



S.a.M. Child Advocacy Center

Together, healing begins here...

Your body safety starts with you 😊 ... remember the word PANTS 📖

P- Private parts are private. Private parts are the parts of your body that your underwear covers. No one should ask to see or touch your private parts.

A- Always remember your body belongs to you. No one should ask you to do anything that makes you feel uncomfortable, embarrassed or sad

N- No means no. You have the right to say no to whatever you do not feel okay with, even family

T- Talk about secrets and things that upset you. Find a trusted adult that you can talk to and tell them what is making you uncomfortable. This can be a parents, family member, teacher, whoever you trust.

S- Speak up! Someone can and will help. Talk to your trusted adults, ask them to call the proper authorities. You will be believed!

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www.samchildadvocacycenter.com