

Everybody has different feelings.

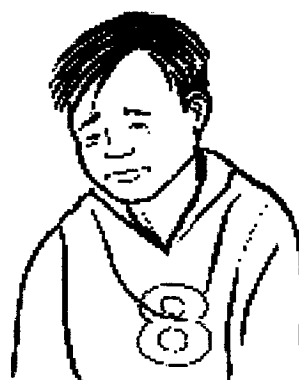
Your feelings are important.

It is important to tell the people you trust how you are feeling.

How do you feel?



Happy



Sad



Angry



Scared



Confused



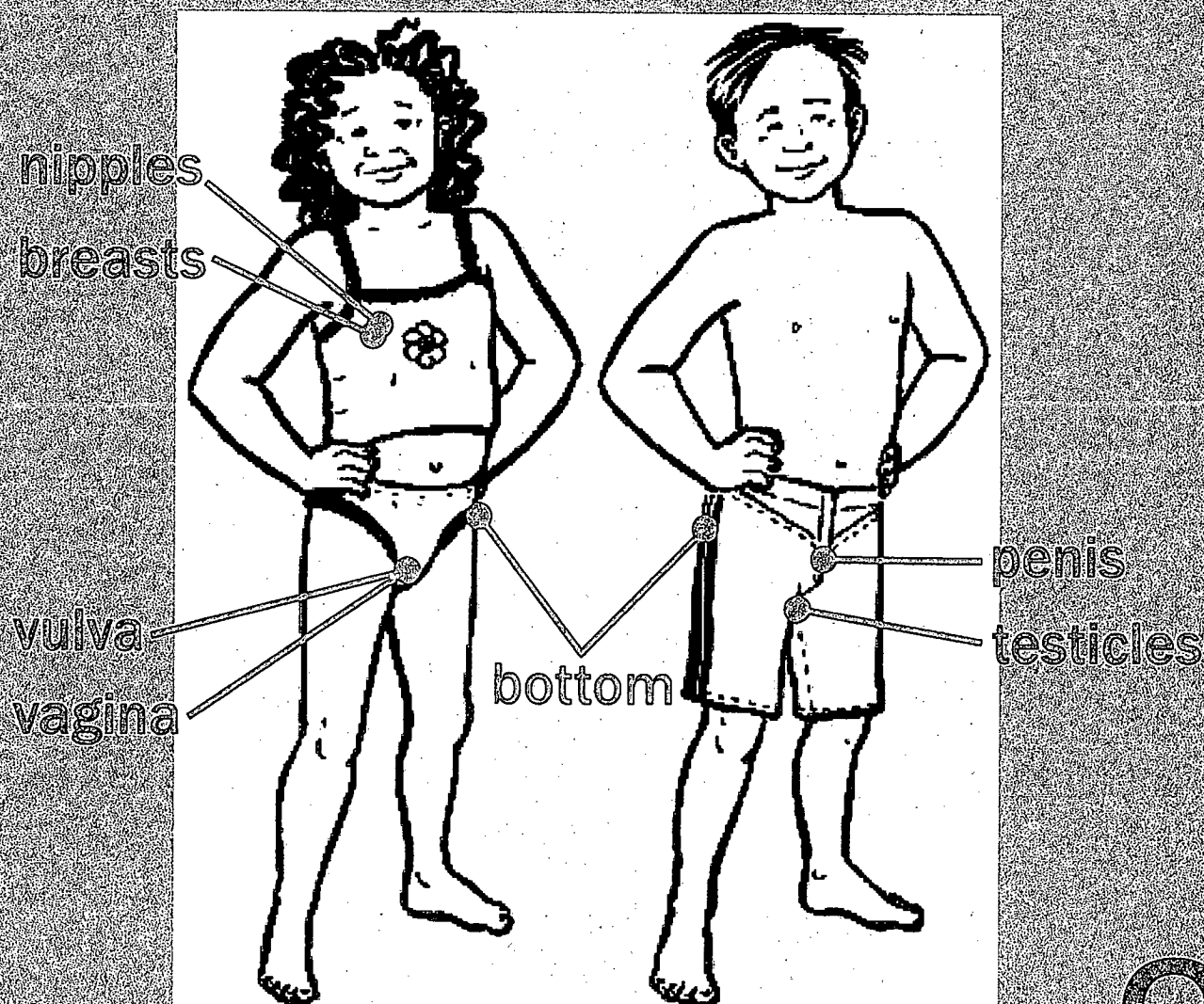
Safe

You have a right to be safe.

Your body belongs to you.

No one can touch any part of your body in a way that makes you feel scared, angry, sad or confused. This includes your private parts.

Your swimmers cover the private parts of your body.



There are lots of different types of touch. It is important to understand when a touch is friendly, loving, helping, sexy or a NO touch.

Friendly



Loving



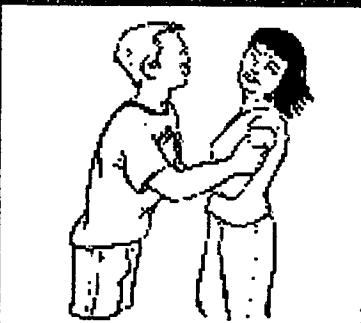
Helping



Sexy



NO



There are rules about touch to help us be safe.

It is not OK

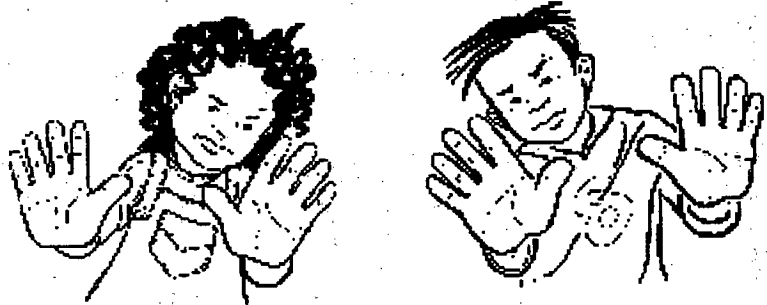
- for anyone to touch your body if you do not want them to
- for someone to make you touch their body if you do not want to
- for someone in your family to touch you in a sexy way
- for adults to touch a child in a sexy way
- for people to be sexy in front of you.
Being sexy is private.

It is also not OK for someone to show you pictures or photos from videos, computers or magazines that show private body parts or people being sexy if you do not want them to.

If someone touches your body in a way that makes you feel scared, angry, sad or confused:

REMEMBER

NO

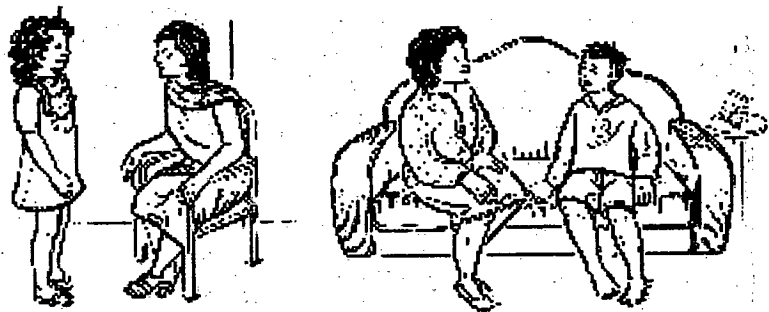


Try to say NO or STOP

GO

GO to a safe place as soon as you can

TELL



Talk to someone who can help.

Listen carefully to what your body tells you about being touched.

Your body gives you warning feelings telling you that you might need help.