead of that moment with language she can understand and strategies she'll remember.

### **What It Teaches:**

- What pornography is (in age-appropriate terms)
- Why it's harmful to the brain
- How to respond if she sees it (The 5-point CAN DO Plan™)

### **For Educators, Mentors, and Therapists:**

The companion **Guidebook for Counseling Kids** gives professionals creative tools and art-based interventions to help kids process what they've seen or experienced.

“ —

## **Start with Trust**

**Let's be real—if your daughter doesn't feel safe talking to you, she won't. She scans your reactions and tone. Overreact once, and she may stay silent.**

**Trust is your number-one tool. Before discussing boundaries or dangers, become her emotional anchor. Create a home where no topic is off-limits.**

**Be her safe space.**

— ”





## Conversation Starters

*Ages 7-10  
The Curiosity Years*

**What would you do if  
someone asked you  
to keep a secret that  
made you feel weird?**

*Encourages emotional awareness and helps her name early instincts about right and wrong.*

At this age, curiosity and kindness can blur boundaries. This question lets her know that some secrets aren't safe—and that her feelings matter more than someone else's request. You're not just raising her voice. You're raising her instincts to trust herself, and you.



**Connect with us and  
share your stories!**



# MESSAGE FROM THE EDITOR

Welcome to the Body Safety Issue. I know, I know, every dad hates these conversations. Even mine did.

I would go out to a party, and he would state, “I will be dusting you for fingerprints when you get home, so don’t let any young boy feel you up at that party.” He never did, but I always believed he would, which is why I never let any young boy grope me. My dad would wring that young man’s neck.

The truth is, my dad wanted to have body safety conversations with me, but they were difficult. No dad wants to imagine his daughter all grown up. However, let me urge you that in this new era, when daughters have access to social media, forums, text messages, and online threads, it’s essential that you have the talk and do it early.

In this issue, we have equipped you with stories and articles on how to have these tough conversations. How to protect your daughter during a time that is not like when you were growing up, and make sure she has the confidence and strength to defend herself, talk to you when there is a concern, and get out of harm’s way and into your arms when she feels unsafe.

We hope this knowledge and information brings you peace and gives her the strength when she needs it. May this issue help you develop strong conversations that will benefit her future.

The strength you give now becomes the standard she carries for a lifetime.

Keep going, Dad.

*Nicoma Narjett*



Nicoma Narjett

Editor-in-Chief, *Honr Magazine*



# Prepared Girls Are Powerful Girls



You don't have to wait until something feels off to start the conversation. In fact, the best time to prep her is before anything happens.

Start simple:

- “You never have to be alone with someone who makes you uncomfortable—even if it’s family.”
- “You don’t owe anyone a hug or kiss.”
- “If someone ever says, ‘Don’t tell your dad,’ that’s a sign to definitely tell your dad.”

And here’s the gold—give her scripts:

- “I don’t like that.”
- “I need space.”
- “I have to call my dad real quick - he’s waiting on me.”

These aren’t just words. They’re exits. They’re lifelines. And when you say, “You can always call me, no questions asked,” you create safety that travels with her, even when you’re not around.

Let her know that saying no isn’t disrespectful. It’s strong. And the stronger she feels, the harder it is for anyone to manipulate her.



# When Her Gut Speaks: Teaching Your Daughter to Trust Herself





Your daughter zips up her hoodie, slings her bag over one shoulder, and flashes that easy grin: “Dad, it’s just a party.” And yeah, maybe it is. Pizza, music, some goofy dancing, a few inside jokes.

But beneath her casual tone is something real—an invitation. Not to panic, not to pry, but to parent. To meet her at the intersection of independence and protection. To fill the space she can’t quite name with quiet strength, preparation, and trust.

Whether she’s 8, 11, or 15, parties are part of growing up. But so is the unknown: co-ed dynamics, unsupervised moments, and peer pressure hiding behind laughter. That doesn’t make parties bad—it just makes them real.

Enter The Party Talk. It’s not a rulebook. It’s not an interrogation. It’s a five-minute pregame huddle with her coach, her defender, her dad.

And it might be one of the most important things you do before she ever walks out the door.

### **Why This Talk Matters More Than You Think**

You might be thinking, “She’s just going to watch a movie and eat cake—what’s the big deal?” That’s the myth. That parties are harmless by default. And many are! But some come with slippery moments. You’re not overthinking. You’re preparing.



Because here's the truth: your daughter is going to face pressure. Not every party, not every friend group—but eventually. And when that moment comes, what she remembers won't be a list of rules. She'll remember your voice. Your calm. Your questions. The way you made her think before she left.

The Party Talk isn't about fear—it's about framing. It says, "You've got this, and I've got you." It tells her she has choices, strategies, and permission to walk away from what doesn't feel right. This isn't about controlling her—it's about equipping her.

You're not just parenting a partygoer; you're raising a young woman who knows her worth, reads the room, and walks with confidence.

## Understanding the Party Landscape

Back in the day, parties were simpler—music, maybe a bonfire, someone brought chips. Today's party scene? It's more layered. Co-ed sleepovers. Screens that record everything. "Games" with suggestive dares. Group chats that spiral fast. It's not about being afraid—it's about being aware.

Parties are one of the first places where independence and risk meet. That's not on your daughter—that's just the culture she's growing up in. And your job isn't to sanitize the world—it's to prepare her for it.

The landscape includes everything from birthday sleepovers with a dozen 10-year-olds to teenage house parties where a friend-of-a-friend shows up with vodka. One party might be tame. The next? A test.

Back in the day, parties were simpler—music, maybe a bonfire, someone brought chips. Today’s party scene? It's more layered. Co-ed sleepovers. Screens that record everything. “Games” with suggestive dares. Group chats that spiral fast. It’s not about being afraid—it’s about being aware.

## **What Is The Party Talk?**

It's simple: a short, calm, intentional conversation before she heads out. Not dramatic. Not doom-and-gloom. Just you, her, and a few minutes of presence before the night begins.

Think of it like tuning her inner compass. It's not a speech—it's alignment. A chance to check in, ask smart questions, and remind her: she's got backup. You're not trying to freak her out. You're reminding her she has options. She has power.

The best time? On the ride there. While she's putting on her shoes. Right before the door opens. Keep it chill, but purposeful.

Keep your tone relaxed. Let her lead parts of it. Ask her what she's looking forward to. Then slip in the essentials. It's not about how much you say—it's about how much sticks.

She might shrug it off. That's okay. What matters is that you showed up with presence, not panic.

## **The 5 Must-Ask Questions Before Every Event**

These aren't just good questions. They're tools. Training wheels for her instincts. Here's how you frame them without sounding like a cop.

### **Who's going to be there?**

Ask casually, but intentionally. "Any new names I should know?" is better than "Who's going to be there exactly?" If older kids or boys are coming, that's good context. It's not about suspicion—it's about awareness.

### **Who's supervising?**

Don't hesitate to confirm this one yourself. Call the host parent. Not to "check up," but to coordinate. You're not being overbearing—you're being involved.



### **What's the plan if something feels off**

Here's where the code word comes in. Let her choose it. Something like "pineapple" or "marshmallow." Teach her to trust that uneasy feeling. Let her know: "One text, and I'll come get you. No drama."

### **Is your phone ready?**

Charged, volume on, not on Do Not Disturb. Make sure she's memorized your number. Sometimes the most basic prep makes the biggest difference.

### **What does your "no" sound like?**

Give her phrases: "Nah, I'm good." "Not really feeling it." "I'm going to sit this one out." Equip her with exit language that doesn't require a debate or justification.

### **Role-Playing Scenarios: Practicing Confidence**

Let's talk strategy—not sermons. One of the best ways to help your daughter respond to uncomfortable moments is to rehearse them before they happen. This isn't about drilling her like a coach at halftime—it's about planting confidence in advance.

Sit down and walk through real-world "what if" scenarios. Keep your tone light, not loaded. Say, "Hey, quick game. What would you say if...?" and then lay out a scenario.

You're not creating fear—you're flexing her decision-making muscle. When she's practiced saying no or leaving a space, she's much more likely to do it for real.

It's the same reason we run fire drills. We don't expect a fire—but we want her to know the exits.



Available on Amazon



## PROTECTING THE GIFT

### Keeping Children and Teenagers Safe (and Parents Sane)

- *Safety skills for children outside the home*
  - *Warning signs of sexual abuse*
- *How to screen baby-sitters and choose schools*
  - *Strategies for keeping teenagers safe from violence*

"Gavin de Becker has done it again—this time for kids. *Protecting the Gift* provides practical solutions for keeping youngsters safe. . . . A brilliant lesson in prevention."  
—Ken Wooden, leading child advocate, author of *Child Lures*

**GAVIN DE BECKER**

THE NEW YORK TIMES BESTSELLING  
AUTHOR OF *THE GIFT OF FEAR*

From the nation's leading expert on predicting violent behavior comes a practical, no-fear guide to keeping kids safe—without losing your peace of mind. In *Keeping Children and Teenagers Safe and Parents Sane*, bestselling author Gavin de Becker offers smart, actionable strategies for protecting children at every age—from toddlers to teens.

De Becker tackles the real concerns parents face today: how to recognize warning signs of abuse, how to vet babysitters and schools, and how to equip kids with body safety skills that stick. With clarity and compassion, he helps parents answer the toughest questions:

- How do I prepare my child to walk to school alone?
- How can I teach my child about predators—without creating paranoia?
- What should my teen daughter know before going out?
- What must my teen son understand about risk and decision-making?

This book shatters dangerous myths about fear and safety, helping parents trade anxiety for confidence. It doesn't teach fear—it teaches awareness, preparation, and trust in your instincts.

Whether you're raising a toddler, tween, or teenager, this guide gives you the tools to protect your child's freedom and their future—while keeping your sanity intact.





# Before You Drop Her off: The 5-Minute Safety Talk

## Checklist

☐

Who's supervising?

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☐

Who's going to be there?

---

☐

What do you do if you feel weird  
or unsafe?

---

☐

What's our code word?

---

☐

What does your "no" sound like?

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☐

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“If someone says, ‘Let’s play truth or dare,’ and it gets weird—what do you do?”

“If a kid says, ‘Don’t tell your dad we snuck into the shed,’ what’s your move?”

“What if someone pulls out a phone and starts filming?”

Role-playing doesn’t have to be formal. Do it over a burger, on a walk, or while folding laundry. The more natural it feels, the more she’ll absorb. And when the moment comes—and it will come—she won’t freeze. She’ll remember, “I’ve done this before.”

That’s what you’re building: a quiet kind of readiness. She’ll still be herself, still have fun—but she’ll be armed with the power to step back, speak up, or get out when needed. And that’s a kind of power no one can take from her.

### **Building Safety Into Everyday Conversations**

If “The Talk” feels like a big, scary moment, you’re doing it wrong. Body safety, social boundaries, party prep—these aren’t one-off events. They’re just part of everyday fathering.

“ —

## **Normalize the Awkward**

**Make body safety part of everyday conversation—not a one-time talk. Bring it up while watching TV or making dinner. Show her you can talk about anything.**

— ”



Your goal? Normalize these conversations. Weave them into the ordinary. A joke on TV, a headline, a story she tells—any of these can be springboards into meaningful, low-pressure conversations.

Don't wait until she's walking out the door to dump a lifetime of wisdom on her. Spread it out. Let it evolve with her.

Try this: when you hear about a party incident from someone else, say, "How would you have handled that?" Or when she tells you about something weird a classmate said, say, "You handled that well—what made you speak up?"

Little conversations build the big picture. They create a sense of safety, not surveillance.

And here's the best part—when you treat her like someone who can handle hard topics, she starts to believe she can. That belief? That's strength. That's trust. That's the real foundation of safety.

## Teaching Boundaries Without Shame

Boundaries aren't just a buzzword. They're lifelines. And your daughter needs to know that her discomfort is valid—even if she can't explain it. She doesn't need to justify saying no. She doesn't need to earn the right to walk away.

That starts with you. When you teach her that her gut matters, that her voice counts, and that "I'm not comfortable" is always a complete sentence, you're giving her freedom.

Never shame her into politeness. Never tell her to hug someone she doesn't want to. Never downplay the vibe she gets from someone. Instead, reinforce this: "You're allowed to have boundaries. And you don't need a reason."

This doesn't make her rude. It makes her rooted. And a girl with strong roots doesn't get pulled into people-pleasing traps or unsafe situations just to keep the peace.

Use stories—your own if you have them. Talk about times you didn't speak up, and what you learned. Let her know that even adults have to work on boundaries. That makes her feel less alone and more empowered.

Teach her that boundaries protect her energy, her body, and her peace. And that setting them isn't just allowed—it's wise.

### **Helping Her Recognize Red Flags**

You don't want your daughter to see threats in every shadow. But you do want her to recognize when something doesn't feel right—and act on it.

**So help her name red flags.**

**Phrases like:**

**“Let's keep this just between us.”**

**“Don't tell your parents.”**

**“It's just a joke, don't be so serious.”**

**“If you leave, you're no fun.”**

These aren't harmless quirks. They're manipulative cues. Help her learn the language of pressure, guilt, and secrecy.

Also, talk about people who might feel off—not just what they say. Someone who constantly pushes limits, invades personal space, or doesn't take no for an answer? That's not a friend—it's a warning sign.

## Dad's Role in Reassurance

This is your secret weapon: your calm. When your daughter feels your steadiness, your groundedness, your lack of panic—she's more likely to lean on you. Not because you control her, but because she trusts your presence.

Your tone matters. If you sound freaked out every time she mentions a boy, a party, or something awkward, she'll start hiding stuff. But if your vibe says, "I've got you. We can handle this," then you've built a bridge that lasts.

That doesn't mean being a pushover. It means being present. Steady. Listening more than you lecture. Asking more than you assume.

Say things like:

- "Thanks for telling me. That took guts."
- "You handled that better than most adults would."
- "You don't have to have all the answers. We'll figure it out together."

Reassurance isn't about pretending everything is fine—it's about making her believe that she'll be fine because she's not alone.

## The Long-Term Impact of Preparedness

Let's zoom out for a second. The Party Talk isn't just about the next event on her calendar—it's about shaping the way she shows up in the world. Every time you have this conversation, you're adding bricks to a foundation of confidence and clarity.



You're helping her build internal infrastructure—so when she's 18, in a dorm room, or on a date, she's not guessing what to do. She's practiced. She's prepared. She's strong.

Think of it like mental conditioning. You're not protecting her from parties—you're preparing her to move through them with wisdom. That kind of readiness doesn't fade. It multiplies.

This approach creates ripple effects. It teaches her to value her voice. To set standards. To scan a situation with discernment. To speak up—not out of fear, but out of fierce self-respect.

And that doesn't just make her safer at parties. It makes her stronger in relationships, jobs, and life. You're not raising a kid who follows rules—you're raising a woman who trusts herself.

That's the long game. And you're playing it well.

You don't need to be perfect. You just need to be present.

She might act like she's not listening. She might say, "I got it, Dad." But every word you speak, every calm check-in, every thoughtful question—it all sticks. Even if she doesn't show it now, she'll carry it later.

This isn't about locking her down. It's about lifting her up. Preparing her to handle whatever comes—good, bad, or weird—with strength and a sense of her own worth.

You're not just the guy at the door. You're the voice in her head when things get confusing. You're the memory she leans on when she's choosing what's right. You're her original safety net—and her ongoing source of strength.

So keep having the talk. Keep asking the questions. Keep showing up.

Because before she steps into the world, she needs to know that her dad already stood with her in it.





FOUNDED BY DADS



**REAL MEDICINE  
MADE CLEAN**



“ —

## **Teach Body Autonomy Early**

**Let her know loud and clear:  
"Your body belongs to you."**

**Use correct terms: vagina, penis,  
breasts. Avoid nicknames that  
create confusion later. Make  
consent a norm—hugs, kisses,  
and touch should be optional,  
even with family.**

— ”



## **Because Some Dangers Don't Knock First**

You can't be everywhere—and you shouldn't have to be. Bark helps monitor your daughter's digital world, alerting you to potential risks like bullying, predators, explicit content, and dangerous trends across texts, social media, emails, and YouTube.

### **What It Does**

- Detects signs of grooming, self-harm, or inappropriate messages
- Sends real-time alerts—you step in when needed
- Helps you start conversations without having to comb through her phone

When she knows you're not the enemy, Bark becomes a backup—not a battleground.

*Learn more: [www.bark.us](http://www.bark.us)*

**Best for ages 9-17.**

## Getting Home Safe Shouldn't Be a Guess

Use apps like **Find My** (Apple) and **Google Family Link** (Android) to **check her location without interrupting her**. These tools offer peace of mind whether she's walking home from school, heading to a sleepover, or just out with friends—giving dads a way to feel protective without being overbearing.

### What It Does

- Lets you check her location without interrupting her
- Can send alerts when she arrives or leaves saved places
- Supports “shared awareness”—not overreach

### Dad Tip:

Set it up together. Say:  
“This isn't about not trusting you. It's about being able to help if something ever goes wrong.”

You don't need to check it every second. But you'll be glad it's there when it counts.

**Best for all ages.**



Find My



Google Family Link





## WHAT'S SAFE TOUCH?

---

You can't be with her everywhere. And one day—maybe sooner than you're ready—she's going to have to decide for herself what feels okay and what doesn't.

## WHAT'S NOT?

That decision starts now. With you.

Not with one big, awkward talk. But with small, steady conversations that help her understand that her body is her own. That discomfort is worth paying attention to. That “I don't like that” is a full sentence.





## Why Dads Need to Lead This Conversation

There's something uniquely powerful about a father's voice saying, "Your body is yours. Always."

Too often, dads leave these talks to mom, or they assume it'll be handled in health class. But here's the thing—when your daughter hears you talk about body safety with respect, clarity, and calm, it changes her internal narrative. She learns that men can be protectors, not predators. Allies, not threats.

This doesn't mean you need to have all the right words. It just means you need to show up—consistently, clearly, and without shame. Because shame is the enemy of safety.

When your daughter knows she can come to you about anything—especially the weird, awkward, hard-to-name stuff—you've already won half the battle.

This isn't about fear. It's about power—hers. And you're the one who teaches her how to hold it.

Girls who are taught to feel weird or dirty about their bodies are less likely to speak up when something's wrong.

This is your chance to do it differently. To raise a girl who knows what's okay, what's not, and who trusts herself to speak up.

So be the one who breaks the silence. Who names the body parts. Who keeps the conversation going. She'll never forget the way you made her feel safe just by talking about what most people avoid.

## Understanding the Three Types of Touch

Let's break it down.

Not with heavy theory—but with practical categories that help your daughter actually understand what's okay and what's not.

**Too often, dads leave these talks to mom, or they assume it'll be handled in health class. But here's the thing—when your daughter hears you talk about body safety with respect, clarity, and calm, it changes her internal narrative.**

## Safe Touch

These are the touches that feel good, right, and welcome. They come from people she trusts and in moments that make sense. Hugs from you or mom—if she wants them. Helping her clean a scraped knee. Doctors checking her body—with her consent and another trusted adult present.

Safe touch respects her comfort level. It never forces. It never surprises. It feels like care, not control.

### **Unwanted Touch**

This one gets tricky. It might not be bad in the traditional sense, but it still feels wrong to her. And that alone makes it worth listening to.

Tickling that won't stop when she says "stop." Or a friend grabbing her arm or hair. Even a relative hugging her when she clearly pulls away.

These moments teach her that her preference matters. If she doesn't want it—it's not okay. Even if the person "meant well."

### **Unsafe Touch**

This is where we get serious. These are the touches that cross the line into secrecy, shame, and sexuality. It's never her fault. But it's always a red flag.

Touching or being touched on private parts. Or anyone asking her to keep touch a secret. Showing private parts or asking to see hers. As well as, taking or requesting inappropriate photos.

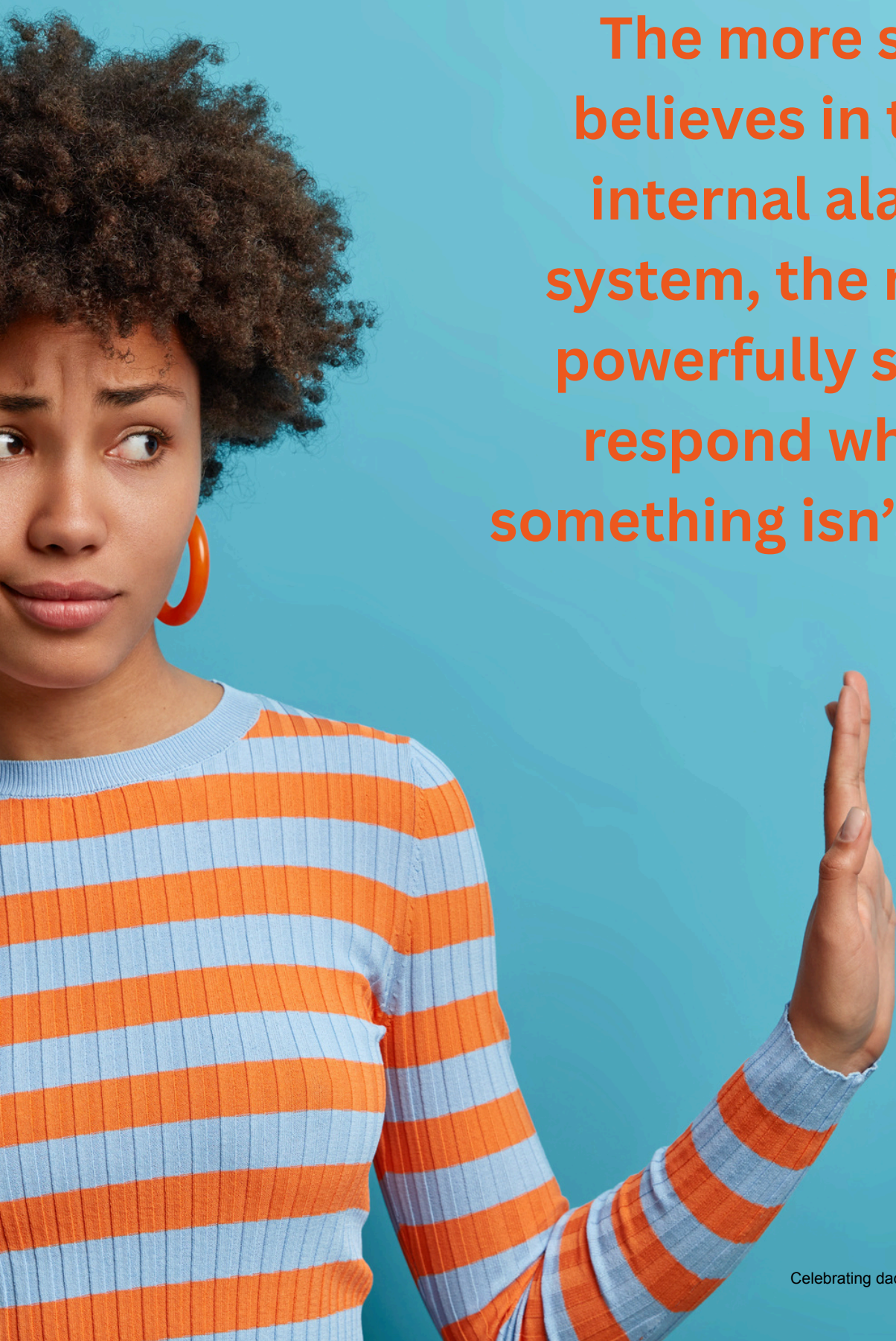
Help her draw these lines clearly. No confusion. No excuses. And let her know—if anything like this happens, you want to know. Always.

### **Helping Her Understand**

#### **"Weird" Feelings Are Valid**

You know that gut feeling? That small voice that whispers, "Something's off"? Your daughter has it too—even if she can't always name it.

Help her recognize that voice and trust it. Say things like: "If something feels weird—even if you're not sure why—you can tell me." or "It doesn't have to make sense to be real." Also, "Your feelings matter. You're not being dramatic."



The more she  
believes in that  
internal alarm  
system, the more  
powerfully she'll  
respond when  
something isn't right.



That discomfort is often the first sign that a line is being crossed. Teach her that her body knows before her brain does. That goosebumps, hesitation, and nervousness are signals—not overreactions.

The more she believes in that internal alarm system, the more powerfully she'll respond when something isn't right.

And here's the key: never dismiss her discomfort. If she says someone made her feel weird, believe her. Validate it. Ask questions gently. You're not raising a girl who second-guesses her instincts. You're raising one who trusts her gut and speaks her truth.

### **How to Teach Private Part Rules Without Fear**

This part doesn't have to be dramatic. It just needs to be clear.

Use real words—vagina, penis, chest. Not silly nicknames. Not “down there.” Clarity creates confidence. And shame-free language builds trust.

**Here's how to keep it simple:** “Private parts are the areas covered by your swimsuit. No one should touch them unless it's for a medical reason—and I should always know about it. If anyone ever tells you to keep something about your body a secret from me, that's a red flag.”

Don't make it sound scary. Just firm, normal, and direct. Keep your tone steady. Let her ask questions. If you're calm, she'll be calm.

This is where your leadership shines. You're not just protecting her—you're preparing her. And the strength you show in these talks? She'll carry it into every situation she faces.

### **Dad Talk Strategy: Normalize the Conversation**

The best way to teach body safety? Make it part of the air she breathes—not a one-time, awkward, sit-down moment with all the intensity of a courtroom interrogation.

These conversations shouldn't be heavy-handed. The more casual and familiar they are, the more powerful they become. Sprinkle them into everyday life. During a show where someone crosses a line. On the way home from school. While brushing her hair. Keep your tone light but clear, like it's just part of how your family talks.

Here's how to do it right:

- Use simple phrases: “Your body is yours,” “You can always say no,” “You don't have to hug anyone.”
- Avoid drama: Keep your face calm, your voice steady.
- Invite conversation: “What do you think about that?” “Has anything like that happened around you?”

And don't underestimate repetition. Even if she shrugs it off, these moments build her inner script. One day, when something doesn't feel right, she'll hear your voice: “You never have to keep secrets about your body.” That's what we're aiming for—words that stick, safety that lasts.

## Avoiding the “Don’t Be Rude” Trap

We’ve all heard it—or said it:  
“Be polite.” “Don’t be rude.”  
“Give grandma a hug.”

But here’s the problem—when we force affection in the name of manners, we teach girls that other people’s comfort matters more than their own.

That’s not just outdated. That’s dangerous.

Instead, teach your daughter that it’s okay to say no to touch—even from someone she loves. “You can say, ‘No thanks,’ or ‘I’m not in the mood for a hug today.’ That’s not rude. That’s healthy.”

You can model this too. If she pulls away from a kiss or doesn’t want to cuddle one night, don’t take it personally. Say, “Thanks for telling me. I always want you to feel in charge of your body.” This isn’t about making her defiant.

It’s about making her secure. Because the kid who can say no to a hug today becomes the teen who says no to peer pressure later. Boundaries start with small moments. Let her practice now.

## When Touch Crosses the Line

Some touch is clearly unsafe—sexual, secretive, or shaming. But other times, it’s subtle. That’s why she needs to know exactly where the line is—and what to do when it’s crossed.

Here’s how to equip her:

- Define private parts: “The areas covered by your swimsuit.”
- Talk about secrecy: “If anyone tells you not to tell me something about your body, that’s a red flag.”
- Set expectations: “Even if someone is a teacher, a coach, or family—if they touch you in a way that feels wrong, tell me.”

Then, practice what she can say in the moment. Role-play: “Stop, I don’t like that,” “That’s not okay,” “I’m going to leave now.”

And if she freezes? Let her know that’s normal too. Tell her, “Even if you couldn’t say anything then, you can always tell me later. You’ll never be in trouble for speaking up.”

This kind of clear, steady prep turns uncertainty into power. And power is what keeps her safe—even when you’re not there.

### **What to Do If She Tells You Something Happened**

This is the moment that can change everything—and how you respond matters more than anything else.

First rule? Stay calm. Even if your blood’s boiling. Even if what she says makes you want to punch walls. Your reaction becomes her memory. So let it be strong—but steady.

Say this: “Thank you for telling me, you did the right thing, I’m really proud of you.”

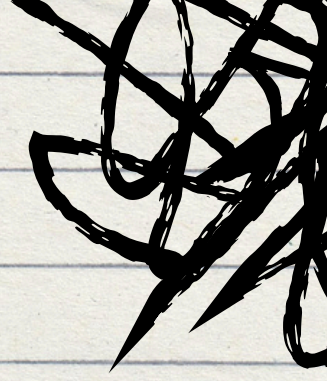
Then ask gentle questions: “When did it happen?” “What made you feel weird?” “Is there anything else you want to tell me right now?”

And then? Take action. Not ten steps ahead, not reactive rage—but protective movement. Call the right people. Make the right reports. But always, always keep her emotionally safe first.

Don’t question her memory. Don’t press for perfect details. Kids don’t remember like adults do. What matters is that she felt unsafe and trusted you to say something.

She’ll never forget how you responded. Make that memory her anchor.





What I want you to  
remember when I'm  
not around is...

---



## Everyday Reminders That Reinforce Safety

Safety doesn't start in crisis. It starts in consistency. It's not one big lesson—it's hundreds of little reminders that add up to a confident kid.

So talk about boundaries over breakfast. Mention privacy during a movie. Praise her for speaking up—even in small ways.

Examples:

- “I noticed you told your cousin you didn't want to be tickled. That was awesome.”
- “Thanks for letting me know you felt weird around that adult. I always want to know.”

Use the world around you as a classroom. Shows, songs, jokes—everything becomes a tool. And every reminder reinforces this one truth: “You're in charge of your body. I've always got your back.”

## The Long-Term Payoff of Boundary-Strong Daughters

Let's talk about the endgame. Why all these conversations, check-ins, and reminders matter.

When a girl grows up knowing that her voice matters, her body is hers, and that the people who love her listen—she becomes dangerous to the systems that count on silence. She walks into rooms with her shoulders back and her head high. She knows how to say no. She knows what feels right. And she knows how to leave what doesn't.

That's what body boundaries build: not just safety, but self-worth. Because it's never just about the touch. It's about what she believes she deserves.

A daughter who learns early that she can say no without shame is a daughter who trusts herself. And that trust? It ripples into her friendships, relationships, career—everything. She won't need someone else to validate her, because you already did. Steadily. Clearly. Daily.

This isn't about bubble-wrapping her. It's about giving her armor. The kind that isn't visible—but that shows up when it counts.

### **You Set the Standard**

Here's the bottom line: you are the first man who teaches her what's okay—and what isn't. Your words, your reactions, your presence—they set the bar.

If you show her she can come to you with anything, she'll keep doing it. If you normalize clear language about her body, she'll use it. If you model respect for her boundaries, she'll demand that same respect from others.



You don't need scripts. You don't need to be perfect. You just need to keep showing up. Calm. Present. Steady.

So keep having the talks. Keep asking the questions. Keep being the dad who makes it easy to speak up.

Because when she knows you'll always listen—without judgment, without fear—that becomes her greatest safety.





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# **SHE'LL REMEMBER WHAT YOU PREPARED HER FOR**

**You're not just raising her to feel safe.  
You're raising her to know what to do, who  
to call, and how to protect herself—  
because you showed her how.**

---

## **Know Her Safe Circle**

Make a short list of safe adults she can call or go to—teachers, family, neighbors. Make sure she knows who's on that list.

---

## **Set a Code Word.**

Choose a word only the two of you know. If she ever feels unsafe or wants to leave somewhere discreetly, she can text or say it. Example: "Hey Dad, can we get ice cream tonight?" = Come get me now.

# Don't Skip the Hard Conversations



There's a moment every dad hits. She asks a question. Or maybe she doesn't—but you know the conversation is coming. Puberty. Consent. Peer pressure. Online safety.

We're living in a world that's louder, faster, and more confusing than ever. If you don't say it—someone else will. And they won't love her like you do. They won't protect her like you're wired to.

These hard conversations? They're not just necessary—they're sacred. They say, "You matter. Your body matters. Your voice matters. And I'm here for every part of it."

Yes, it might feel awkward. But awkward isn't dangerous. Silence is.

You might wonder  
if she even wants  
to hear it from you.  
But research—and  
reality—says yes.  
When fathers step  
in with intentional  
conversations  
about body  
changes, respect,  
and choices,  
daughters are  
better equipped to  
navigate the world.

## Why Daughters Need Their Dad's Voice

You might wonder if she even wants to hear it from you. But research—and reality—says yes. When fathers step in with intentional conversations about body changes, respect, and choices, daughters are better equipped to navigate the world.

She's not looking for you to be polished. She's looking to see if you'll show up.

And here's what happens when you do: She's less likely to get misinformation from peers or the internet. She's more likely to speak up when something feels wrong. She starts to expect respect—not just hope for it.

It doesn't matter if she gives you a one-word response. What matters is your voice is in the room. Because if she hears silence from you, someone else's voice fills the gap—social media, YouTube, classmates, or worse.

Don't let the world be louder than you. Let her know you've got the courage to have the talks that matter most.

## The Cost of Skipping the Hard Stuff

Look, it's tempting to leave the uncomfortable topics to her mom. Or to assume school will cover it. Or to wait until she brings it up.

But silence is its own kind of message.

When we avoid the hard stuff, she learns, dad's not comfortable with this, maybe I shouldn't bring it up either, or even if I mess up, I should probably keep it to myself.



The result? A daughter who turns to Google instead of you. Who experiments instead of asks. Who guesses when she could be guided.

You don't have to have a script. You just need a backbone and a willingness to go there.

And yes, it might feel messy. But messy conversations raise daughters who are equipped, not exposed.

Because when she hears it first from you, she hears it with love, strength, and clarity. And that builds her compass far better than any health class ever will.



## Puberty & Body Changes

This one throws a lot of dads. How do you talk to your daughter about bras, periods, and a changing body when you've never had one?

Simple. You lead with respect, not expertise.

Say this: "Your body's going to change—and that's a good thing. But those changes belong to you. Not anyone else."

Then let her know she can come to you for what she needs—products, supplies, support. That her body isn't something to hide or be ashamed of. And that no one else has the right to comment on it, touch it, or joke about it.

She may groan like she's heard it a hundred times. That's okay. The message still lands.

You're not trying to be her best friend—you're showing her what it looks like when a man respects a woman's body from the start.

That respect becomes her standard. And your words become her armor.

## Consent & Respect

This one's non-negotiable. Your daughter needs to hear—from you—that her body is her own. That "no" doesn't need an explanation. That "yes" has to be enthusiastic and clear.

Say it early. Say it often. Say it without flinching:

- "Consent means you're in control."
- "Even if you've said yes before, you can always change your mind."
- "You never owe anyone physical touch—not friends, not dates, not family."

Also, teach her this: protecting her space isn't rude. It's responsible.

If someone makes her uncomfortable, she doesn't need to be polite. She needs to be clear. And she needs to know you'll back her up every single time.

The more she hears that from you, the more likely she is to walk away from situations that don't feel right—and the more likely she is to expect respect from anyone she lets close.

### Peer Pressure & Party Culture

This one gets overlooked—but it's where a lot of girls stumble, not because they're reckless, but because they're unprepared.

Peer pressure today doesn't always look like someone shoving a drink in her hand. It looks like group dares. Snapchats from boys asking for pics. The subtle threat of being "boring" if she says no.

She needs your voice here more than ever.

Say this:

- "If someone makes you feel like you have to do something to fit in—they're not your people."
- "If the fun stops feeling fun, trust that feeling. Call me. No lectures—just backup."
- "It's better to lose a moment than to lose your peace."

Then build her an exit plan. Create a code word she can text to get picked up. Practice fake calls. Let her know she never has to stay somewhere she feels uneasy—even if nothing "bad" has happened yet.

And if she ever says, "But what if they think I'm lame?" remind her: "Lame is safe. And safe is smart."

You're not just talking her through parties. You're teaching her how to walk out of pressure with her head high.

## Online Dangers & Sexting

If you think she's too young for this talk—she's probably already seen something. That's the digital age. And ignoring it won't protect her. But talking about it just might.

Start here:

- “If anyone ever asks you for a photo or video of your body—even if they're your age or someone you like—that's not okay.”
- “Once it's online, it's forever. Even if it gets deleted, someone somewhere can keep it.”
- “You can always come to me if something weird happens—no shame, no punishment.”

Set boundaries around apps and devices. Know what she's using, who she's talking to, and how often. It's not spying—it's parenting.

Most of all, normalize reporting. If something feels off, you want her first instinct to be, “I need to tell Dad.” Not because she's scared—but because she knows you've got her back.

Make it easy for her to come to you before things get out of hand. That's what real protection looks like in a digital world.

## Making the Conversation Less Awkward

You don't need a PowerPoint presentation. The best talks don't happen when you sit down and say, “Let's talk about consent.”





Keep your body language relaxed. Look ahead, not directly at her. This makes it easier for her to absorb what you're saying without feeling put on the spot.

And don't expect fireworks. If she's quiet, that's okay. You're planting seeds. She may not respond now—but she'll remember later.

Use what you see in real life. "What do you think about that scene?" "Have you ever seen anything like that happen at school?" Let the world be your conversation starter.

And remember—awkward is fine. She doesn't need a perfect script. She needs a dad who's willing to show up and say the real stuff.

### **What If She Doesn't Talk Back?**

Here's what you need to know: silence doesn't mean failure. Your daughter might not open up right away.

She might shrug. Say "okay." That doesn't mean she's not listening. It means she's processing.

Keep the door open with your attitude, not your agenda. Say things like:

- "You don't have to talk now. Just know you can always come back to this."
- "If you ever want to ask questions—about anything—I'm here."

Then prove it. Be the same dad when she brings up something awkward as you are when she's telling you about soccer. That emotional consistency is what builds trust.

And if she never talks about it out loud? You've still built her internal voice. She'll hear yours when it matters most.

That's not wasted breath. That's legacy.

And over time, your steady presence—the way you talk about respect, respond to questions, show up without shame—builds a kind of confidence she carries everywhere.

Not just in how she protects herself, but in how she expects to be treated.

You may never know how many moments your words protected her. But they will.

She Needs Your Words, Not Your Perfection

There is no perfect talk. No perfect time. No perfect script.

But there's power in simply being willing.  
To lean in.

To ask the question.

To say the uncomfortable words.

To be the one who doesn't flinch when the topic gets real.

Because every awkward sentence you manage to say teaches her this: "My dad isn't scared of the hard stuff. And I don't have to be either."

LET'S TALK  
ABOUT IT





She doesn't need a flawless communicator. She needs a consistent one. One who shows up, again and again, with calm strength and fierce love.

And if you do that? She'll remember your voice—when she needs it most.



**Connect with us and  
share your stories.**





# SHE'LL REMEMBER WHAT YOU PREPARED HER FOR

**Safety starts with preparation—not panic.**

**Help her build the instincts now that she'll carry into every season of life.**

---

## **Review Her Contacts.**

Make sure you're in her phone under a name she can find quickly. Teach her how to share her location with you when needed.

---

## **Know When to Call 911.**

Explain when she should call emergency services versus when she should call you. Make sure she knows your number by heart.

You have the ability to prepare your daughter for what they hope never happens.



## Conversation Starters

*Ages 11-13  
The Becoming Years*

**What do you do when someone crosses a line - like touching your hair or hugging without asking?**

*Strengthens her sense of agency and opens up conversations about body autonomy and consent.*

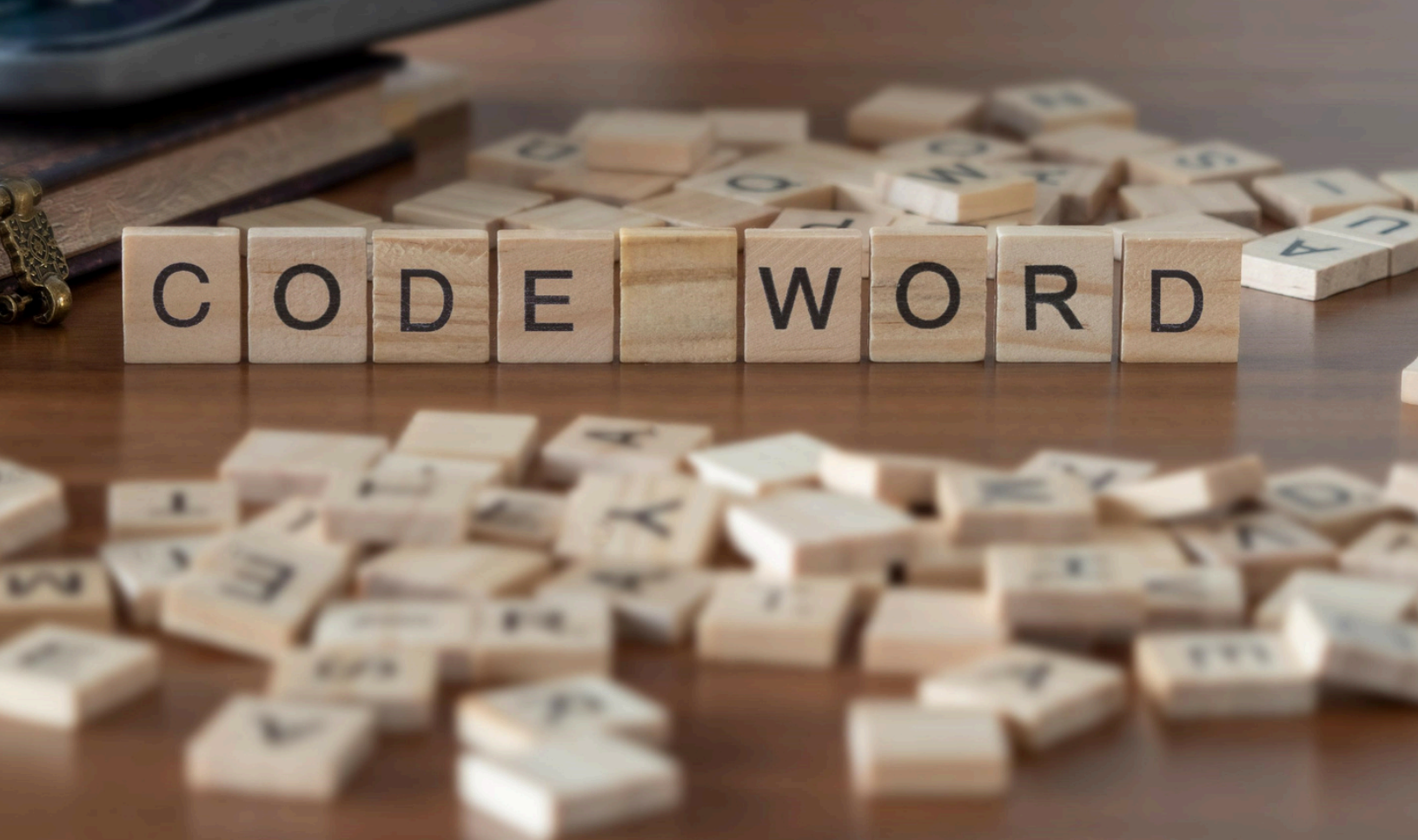
She's stepping into middle school dynamics, where boundaries are tested and silence is common. This question gives her language to respond, not just react. It reminds her that her body is hers, and your respect for her choices starts at home—so she knows what to expect out there.

“ —

## **Safety Plans for Social Settings**

**You don't need to be paranoid to be prepared. Ask who's hosting, who else will be there, and if there are older kids. Create a code word she can use to signal she wants to leave.**

— ”



## CODE WORDS, CHECK-INS, AND SAFETY PHRASES

There will be moments your daughter won't feel safe enough to say, "I want to leave." There will be times she won't want to hurt someone's feelings, cause a scene, or be the "dramatic" one—even when something feels off. That isn't weakness. That's human nature.

As her father, your role is to give her quiet exits—tools she can reach for when her voice feels out of reach. Think of them as built-in safety nets: small, simple signals that say, "I need help," without needing to explain everything out loud.

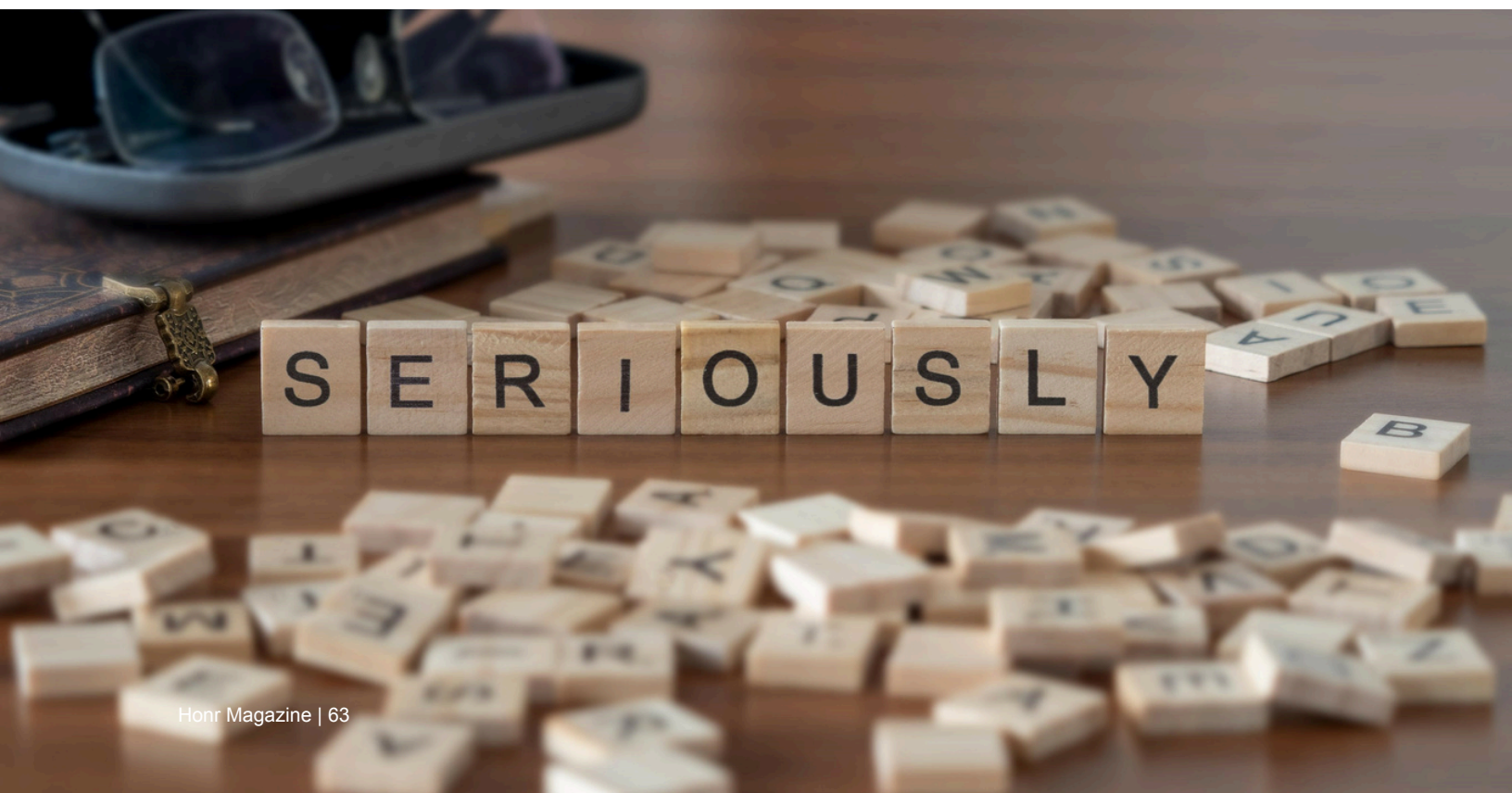


These aren't just backup plans. They're confidence-builders. They let her know she has options. She has power. And most of all, she has you—even when you're not in the room.

Predators count on silence. Peer pressure feeds on the fear of being “extra.” Even good kids get caught in bad setups. You can't shield her from every awkward or unsafe moment, but you can prepare her with language and systems that help her step out with confidence.

Start by choosing a code word or emoji that means, “Come get me now.” It can be as simple as “pineapple,” “red folder,” or an ice cream emoji. A text like “Hey Dad, did you wash my pineapple socks?” should mean one thing: no questions—you're on your way.

If texting's not an option, give her a script to call and fake a reason to leave. Something like, “I forgot I had dinner plans—can you come get me?” lets her exit safely, without confrontation.



**If texting's not an option,  
give her a script to call  
and fake a reason to leave.**



# EMERGENCY



## Call Dad!

Make check-ins automatic. Have her text you when she arrives, if plans change, and when she's leaving. Let her know this isn't about control—it's about connection. Say, "I'm not checking up. I'm checking in. That's our system."

If she ever feels uncomfortable physically, help her rehearse simple ways to create space. "My stomach hurts." "Can we call my dad?" These phrases give her an excuse no one questions, but you both understand what it really means.

And finally, make these conversations second nature. Let her practice saying, "I'm not comfortable with that," or "I need to call my dad real quick," until it becomes second nature. Don't make it feel like a safety drill—make it feel like part of life.

Tell her, "This isn't about not trusting you. It's about giving you tools. If something feels off, I want you to know exactly what to do."

These tools may seem small, but they can stop something big from happening. And they remind her of one thing above all:

She's never alone. Her dad's got her back. Always.





# Be the Dad She Can Talk To



You want to know the real protection plan? It's not just boundaries. It's not just rules. It's relationship.

If your daughter knows she can tell you anything—without being shut down, shamed, or punished—then you've already created the safest space she'll ever know.

That starts with how you react.

When she shares something awkward, don't change the subject. When she asks a weird question, don't flinch. When she tells you she didn't like how someone made her feel, don't dismiss it.

Instead, say:

- “Thanks for telling me.”
- “I’m glad you came to me.”
- “Let’s figure this out together.”

The more you respond with calm, curiosity, and support, the more she'll open up. And one day, that could be the difference between silence and safety.



# Protecting Her Digital Body Too

You've locked the doors. Set the curfew. Vetted the friend's parents. But the biggest doorway? It's in her pocket.

Her phone. Her tablet. Her screen time. That's the new front line—and it's one you can't afford to ignore.



Today's predators, pressure, and inappropriate content aren't waiting in the alley. They're sending friend requests, sliding into DMs, and popping up in group chats. And your job as her dad? It's to make sure body safety follows her online—not just on the street.

Predators don't need proximity anymore. They're using games, social media, and message apps to connect with kids—often pretending to be peers. Peer pressure starts early. Sexting and suggestive photo requests aren't just high school problems anymore.

Girls as young as eight or nine are being asked for "pics." And even if your daughter never goes looking for it, explicit content is baked into the digital space—memes, ads, group chats, and algorithms.

So the same rules of body safety you teach in real life? They need to live online too. Consent. Privacy. Boundaries. Respect.

You don't have to be a tech expert to protect her. You just have to show up. Sit next to her. Watch what she's watching. Play a game she loves. Ask her what's trending on TikTok or what's new in her favorite app. Doing this builds trust. It tells her, "I'm in this with you—not just watching from a distance."

From there, set boundaries. Clear, unapologetic ones. No chatting with strangers. No disappearing messages. No photos in swimsuits or underwear being sent—or received. And when you lay down those rules, lead with reassurance.





Say, “This isn’t about punishment. It’s about keeping you safe in a space that moves faster than we can always control.”

Teach her one of the most important things about digital safety: if she wouldn’t show it in person, she shouldn’t send it online. Help her see that her digital body is still her body—still sacred, still valuable.

You’re not just helping her avoid trouble; you’re shaping how she sees herself.

And don’t wait for school or social media to teach her about sexting. Get ahead of it. Say it plainly: “No one has the right to ask you for body photos. I don’t care if it’s a boyfriend, best friend, or someone famous. You’re never obligated to share that.” Let her know she can always say no—and that anyone who truly respects her won’t even ask.

When it comes to her devices, check them with her, not behind her back. You’re not snooping—you’re parenting. Set an agreement that you’ll review things together. Look at apps. Read through message requests. Ask, “Has anything online made you feel weird or unsure?” Keep it casual but clear. Let her know your goal is to protect, not police.

And if she messes up? Or if she sees something that scares her? Be her landing zone—not her lecture. Your response will matter more than what actually happened. Say, “You’ll never be in trouble for telling me the truth. We’ll handle it. Together.” That’s how you keep her talking. That’s how you keep her safe. Because you’re not just guarding a screen. You’re protecting her.



## Conversation Starters

*Ages 14-17  
The Deepening Years*

**If you needed me to  
come get you, no  
questions asked -  
would you feel safe  
telling me?**

*Builds trust by letting her know she'll never face hard moments alone or ashamed.*

These are the years where safety isn't just about rules—it's about relationship. This question is your way of saying, "I trust you to call me when it counts." It's not about control. It's about building a bridge strong enough to hold her when the pressure hits.

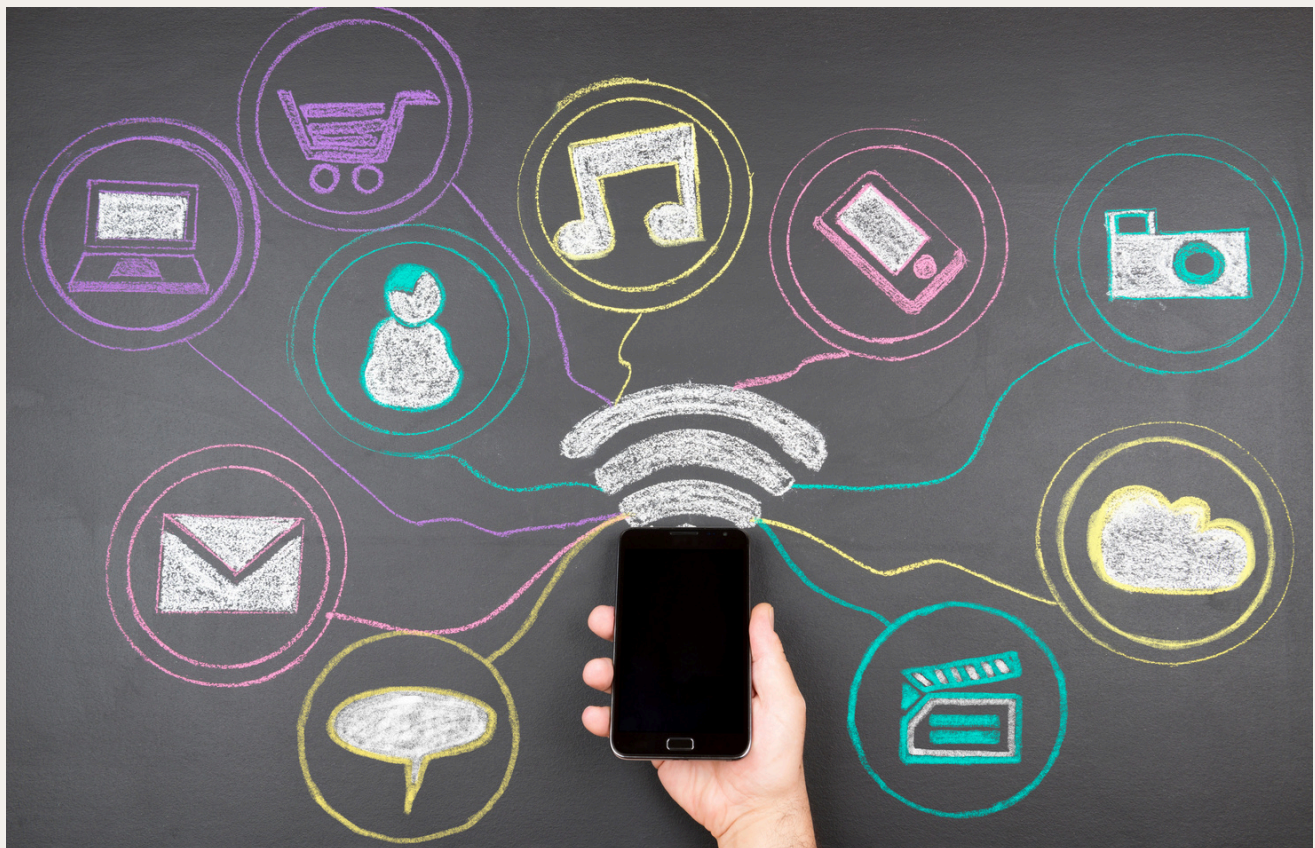


Her body safety doesn't stop at her skin—it extends to her camera roll, her search history, her self-worth. And when you step into her digital world, you're not trying to control her. You're covering her.

You're showing her she's worth protecting—online, offline, always.

And there's no app for that.

There's just you—steady, strong, and ready.



# BECAUSE YOU SHOWED UP

A father's love is his daughter's greatest defense.

You've done the hard work. The late-night talks. The awkward conversations. The quiet watching. The firm boundaries. The calm walkouts. The protection that looked boring, but was everything.

Now look at her.

She holds her head a little higher. She speaks with conviction. She trusts her gut. And she's not afraid to walk away from anything that doesn't align with her worth.

That's not an accident.  
That's you.

Raising a bold girl isn't about barking orders or being the loudest voice in the room.

It's about being the clearest. And it's about being consistent enough for her to build a foundation on your love.

She's not just growing up—she's growing into something powerful. She's becoming a girl who knows that her body belongs to her. That her “no” doesn't need an explanation. That being noticed isn't the same as being loved. That affection should never come wrapped in shame. And that boundaries aren't selfish—they're strength.

She didn't learn this from the world. She learned it from you.

From your voice.  
From your example.  
From the quiet moments you  
probably thought didn't  
matter.

They did.

You speak life into her in small  
ways, every day. Whether it's a  
simple, "You don't owe anyone  
your time, your touch, or your  
truth," or giving her space to  
speak her mind—even when  
it's loud, emotional, or  
inconvenient—you are giving  
her tools that will serve her  
long after she leaves your  
home.

You model boundaries not just  
for her, but for yourself. When  
you say no to overwork, to  
disrespect, or to toxic energy,  
she's watching. She's learning.  
She's becoming strong.

And when you repeat words  
like "You are not too much" or  
"You are not to be played  
with," you're etching truth into  
her spirit. That's not just  
parenting. That's preparation.

You won't always get  
applause. There won't be a  
thank-you speech every  
time you show up. But  
that's not why you do it.

You'll see the fruit in the  
way she walks out of a party  
when something feels off. In  
the way she deletes a  
message that crosses the  
line. In the way she says  
"no" without fear—or  
flinching. In the way she  
picks up the phone and calls  
you instead of hiding.

That's her strength. But  
make no mistake—her  
strength started with yours.

She walks differently  
because she knows she's  
protected.

She believes in her value  
because you showed her  
what it looks like.

That's what bold girls are  
made of.

Dads who showed up.



“ —

## Revisit Often

**As she grows, the conversations should grow too. Use real-life situations as teachable moments. Be her coach, not just a rule-setter.**

— ”

•••

# The Body Safety Checklist

- We have a family code word ☐
- I know the adults supervising her when she's out ☐
- I've told her she can say "no" to anyone, even relatives ☐
- We've talked about online safety and digital boundaries ☐
- She knows she can come to me with anything ☐



## Conversation Starters

*Ages 18+  
The Legacy ears*

**What does ‘owning your space’ mean to you in friendships, relationships, or in public?**

*Creates space for reflection and reinforces that her voice, presence, and power matter everywhere she goes.*

Now, the world is watching how she walks in it. This conversation isn't just about what you've taught—it's about what she's claimed. Asking this shows her you're still invested in the woman she's becoming, not just the girl you raised. And that your voice will always hold space for hers.





Available on Amazon

**A Dad's Essential Guide to  
Raising Healthy, Confident,  
and Capable Daughters**

# **Talk with Her**

A small black and white penguin logo is positioned to the right of the word "Talk".

**KIMBERLY WOLF**

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**You won't always  
be there to hold  
her hand.**

**But the way you  
protect her now  
becomes the voice  
she carries with  
her forever.**

*-Honr Magazine:  
The Safety Issue*

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