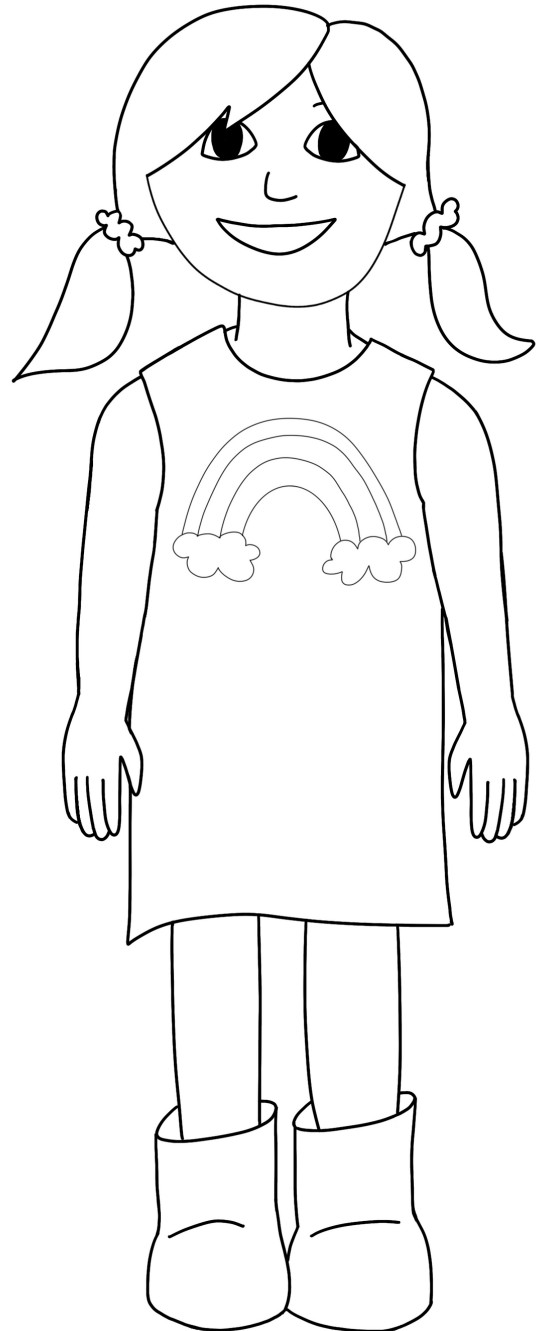
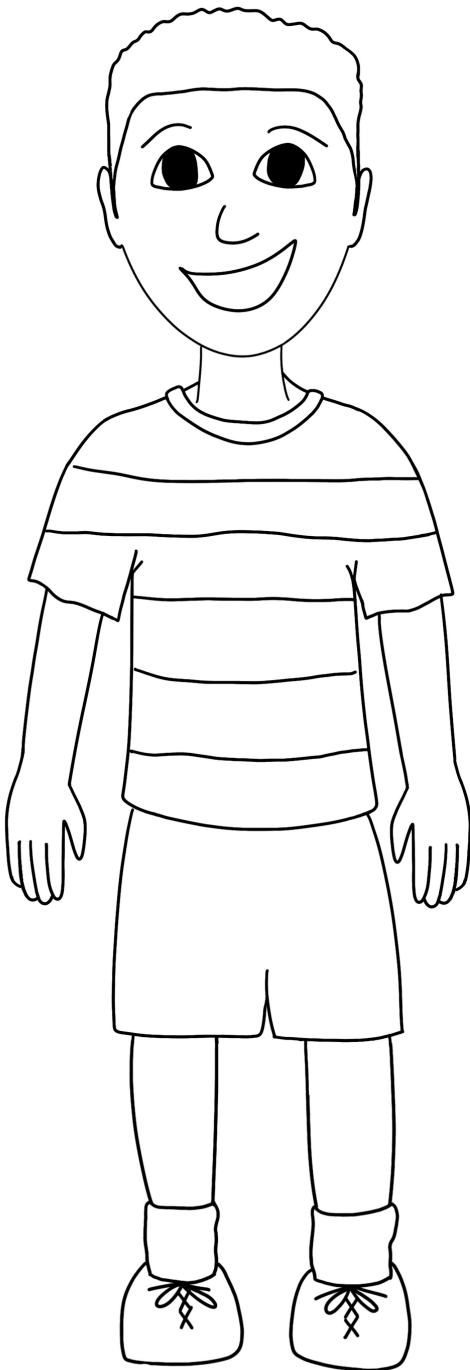


You Are a Special Person!

Name: _____



A Note to Parents

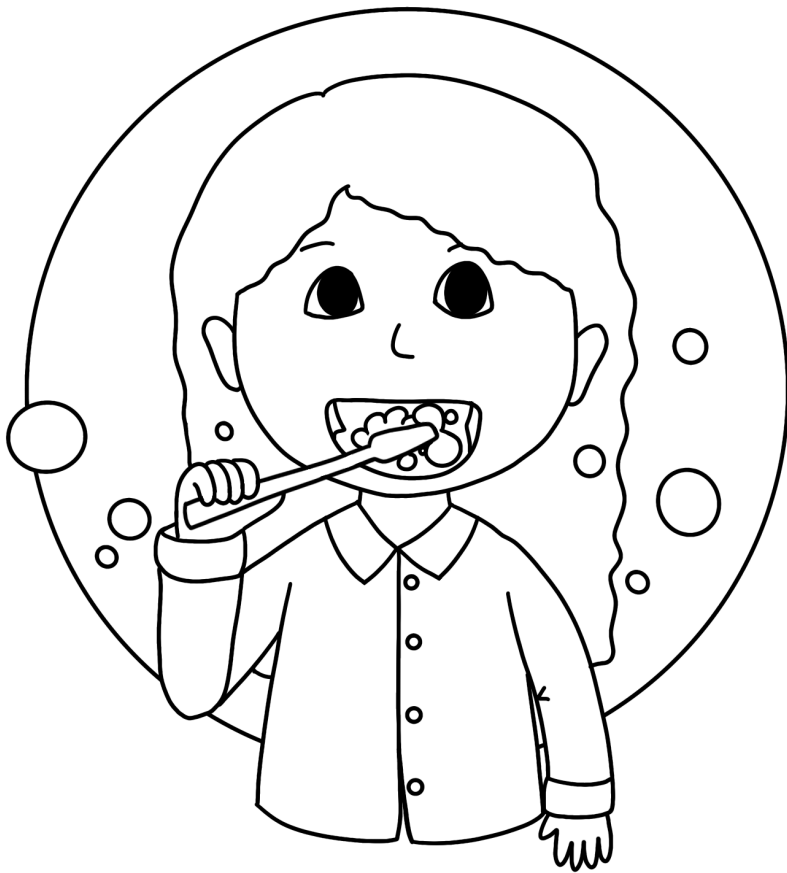
This book is designed as a review of our Safe Touch program. We encourage you to read it with your child and discuss what they learned about safety. You can find more information on our website at ocrcc.org/safetouch.

These school-based Safe Touch programs are presented by staff and trained volunteers. If you have daytime availability and are interested in volunteering to present school programs, please visit our website at ocrcc.org/volunteer or contact (919) 968-4647. Other volunteer opportunities are also available; such as office volunteers, board members, advocates, and support group facilitators.



You are a special person! Because you are special, you take care of yourself.

You wear a helmet when you ride a bike.



You brush your teeth so you don't get cavities.

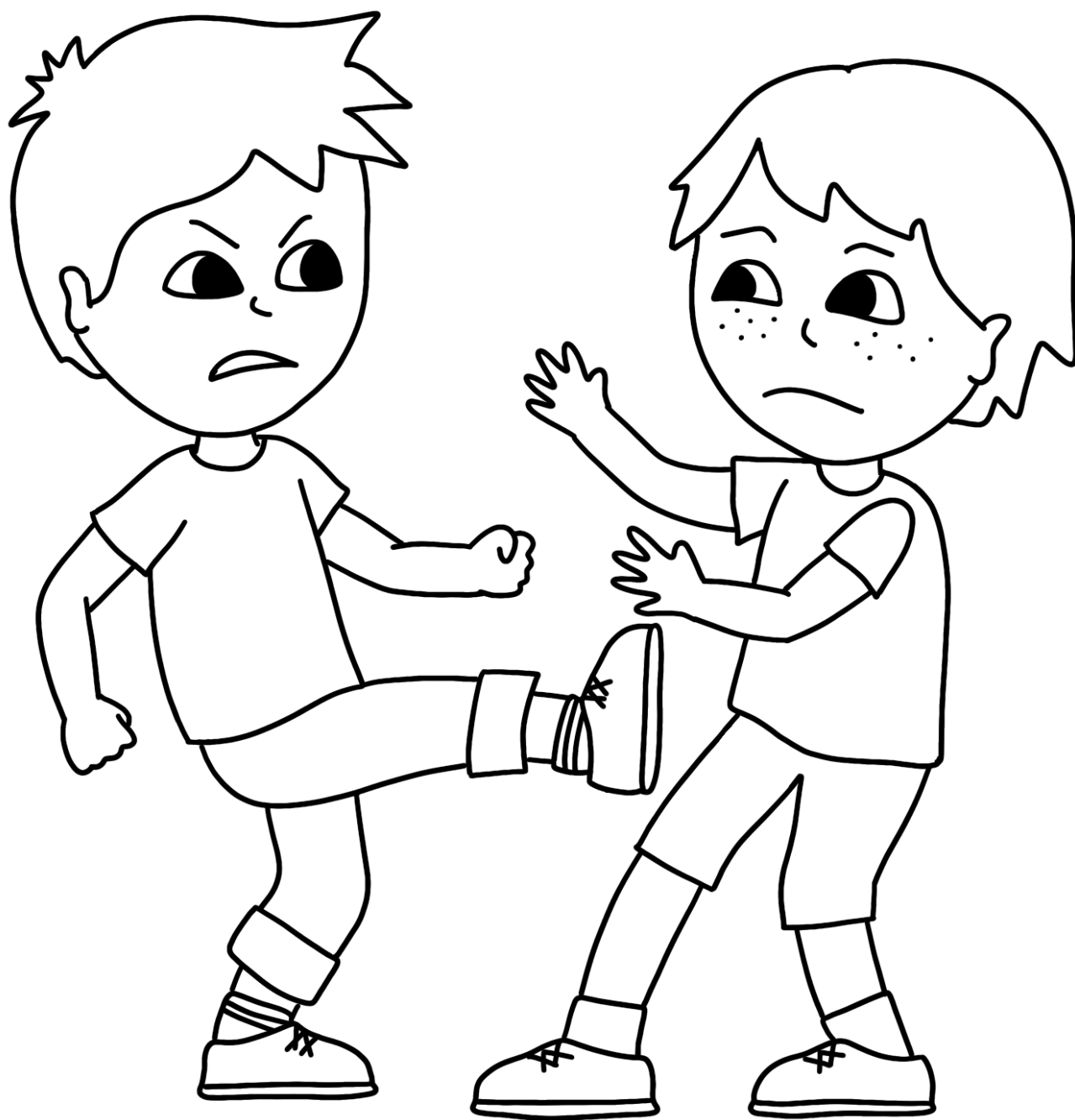
What are some other ways you take care of yourself?

We take care of our bodies because our bodies are special. One way you can take care of your body is to pay attention to different types of touches and how they make you feel. Safe touches are touches that make you feel good and happy. A hug, kiss, or a high five could all be safe touches!



What are some safe touches for you?

Some touches don't feel good. Touches that hurt you or that you don't like are called unsafe touches. Hitting and kicking can hurt and feel bad.

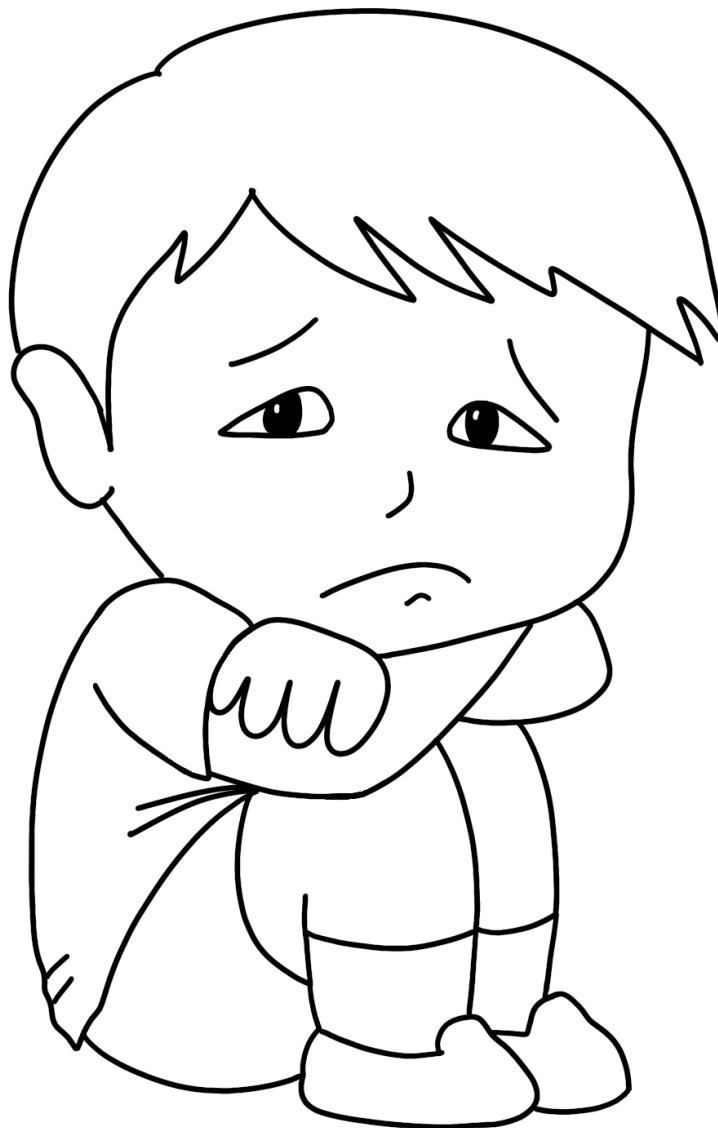


What are some other kinds of touches that make you feel bad or sad?

Sometimes safe touches can start to feel bad, like hugs when they are too tight or when they're from someone you don't want to hug. Different people like different touches. Sometimes tickling can be fun, but if it goes on too long, you might not like it anymore.



Sometimes touches can be confusing and make you feel mixed up. You know you don't like them, but you're not sure why. Have you ever gotten an 'uh-oh' feeling in your belly? Maybe it was trying to tell you that something was not right.



Your body belongs to you! You are the only person who gets to decide what kinds of touches you like and don't like.

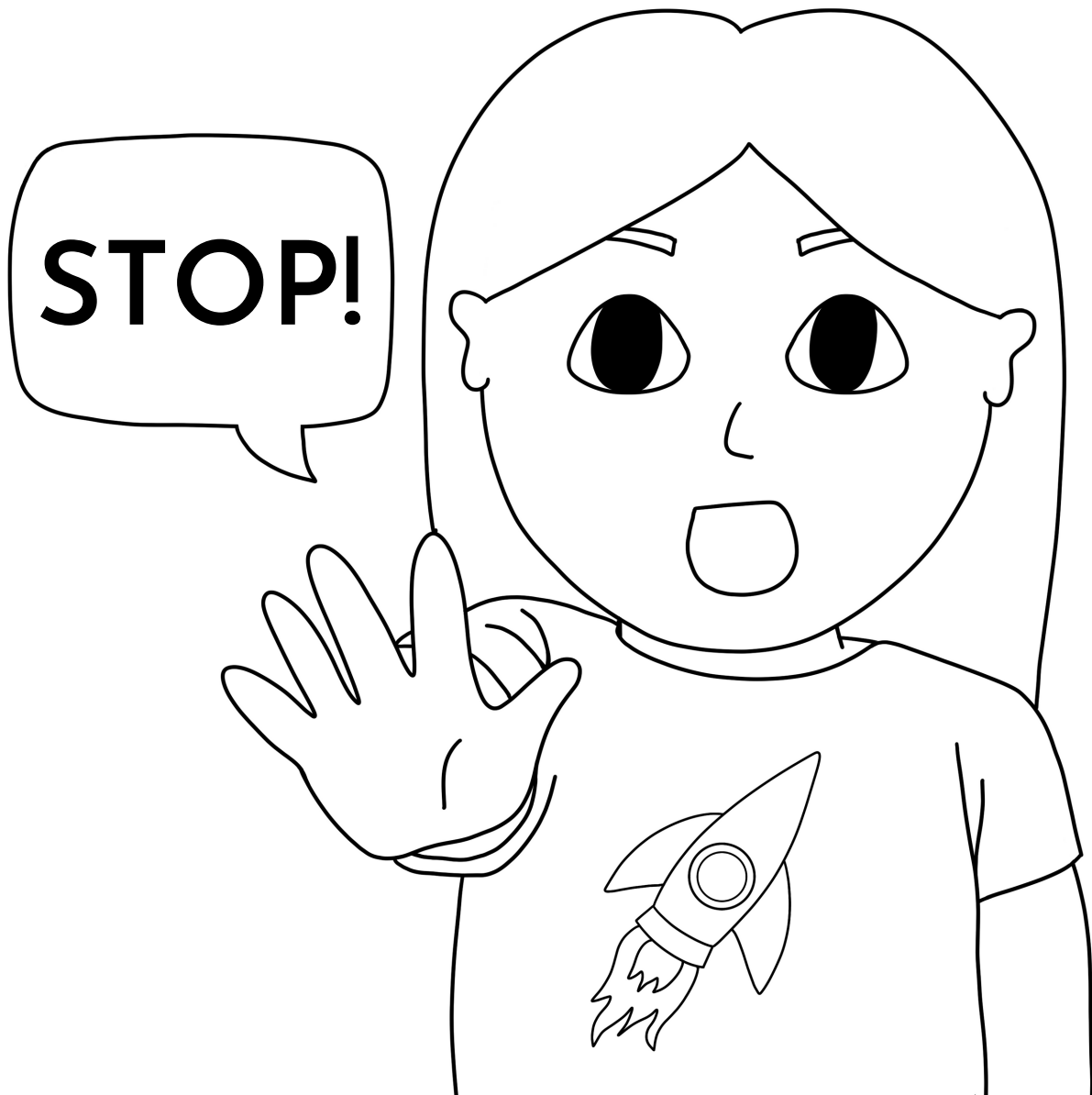
Your body has private parts. Private parts are the parts of your body that you cover up with a bathing suit.



Nobody should touch your private parts or ask you to touch their private parts. Sometimes adults might need to help you to keep you safe and healthy, but touching never has to be a secret.

If someone gives you a touch that makes you feel unsafe or uncomfortable, it is never your fault. If that happens, there are three things you can do:

1. SAY NO
2. GET AWAY
3. TELL SOMEONE



SAY NO!

Say, "No, don't do that!" loudly and clearly. No matter who the person is, you can tell them to stop if they are touching you in a way you don't like.

GET AWAY!

Try to get away as fast as you can. Go to a safe place where an adult who you trust can help you.



TELL SOMEONE!

Tell a trusted adult what happened. You can always tell, even if you promised you wouldn't. Adults should not ask children to keep secrets about touches. And you never have to keep a secret that scares you or hurts your body! Who are some adults you could tell?



Remember the Safety Saying:
Say No! Get Away! Tell someone!

It is NEVER your fault if someone touches you in a way you don't like. Learning the Safety Saying is a great way for you to take care of yourself because...



You Are a Special Person!



[OCRCC.org/SafeTouch](https://ocrcc.org/SafeTouch)

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