

Private, Please!

The parts of your body covered up by your bathing suit are **private**. That means they are only for you. No one should touch your private parts unless they are taking care of you, like a doctor or a parent. No one should ask you to touch their private parts.



Secret or Surprise?

Sometimes things happen that you feel like you should not tell anyone. This could be something fun like a birthday present you got for a friend. This is a **surprise** — it is good, and it does not hurt anybody.

Sometimes something happens that is scary or confusing, like if someone touched you in an uncomfortable way and told you to keep it a **secret**.

No one should ever ask you to keep a secret that makes you scared, upset, or hurts your body. Even if they scare you, you should always tell someone about it! You never have to keep a secret that makes you uncomfortable. You can always tell an adult you trust.

If you or someone you know has been touched or made to feel scared, hurt, or uncomfortable, remember there are many people who can help!

There is always Someone To Talk To!

OCRCC.....919-967-7273

Social Services.....919-245-2818

School Counselor:

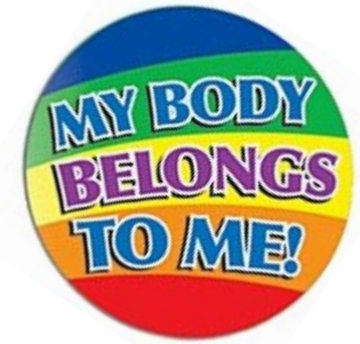
Parent's Work:



Who are other trusted adults you could talk to?

Name

Phone Number



Take this home and share it!

STAYING SAFE

Tips for kids and their
parents on how to keep
their bodies safe



Different Types of Touches

★ **Safe Touches** are touches that you like to get and that you like to give. They make you feel happy and loved.

★ **Unsafe Touches** are touches that do NOT feel good. They could make you feel sad, angry, hurt, or upset.

★ **Confusing Touches** may feel good at first and then start to feel uncomfortable or bad. Or, maybe you know that you do not like them, but you are not sure why. Sometimes they might give you an “Uh-Oh” feeling, like something just is not right.

Do You Know the SAFETY SAYING?

If anyone tries to touch you or wants you to touch them in any way that makes you feel uncomfortable, you should:

- ★ **Say No!**
- ★ **Get Away!**
- ★ **Tell Someone!**

It does not matter if it is a stranger, a person you know, or someone your own age. **NO ONE should touch you in any way that makes you feel scared or uncomfortable!**

It's important to remember that if this does happen to you, you didn't do anything wrong.

Even if you did not say no or follow the safety saying, **it is not your fault.**
Tell a trusted adult!

Your body belongs to you, and you do not have to share it!

★ Questions & Answers ★

Q: If someone tries to touch my private parts or wants me to touch them, have I done something wrong?

A: NO! Even if you forget to say no or were too scared to, it is never your fault!

Q: What if the person who makes me feel uncomfortable says that it is a secret? Do I have to keep that secret?

A: NO! You never have to keep a secret that hurts your body or makes you feel scared or uncomfortable.

Q: What if the first person I tell does not believe me? Should I stop telling?

A: NO! Keep telling adults until somebody believes and helps you.

