

Smart Ways To Keep Yourself Safe

BODY

You are the boss of your body. No one is allowed to hurt your body in any way.



PRIVATE BODY PARTS

The parts of your body covered by your undergarments are your very own private body parts. It is never alright for someone to touch, talk about or look at your private body parts except for health reasons. TOUCHING RULE 1



GIFTS

Sometimes people try and trick you by giving you sweets, money or gifts to break the touching rules. Refuse to do what they ask and don't take gifts they give you.



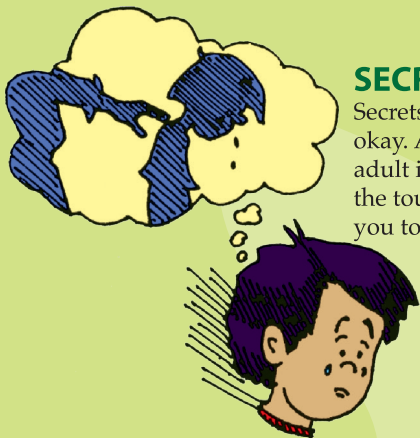
HUGS

Hugs and kisses are nice, especially from people you like. But if they make you feel scared, confused or uncomfortable, make sure you tell a grown up you trust. TOUCHING RULE 2



SECRET

Secrets about touching are not okay. Always tell your trusted adult if someone tries to break the touching rules and asks you to keep it a secret.



PHOTOS

It's never okay for someone to take pictures of you without your clothes; it's also not okay for anyone to show you photographs of people without clothes



NO

If someone tries to break the touching rules, it is very important to learn to use this word. Use loudly. (NO)



SHOUT AND GET AWAY

Practice shouting – because that's what you need to do when someone is trying to touch you in a way which makes you feel confused, scared or uncomfortable.

IT IS NEVER YOUR FAULT

Always remember, it is never your fault when someone breaks the touching rules.



TELL

If you are worried, confused or scared by the way someone touches you or makes you feel, tell a grown up you trust about it. If the person you tell doesn't help you then tell someone else. And keep on telling till you get the help you need. Some examples of grown ups you may want to tell are parents, teachers or grandparents.

