



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**.

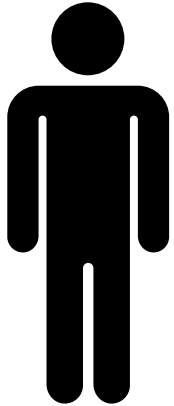
If this happens, I should tell a **trusted adult**.

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



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.



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.



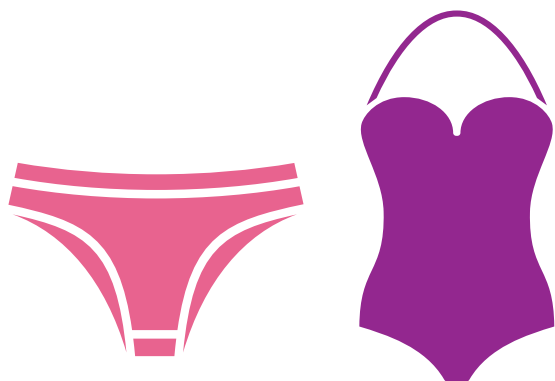
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My body is my own.

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**.

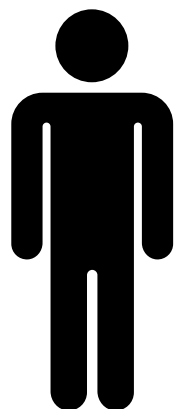
My trusted adult might be a parent, a different family member, teacher, or therapist.

My body is my own.



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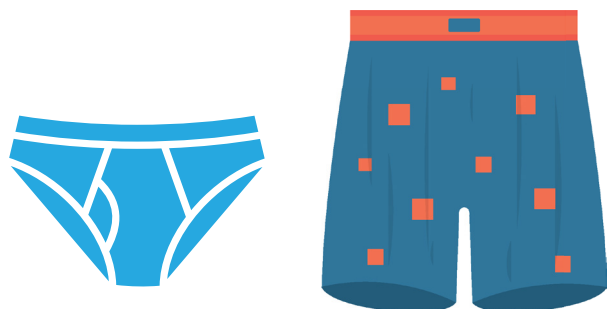
# My body is my own (male)



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.

My body is my own.



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