



Autism Society  
of North Carolina

# Hurting me is not ok

No-one should ever hit me or hurt me in any way.



If anyone is hurting me, I can yell “**no**” or “**stop!**”



If anyone is hurting me, 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.



I deserve to be **safe**.