

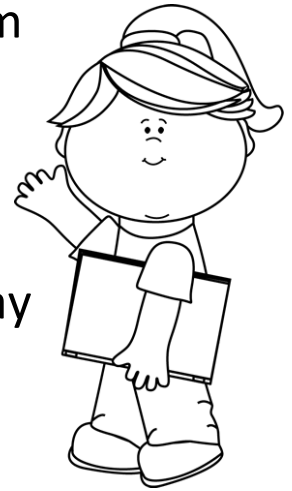
# My Body Safety Book



**Name:** \_\_\_\_\_

## My Body

My body is very special and it belongs to me. I am allowed to say “NO” if something makes me feel uncomfortable or unsafe. If I do not want to give someone a hug or a kiss, that is okay. I can choose to give them a high five, a fist bump, or say “hi” from a distance.



## Safe and Unsafe Touches

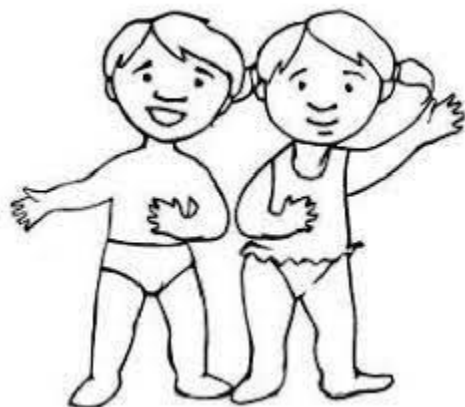


***Safe touches*** are touches that keep me safe, make me feel cared for and feel good. Some safe touches could be a hug, a fist bump, a pat on the back or shoulder.

***Unsafe touches*** are touches that make me feel sad, hurt or angry. This can be someone touches parts of my body where my bathing suit covers, hitting, kicking, or punching.



## Private Parts



Private parts are the parts of my body that my bathing suit covers. My mouth can also be a private part too. No one can touch my private parts or ask to touch my private parts. No one should show me their private parts or ask me to touch theirs. If this happens, I will tell one of my trusted adults.

**Here is a list of my trusted adults:**

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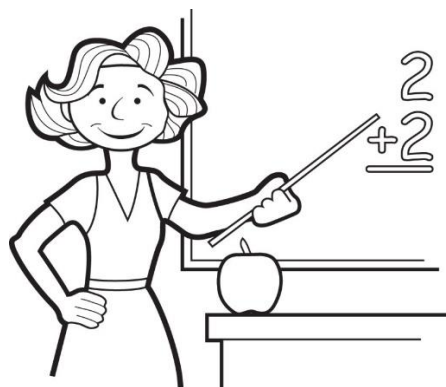
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## Secrets



Secrets should never make me feel sad or upset. Secrets should never give me a “funny feeling” in my tummy. If someone asks me to keep a secret that makes me feel bad or unsafe, I will tell one of my trusted adults.



**Together, we can stay safe!**



Distributed By:

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