You Are a Special Person!

Name (နေထိုင်မှု)

[Image of a boy and a girl]
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 resources for parents on our website at ocrcc.org/parents.

These school-based Safe Touch programs are presented by staff and 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 us at 919-968-4647. Other volunteer opportunities are also available, such as office volunteers, board members, crisis companions, and support group facilitators.
You are a special person. Because you are special, you take care of yourself.

You wear your helmet when you ride your bike.

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

What are some other ways you take care of yourself?
Do you use a special toothbrush when you brush your teeth? Does it belong only to you? Something that belongs only to you and that you don’t share is private. Your toothbrush is private because you don’t share it with anyone else.

Your body has private parts. These are parts that are covered up by our swimsuits.

Your body belongs just to you, and you don’t have to share it!
Everyone likes to be touched in ways that feel good. Some touches, like a hug or a kiss on the cheek, make you feel happy and warm inside. These are safe touches.

What are some touches that you like to get?

____________________________________________________________

____________________________________________________________

____________________________________________________________
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, good touches can start to feel bad, like hugs when they are too tight or when they are from someone you don’t want to hug. Different people like different touches. Sometimes tickling can be fun, but if it goes on for too long then 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. No one should touch your private parts or ask you to touch their private parts. Sometimes adults might need to help you or keep you safe, but touching should never be a secret.
If you are touched in a way that you don’t like, it is not your fault.

There are three things to do:

1. Say “NO!”
2. Get Away
3. Tell Someone

Say, “No, don’t do that!” loudly and clearly. No matter who the person is, tell them to stop if they are touching you in a way you don’t like.
Get Away!

ကြီးနားစောင့်!

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

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Tell Someone!

Tell a trusted adult what happened. You should tell, even if you promised you wouldn’t tell. Adults should not ask children to keep secrets. And you never have to keep a secret that scares you or hurts your body.

Who are some adults you could tell?

 Beetstapayin akye. Dwey we ywey kaw ko?
Remember the Safety Saying!

1. Say “NO!” 2. Get Away 3. Tell Someone

It is NEVER your fault if someone touches you in a way you don't like.

Learning the Safety Saying is a good way for you to take care of yourself because...

You Are a Special Person!

You are special because you are you and you are loved.