



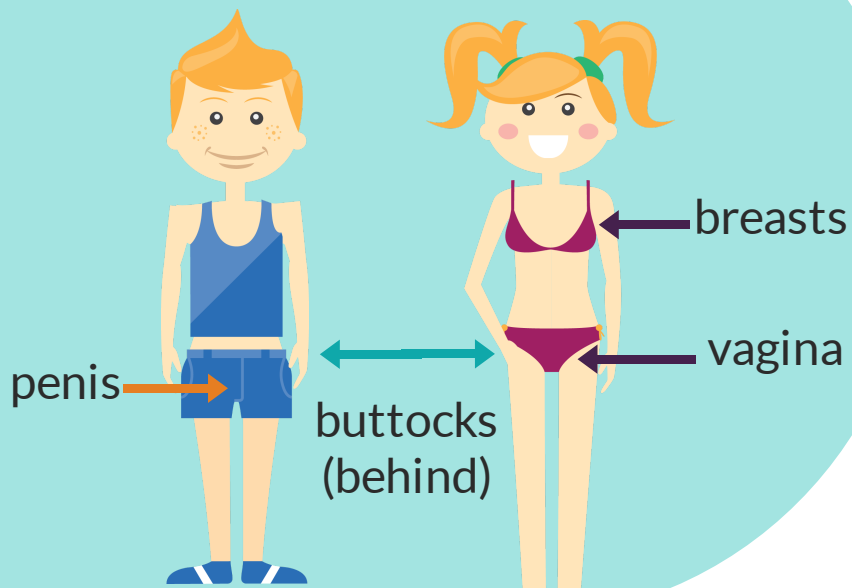
## BODY AWARENESS AND BODY SAFETY



### INDIVIDUAL: LEVEL 1 (SCHOOL AGE)

#### What are private parts?

Parts of the body covered by bathing suits



#### Things to remember about your body

Private parts are **private!**

Your body belongs to **YOU**

**NO** means **NO**

If you are scared, **TELL SOMEONE** – they can help

#### Things to remember about other people's bodies

Ask **PERMISSION** to touch, even if it's okay touch

You **DON'T** have to touch another person if you don't want to

**DON'T** touch another person's private parts

**LIST 3 TRUSTED ADULTS** who you could tell if someone broke a rule for your body:

- (1)
- (2)
- (3)

#### What types of touches are okay?

**Okay (or safe) touches** : high fives with a friend, goodnight kiss or hug from mom or dad

**Not okay (or unsafe) touches**: hitting, pulling hair, touching another person's private parts, rubbing your body without permission, kissing without permission

#### When is it okay for an adult to touch my private parts?

To clean you in the **bath or shower** or help with going to the **bathroom**.

To make sure you are healthy, but **ONLY** when it is a doctor examining you with a parent's permission

#### RULES FOR MY BODY

It's **NOT** okay for others to look at my private parts

It's **NOT** okay for other people to show me their private parts

It's **NOT** okay for other people to make me touch their private parts

It **IS** okay to touch my own private parts as long as I am alone

It's **NOT** okay for other people to say sexual things to me that I do not like