

If anyone wants to touch you in a way that makes you feel upset, say "no" and tell someone you trust.



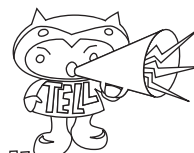
Say "no"



say "no"



get away



tell someone



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If anyone makes you feel strange or uncomfortable, get away as soon as you can.



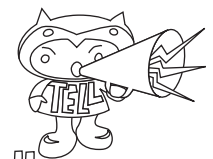
get away



say "no"



get away



tell someone



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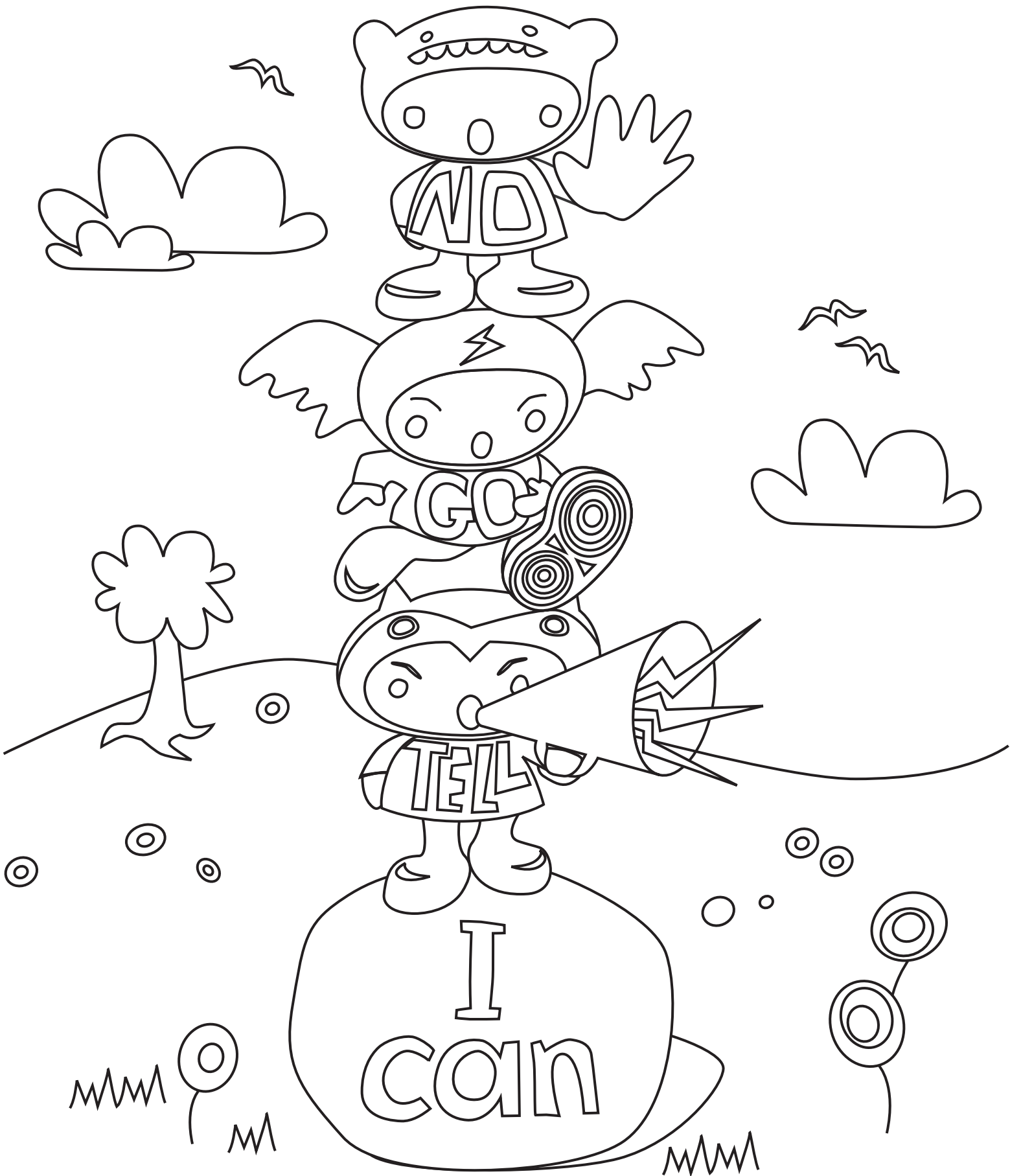
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Tell your parents or another adult you can trust. If you have to, keep telling people until someone helps you.



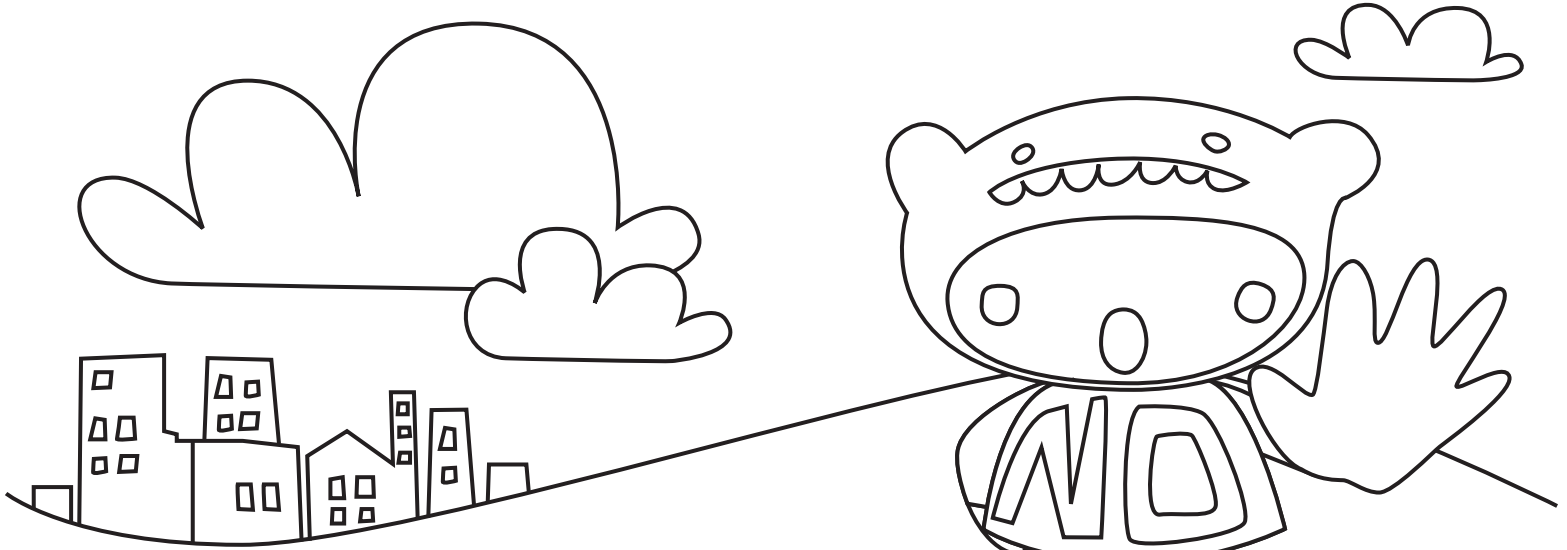
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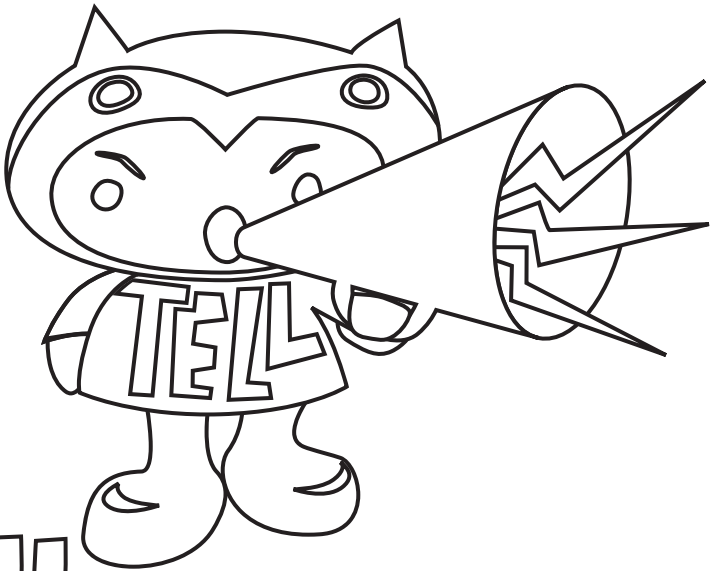
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say "no"

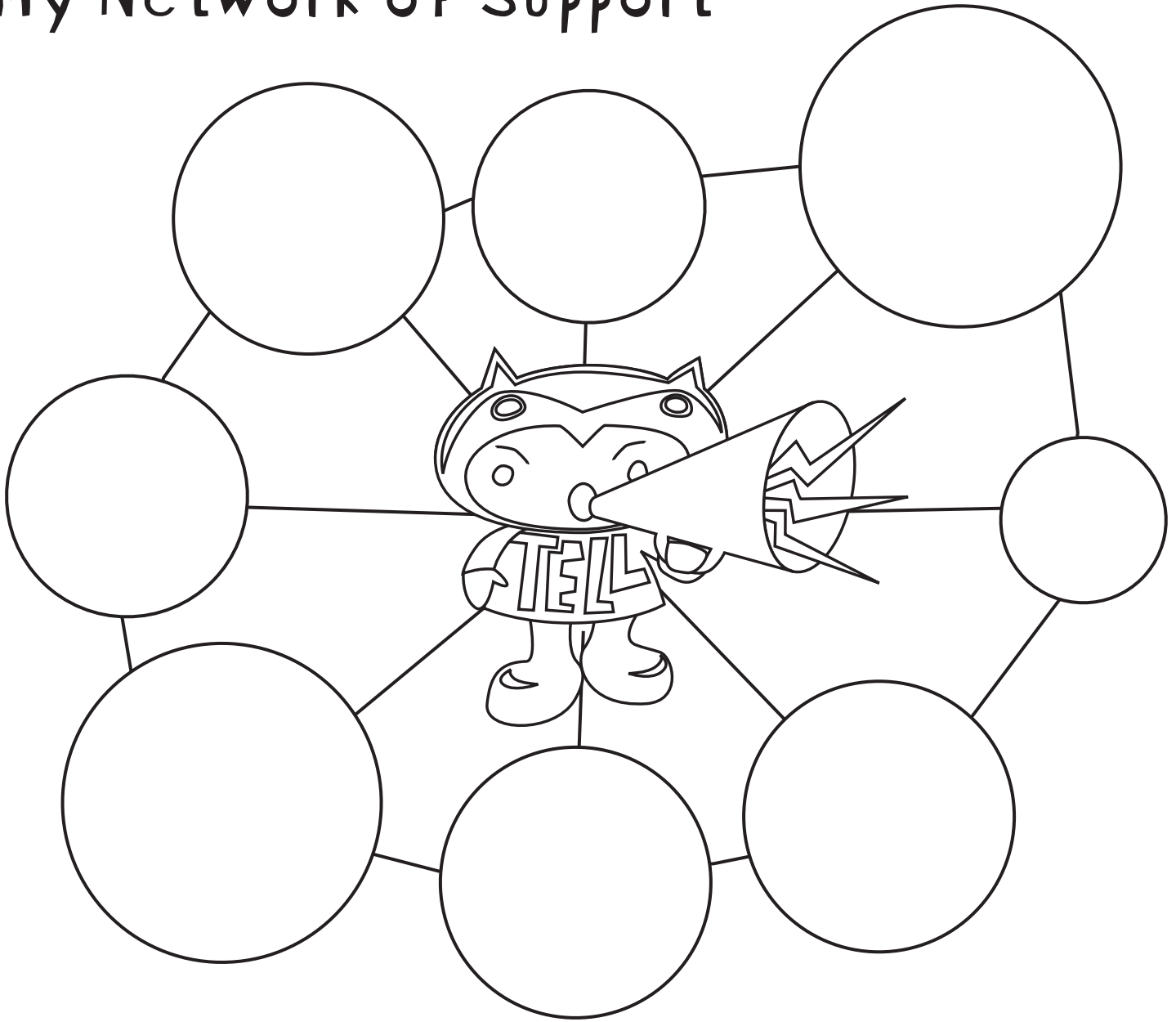
get away



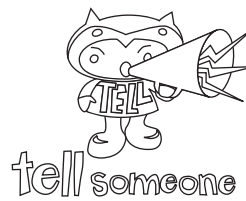
tell someone



# My Network of Support



Fill in each circle with an adult you can trust, like a police officer, teacher, fire fighter, doctor, aunt, uncle, or parent. Can you think of others you can add to your network?



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# Safety Words

## Body Boundaries

A body boundary is an invisible space around the 'special' parts of your body (the parts covered by your swim suit) that should be kept private.

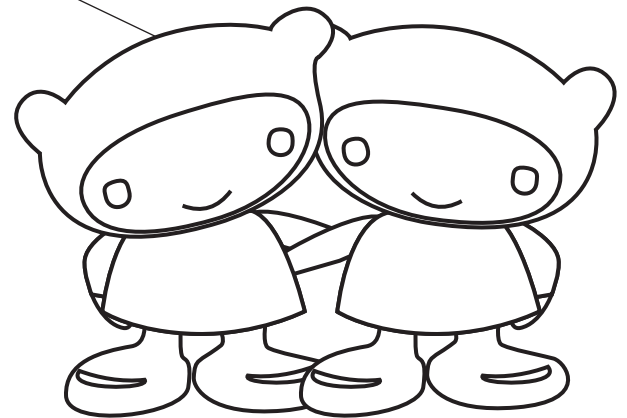
## Network

Your network is your group of caring, trusted people. Adults like your parents, a teacher, a police officer, firefighter, aunt, or uncle. Your close friend could also be in your network.



## Safe Touches

Safe touches can include hugging, pats on the back, and an arm around the shoulder. Safe touches can also include touches that might hurt, such as removing a splinter. It might hurt but it's helping to keep your body healthy.



## Unsafe Touches

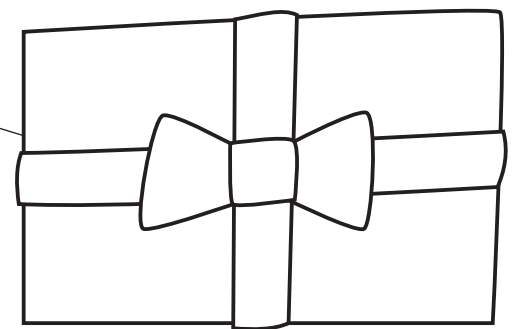
These are touches that hurt bodies or feelings, for example, hitting, pushing, pinching, and kicking.

## Unwanted Touches

These are touches that might be safe, but you don't want from that person or at that moment. It's okay to say no to an unwanted touch, even if it's from a familiar person. Practice saying "No, thank you" or "no" in a strong voice.

## Safe Secrets

A safe secret is the kind of secret like a surprise that soon everyone will find out. A birthday present or a surprise party for example. Safe secrets are never about touching.



## Unsafe Secrets

An unsafe secret breaks safety rules. It is okay to break a promise not to tell a secret about touching.

