

The background features a stylized city skyline in shades of blue and grey at the bottom. To the right, there are two large, golden-yellow trees with simple leaf patterns. The sky is a light teal color with white, wavy horizontal bands representing clouds. Several small, dark blue birds are scattered across the sky, some in flight. The title 'My Body Safety' is written in a large, bold, yellow font in the center of the image.

My Body Safety

Mrs. O'Brien and Ms. Zariello

What is a Stranger?



- ✂ **Say "No"**
Go Away!
Leave Me Alone!
Don't Touch Me!
Stay Away From Me!

NO



- ➔ **Get away from the person who is making you feel unsafe as fast as you can!**

GO



- 🗨 **Tell someone you trust and keep telling until someone believes you and helps you be safe again!**

TELL



Sharing Personal Information



Over the phone



Online



Games



I CAN
STAY
SAFE!



I am the
BOSS
of my body.



SAFE TOUCHES

are wanted,
comfortable,
kind, and fun.
They make
me feel...



Excited



Proud



Loved



Happy



A SAFE TOUCH IS...



a hug.

© Miss City Counselor

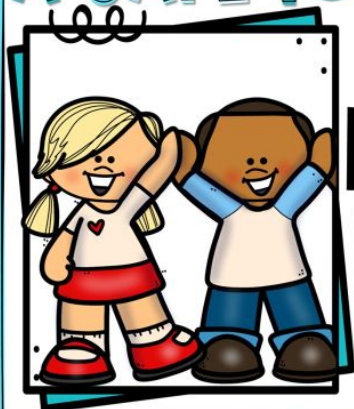
A SAFE TOUCH IS...



a high five.

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A SAFE TOUCH IS...



holding hands.

© Miss City Counselor

A SAFE TOUCH IS...



a pat on the back.

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OUCH TOUCHES

hurt my
body and
my feelings.
They make
me feel...



AN OUCH TOUCH IS...



**hitting
or
punching.**

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AN OUCH TOUCH IS...



**throwing
objects.**

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AN OUCH TOUCH IS...



pinching.

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AN OUCH TOUCH IS...



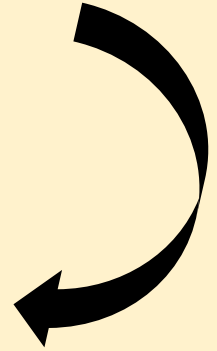
pushing.

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There is a special rule about these kinds of unsafe touches called the Touching Rule.

The Touching Rule:

No one should touch your **private body parts** except to keep you **clean** or **healthy**.

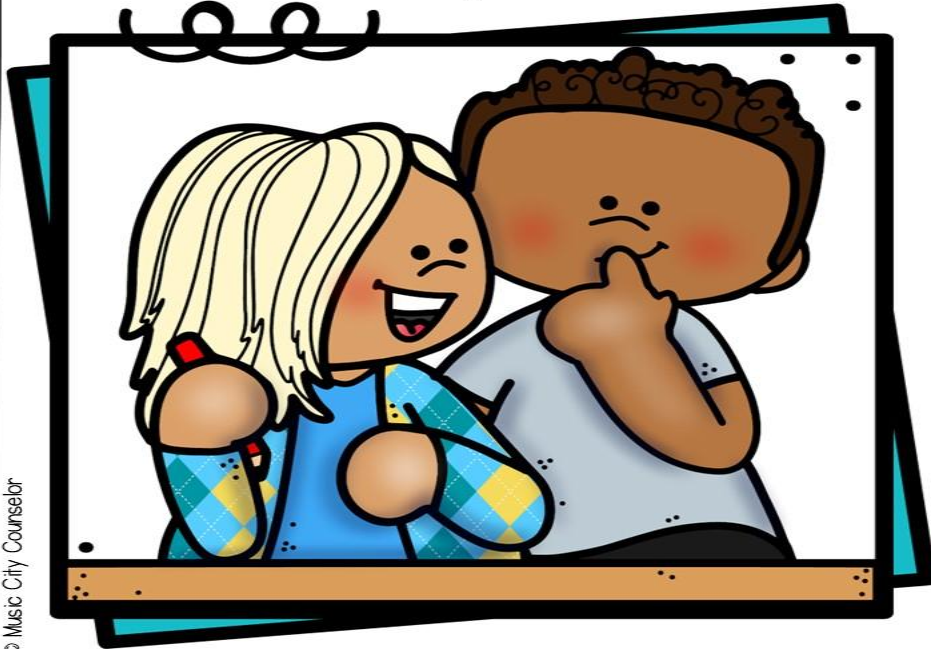


SAFE &
UNSAFE
SECRETS



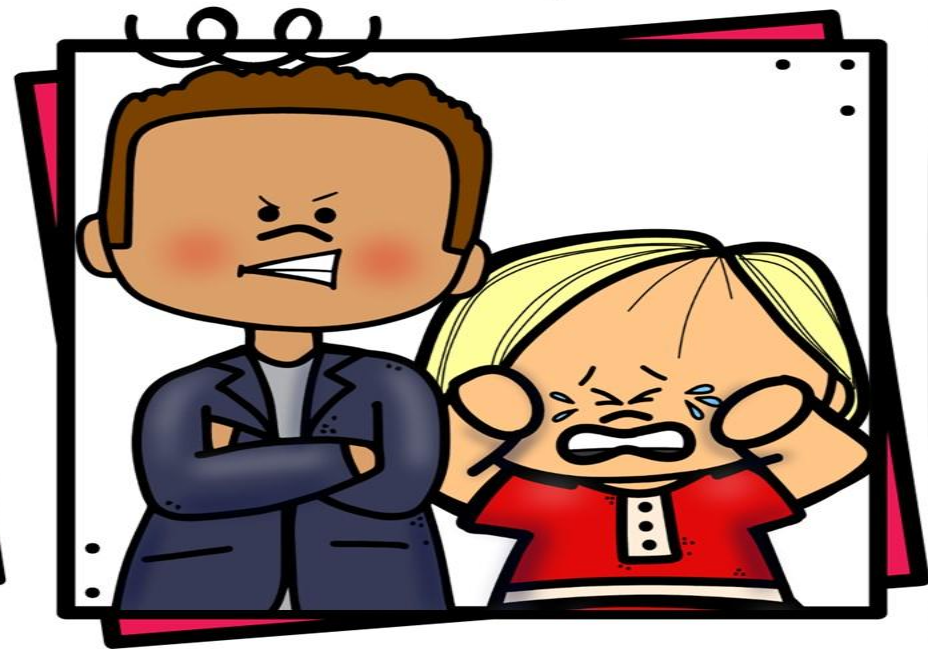
SAFE

secrets can be kept.



UNSAFE

secrets cannot be kept.



SAFE SECRETS

are fun, loving
and kind!



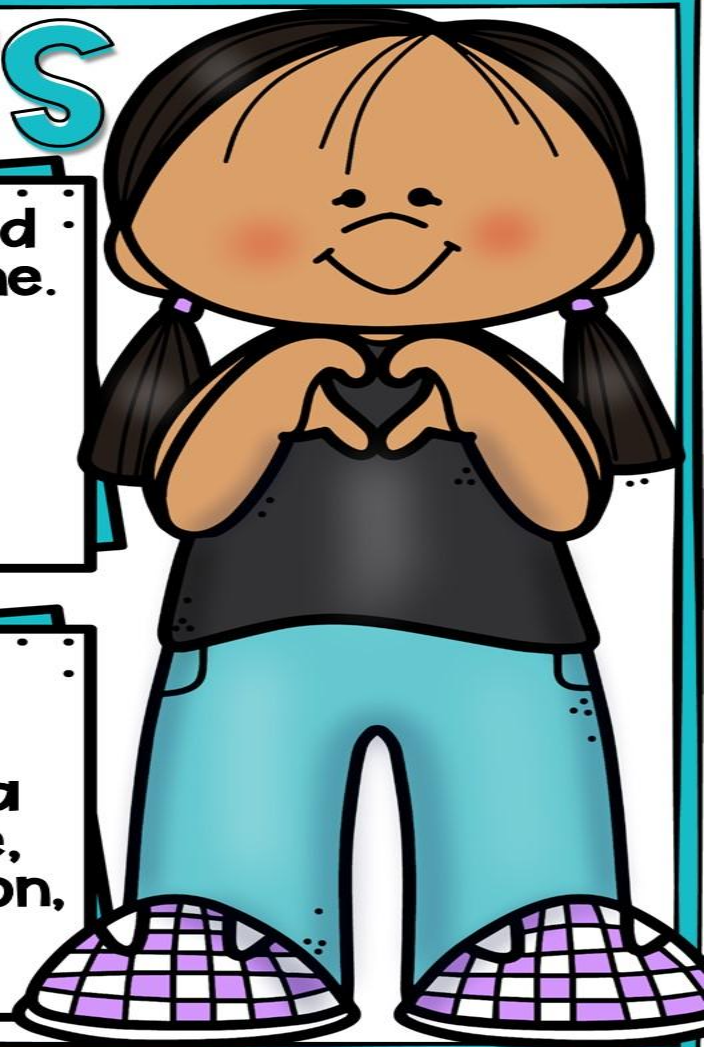
will be revealed
at a special time.



are shared
by a
safe
person.



may be a
surprise,
celebration,
or gift!



UNSAFE SECRETS

are scary,
worrisome, and
uncomfortable!



they told
me to keep
it a secret
forever...
or else!



may be
hurting
or
touching
my body.



must be
reported
right
away!



Name: _____

MY SAFE PEOPLE

Decorate the pieces of the heart
with pictures and names of people
who make you feel safe.

