

My Safety Network

I feel safe! I have a Safety Network.

My Safety Network is made up of five adults who I trust. Anytime I feel unsafe, or I am worried or scared, I can tell one of the adults on my Safety Network. If I can't find that person, I can tell another adult on my Safety Network.

The people on my Safety Network are very important to me, and I am very important to them.



Secrets and Surprises

Surprises are different to secrets. Surprises are things that are happy and fun, and will **always** be told. Secrets can make you feel bad, especially if a person says you must never tell. That's why we don't have secrets in my family. We have happy surprises like not telling Grandpa we are coming to visit, or not telling Uncle Ray about his surprise birthday party.



If someone **does** touch your private parts, or asks you to touch their private parts, or shows you pictures of private parts, there are two things you **must** do.



1.

Say in a loud, strong voice with your hand held out, 'Stop! This is **my** body! What I say goes!'



2.

Then go very quickly to a trusted adult on your Safety Network and tell them exactly what happened.

Sometimes if you are sick a doctor might need to check and even touch your private parts. This is only okay if an adult from your Safety Network is with you.



Body Bubble

We all have an invisible Body Bubble around our body. Invisible means you can't see it ... but it's there!

**BODY
BUBBL**



Sometimes our
Body Bubble
is called our
**BODY
BOUNDARY**
or
**PERSONAL
SPACE.**

REMEMBER!

It's **your** body! What **you** say goes!

This is
MY BODY!
What I say
GOES!

This is
MY BODY!
What I say
GOES!



This boy is feeling unsafe.

There are lots of Early Warning Signs happening to his body.

