

MY BODY SAFETY RULES

MY BODY MY RULES

My Body is my Body, and it Belongs to ME!

- ✓ I am the BOSS of my body and what I say goes.
- ✓ I can say NO - even to a family member or someone I know and love.
- ✓ NO one should make me do things that make me feel YUCKY or UNSAFE.
- ✓ Nobody should TOUCH or SEE my private body parts.
- ✓ I never keep SECRETS from my family.
- ✓ When I feel unsafe I need to RUN & TELL an adult in my circle of trust until they HELP.



Private Body Parts are the parts that you cover with your swimming costume when you go swimming.

- ✓ No one should ask to touch or see them except my parents or a doctor, as they help to keep me clean and safe.
- ✓ If someone asks to see or tries to touch me underneath my underwear I say 'NO' - and tell someone in my circle of trust.
- ✓ I don't let anyone touch me on my lips, chest, between my legs and buttocks.
- ✓ I use the proper names for my private body parts, they are not weird or funny, everyone has them.



NO - MEANS NO!

I can say "NO" if I don't want to kiss or hug someone, even a family member.



GOOD TOUCH

It feels good to be hugged and kissed by people I love.



BAD TOUCH

makes us feel yucky, bad or uncomfortable.

- ✓ When someone kicks, punches, hits or slaps me.
- ✓ When being touched where you are not supposed to be touched.



- ✓ When mummy gives me a hug and kiss after I wake up.
- ✓ When Daddy gives me a goodnight kiss at night.
- ✓ When grandparents and family come to visit, and everyone gets a hug together.

SECRETS "I don't keep secrets from my family"



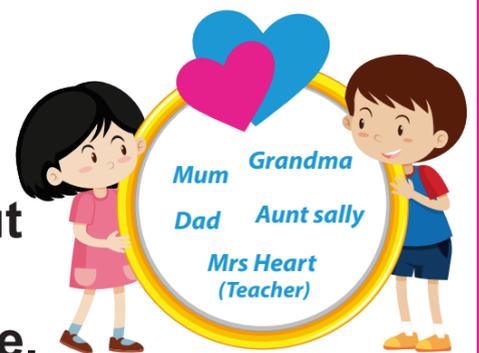
NO ONE SHOULD BE ASKING ME TO KEEP A SECRET, ESPECIALLY IF IT'S ABOUT PRIVATE PARTS.

If someone asks me to keep a secret that makes me feel yucky, bad or unsafe - I should tell someone in my circle of trust straight away until they HELP.

MY CIRCLE OF TRUSTED ADULTS

It's good to talk about stuff that makes me feel yucky and unsafe.

I have a trusted circle of adults I can talk to if I'm sad, scared and especially if I need to talk about my body safety! If someone breaks a body safety rule I need to keep TELLING them until someone helps me.



CALL FOR INFORMATION, ADVICE OR IF YOU JUST WANT TO TALK

FOR IMMEDIATE RISK CALL POLICE ON

999

IF YOU SUSPECT ABUSE CALL NSPCC HELPLINE

0800 800 5000

IF YOU'RE A CHILD & WANT HELP CALL CHILDLINE

0800 1111

#CHILDABUSEHELP

NNECA
NATIONAL NETWORK TO END CHILD ABUSE

WWW.NNECA.ORG.UK

