

# PERSONAL SAFETY



# There are different kinds of touches.

## Safe Touch

A safe touch is  
**caring and  
comforting.**

## Unwanted Touch

An unwanted touch  
is any kind of touch  
that you **don't want**.

## Unsafe Touch

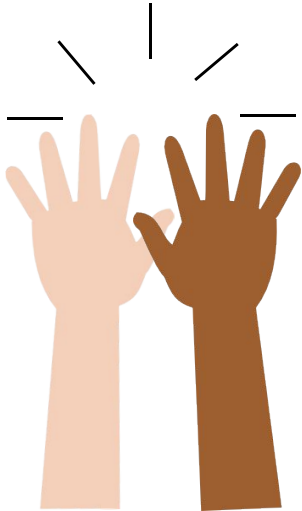
An unsafe touch is  
**painful, harmful,  
or uncomfortable.**

Let's learn more about each one.

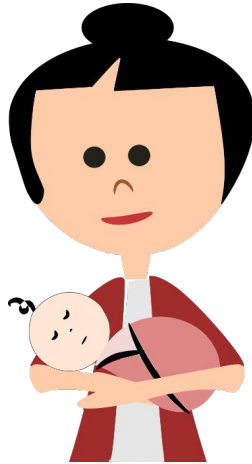
# Safe Touch

Safe touches include things like:

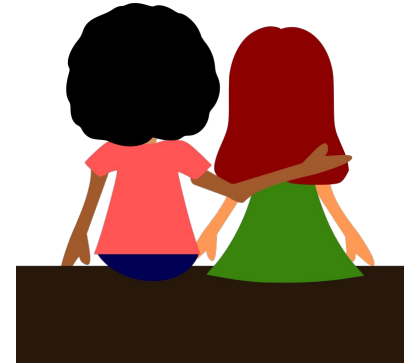
Friends giving each other high-fives



A baby snuggling with her mom.



Putting your arm around someone to comfort them.



Safe touches help you feel safe, comfortable & **connected** to people.

# Unwanted Touch

An unwanted touch is any kind of touch you **don't want**, no matter what kind it is.



Because **YOU** own your body, you have the final say in what you're okay with.

# Unsafe Touch

Some unsafe touches **hurt** you.  
They include things like hitting, slapping, or  
kicking.

These touches aren't safe, can be uncomfortable, and aren't okay,  
no matter who they are from.

If it's not to keep you **safe** or **healthy**, you always get to decide whether you want a touch or not.

If you're not in the mood for a

**hug**

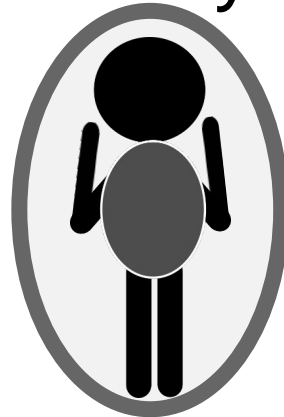
or

*high five*

or

**Arm on your  
shoulder**

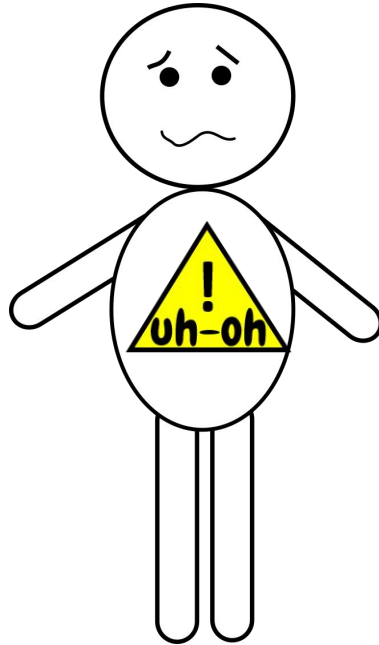
You can say **no**.



It's not rude, it's just you taking charge of your body.

# Unsafe Touch

Other unsafe touches may not hurt, but might make you feel confused or uncomfortable. They give you an “**uh-oh**” feeling.

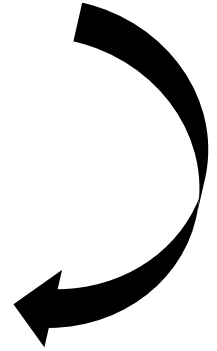


An “**uh-oh**” feeling helps you know something isn’t safe.

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**.

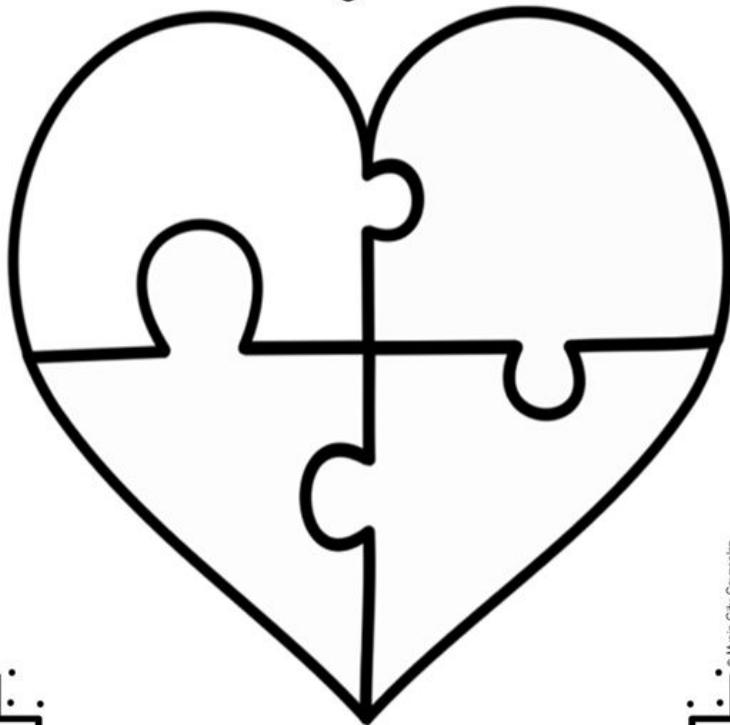




Name: \_\_\_\_\_

# MY SAFE PEOPLE

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





# 1- Listen to “uh-oh” feeling

If something doesn't feel right, don't ignore it!



# 2- Say no

If someone breaks the touching rule say, “no!” or say “It's not okay to touch my private body parts.”



# 3- Tell Someone

Tell a trusted adult if someone broke the touching rule with you. It is **not your fault** if it happens and it's never too late to tell.

No!  
Go and  
Tell!

# 3- Tell Someone

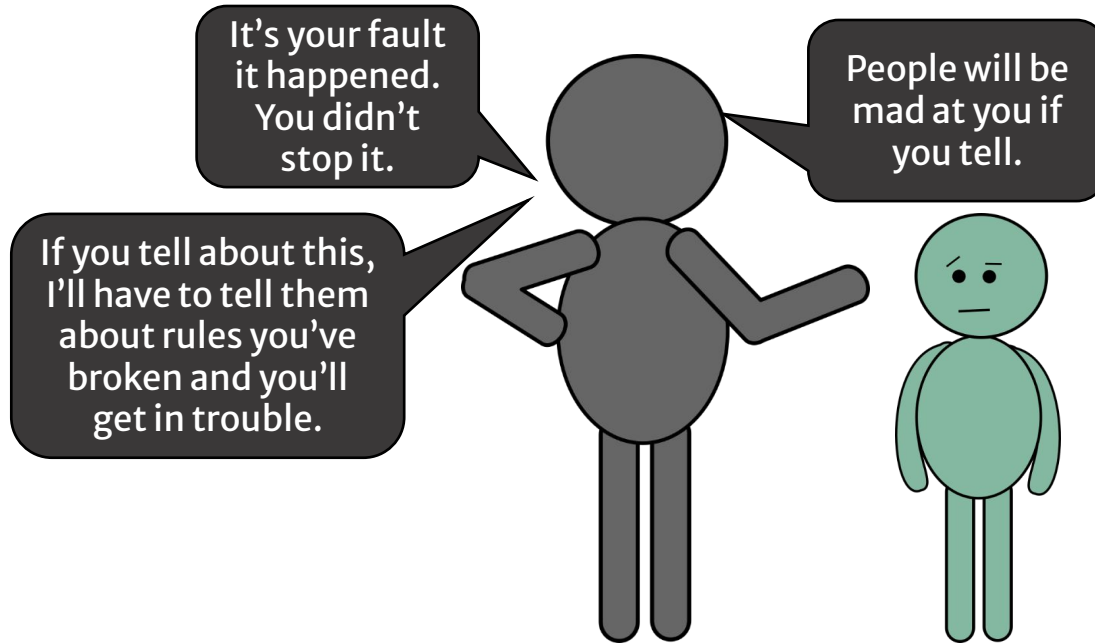
Keep telling until someone believes you and helps you.



It's **never** too late to tell about someone breaking the touching rule.



If someone is breaking the touching rule, they might make you think you'll get in trouble for telling.



When adults say things like this, they are trying to trick you. Even if you have broken rules before, they know **they** broke a **very big rule** and it's **their fault** and that's why they don't want you to tell.

# Remember these things to help you know who to trust:

## ✓ **GOOD**

- **You feel safe**
- **No secrets or broken rules**
- **Safe touches**

## ✗ **BAD**

- **Uh-oh feelings**
- **Secrets**
- **Unsafe touches**

