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MY BODY SAFETY RULES

“ Say No ”

I can say No if I don't want to kiss OR hug OR shake hands with someone

I am the Boss of my body, no one can tell me to do what I don't want to do



“ Private Parts ”

My Private Parts are parts of my body under my bathing suit

- No one is allowed to touch them
- No one can ask me to touch their Private Parts
- No one can take photos of it
- No one can show me photos of it also

If any of the above happens, I will tell someone in my safety network



“ My Safety Network ”

These are the people I trust

Mom, Dad

Grandma, Grandpa

I will tell them if I feel worried, uncomfortable OR unsure of something and they will help me



“ Secrets ”

I don't keep secrets from my family

I don't keep secrets that make me feel uncomfortable OR bad

If some one has asked me to keep a secret that makes me feel bad OR unsafe I must tell someone from my safety network immediately



I CAN YELL, RUN AND TELL

TELL SAFEGUARDING CONTACT PERSONS

NAME..... PHONE.....

NAME..... PHONE.....