



My Body is My Body

Body Safety Rules

www.mybodyismybody.com



MY BODY IS MY BODY

♥ My Body belongs to me
Nobody should hurt me
Nobody should touch my private parts
I am the boss of my own body !!



IF IT DON'T FEEL RIGHT DON'T DO IT

♥ If people try to get me to do
things I know are wrong
I will say "NO"
THEN TELL SOMEONE

♥ If people try to do things that
make me feel uncomfortable
or scared I will say "NO"
THEN TELL SOMEONE

IF I HAVE A PROBLEM

♥ I WILL
TELL SOMEONE



WHO CAN I TELL

I can tell "Safe Adults"

♥ Mommy or Daddy,
Aunty or Uncle
Granny Or Grandpa,
Teacher or Principal
Councillor



♥ If they don't believe me
I will **tell someone else**
and keep telling till someone
helps me



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SAY NO TO SECRETS

If someone is hurting me, bullying me or doing things that make me feel uncomfortable, and they ask me to keep it a secret - I will

SAY NO TO SECRETS



IF I HAVE A PROBLEM
I WILL
TELL SOMEONE



PRIVATE PARTS

My private parts are the parts where my swimsuit or my underwear covers.

Nobody should touch my private parts
Nobody can ask me to touch their private parts
Nobody should take pictures of my private parts



Draw a line to each
body part

Hair
Eyes
Nose
Mouth
Arms
Hands
Fingers
Private Parts
Legs
Feet



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