

My body is my own

This means that no-one else should touch my body unless I want them to.

Some parts of my body are **private**.

Private parts are the parts of my body that are covered by underwear or bathing suits.

No-one should touch these private parts.

No-one should ask to see these private parts.

No-one should show me private parts.

No-one should ask me to touch their private parts.

If this happens, I can yell “**no**” or “**stop!**”

If this happens, I should **never** keep this a secret.

If this happens, it is **not my fault**.

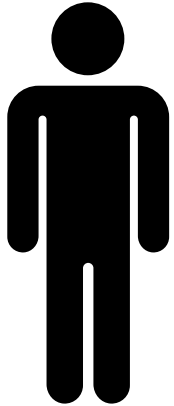
If this happens, I should tell a **trusted adult**.

A **trusted adult** is someone who will help me to be **safe**.

My trusted adult might be a parent, a different family member, teacher, or therapist.

My body is my own.

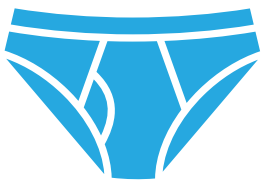
My body is my own



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Some parts of my body are **private**.



Private parts are the parts of my body that are covered by underwear or bathing suits.



Other people should not see or touch these private parts.

If anyone touches these parts, I can yell “no” or “stop!”



If anyone touches these parts, I should tell a **trusted adult**.

A **trusted adult** is someone who will help me to be **safe**.

My trusted adult might be a parent, a different family member, teacher, or therapist.

My body is my own.



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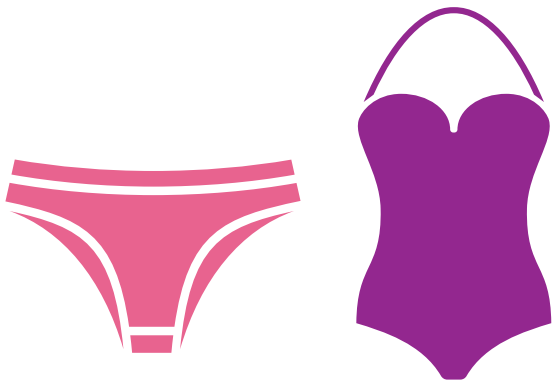
My body is my own (Female)



My body is my own.

This means that no-one else should touch my body unless I want them to.

Some parts of my body are **private**.



Private parts are the parts of my body that are covered by underwear or bathing suits.

These parts include my **breasts, vagina, and bottom**.



Other people should not see or touch these private parts.

If anyone touches these parts, I can yell “no” or “stop!”



If anyone touches these parts, I should tell a **trusted adult**.

A **trusted adult** is someone who will help me to be **safe**.

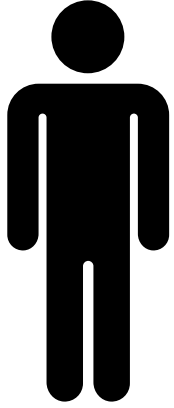
My trusted adult might be a parent, a different family member, teacher, or therapist.

My body is my own.



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My body is my own (Male)



My body is my own.

This means that no-one else should touch my body unless I want them to.

Some parts of my body are **private**.



Private parts are the parts of my body that are covered by underwear or bathing suits.

These parts include my **penis, scrotum and bottom**.



Other people should not see or touch these private parts.

If anyone touches these parts, I can yell “no” or “stop!”



If anyone touches these parts, I should tell a **trusted adult**.

A **trusted adult** is someone who will help me to be **safe**.

My trusted adult might be a parent, a different family member, teacher, or therapist.

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