



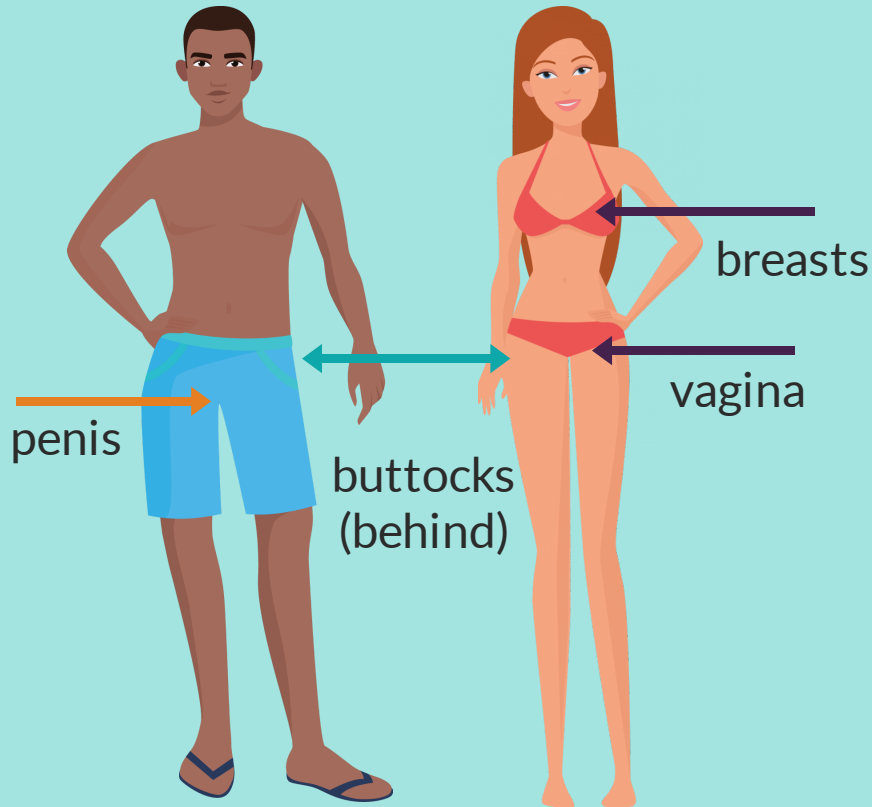
## UNDERSTANDING TOUCH AND STAYING SAFE



### INDIVIDUAL: ADULT

#### PRIVATE PARTS

Parts of the body covered by bathing suits



#### RULES FOR YOUR BODY

**NO ONE** can touch your private parts unless you say it's okay

People should **ASK BEFORE TOUCHING** you for any reason

You have the right to say **NO**

You are **IN CHARGE** of your body

#### OTHER WAYS TO STAY SAFE

**LEARN** about your body and sex: Ask close friends or family members' questions

Say **YES** to hanging out with close friends and family members

Say **NO** or **STOP** if someone is touching you and you don't want them to

If someone hurts you, it's not your fault and **TELL A TRUSTED PERSON**

Learn how to **GET HELP**. For information on how to get services go to: <http://bit.ly/2vzLV2P>

If you're scared, feel uncomfortable, or think you're being abused, **TELL A TRUSTED PERSON**

Practice how to **ADVOCATE** for yourself

Three people you can contact if you feel unsafe:

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_

#### RULES FOR OTHER PEOPLE'S BODIES

**DON'T TOUCH** other people's private parts

**ASK** before going into other people's personal space (within arm's reach)

#### WHEN IS IT OKAY FOR AN ADULT TO TOUCH MY PRIVATE PARTS?

Only after they ask and **YOU SAY IT'S OK**

To **HELP CLEAN** you in the bath or shower, or help going to the bathroom

When a **DOCTOR** needs to make sure you're healthy