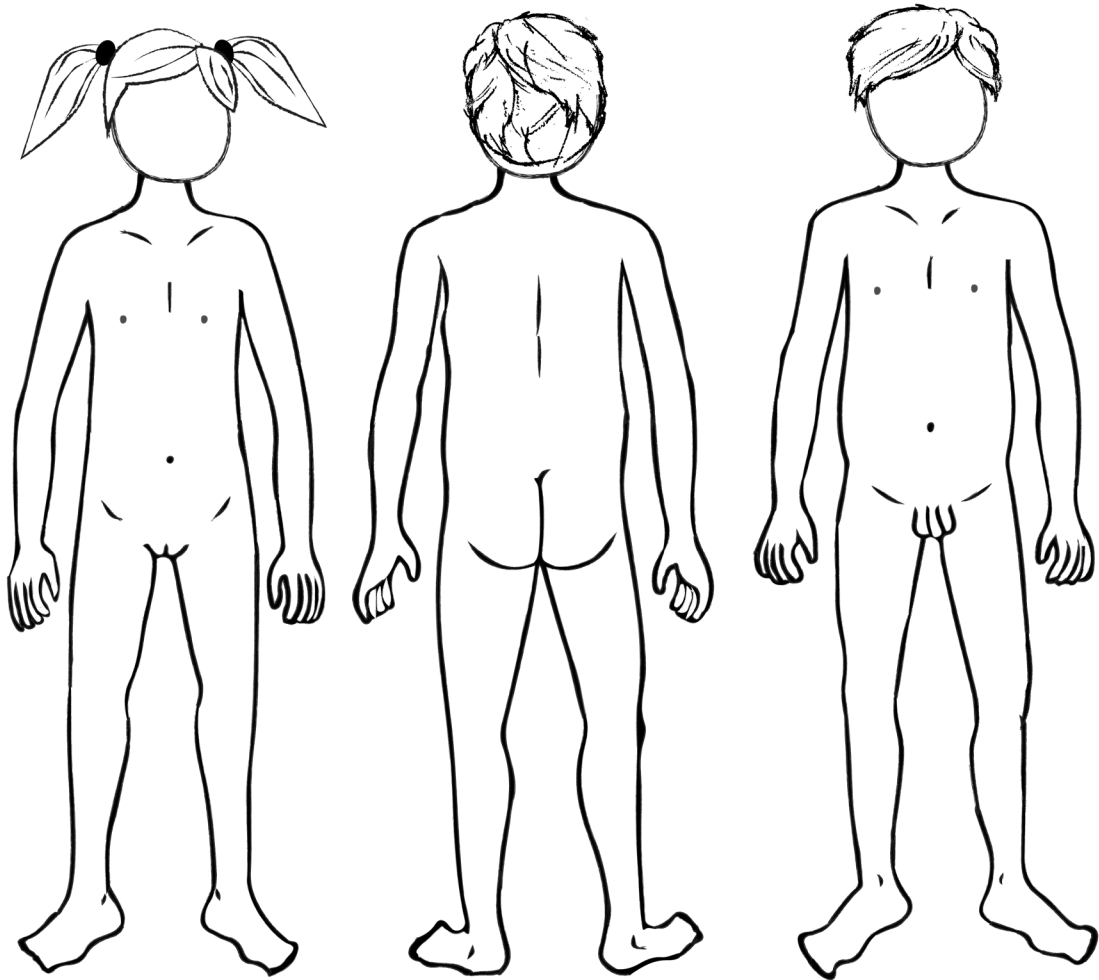


My body safety
booklet

Name: _____



Mouth

Penis /
Testicles

Nipples

Vagina /
Vulva

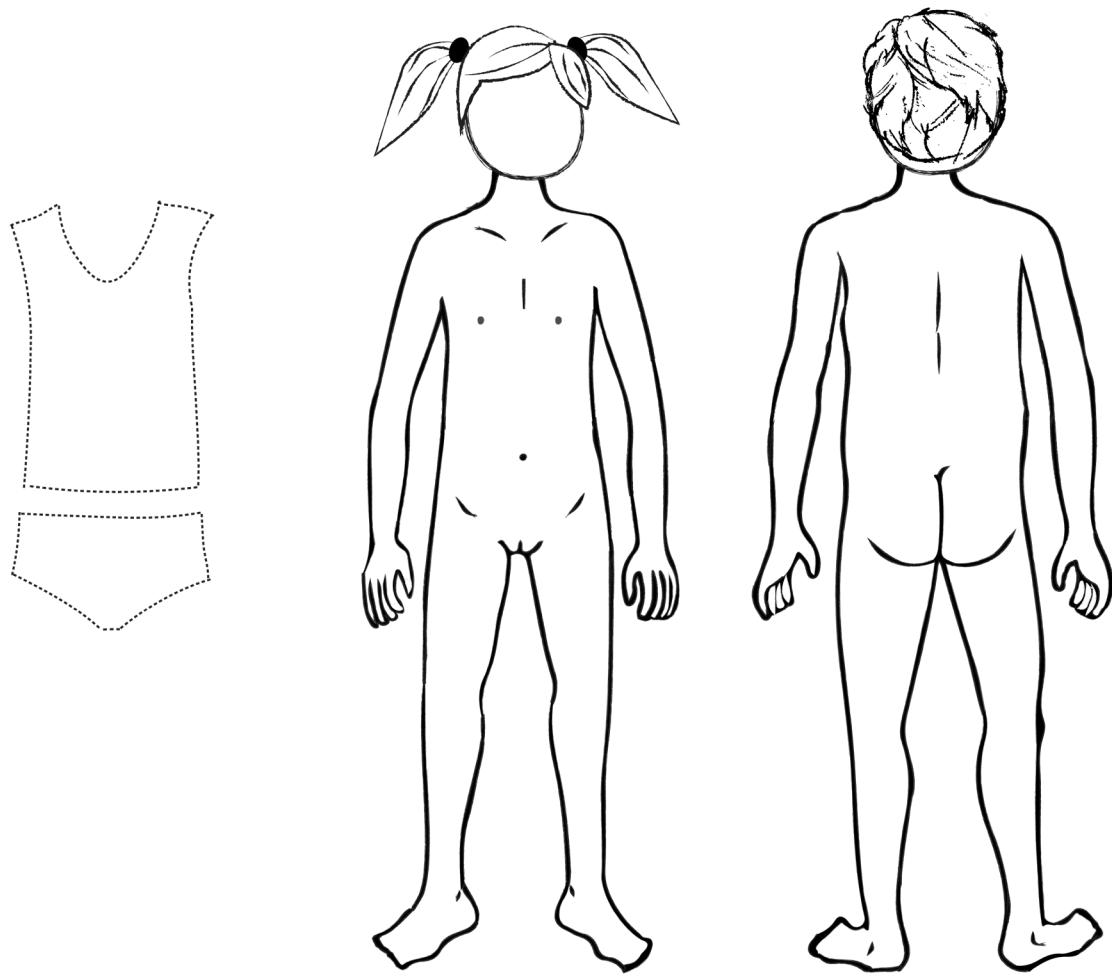
Bottom

My body belongs to me.

My body has **public** and **private** body parts.

Bodies are all different and unique.

Draw a line to match up the body parts with their names



Private parts are just for me.

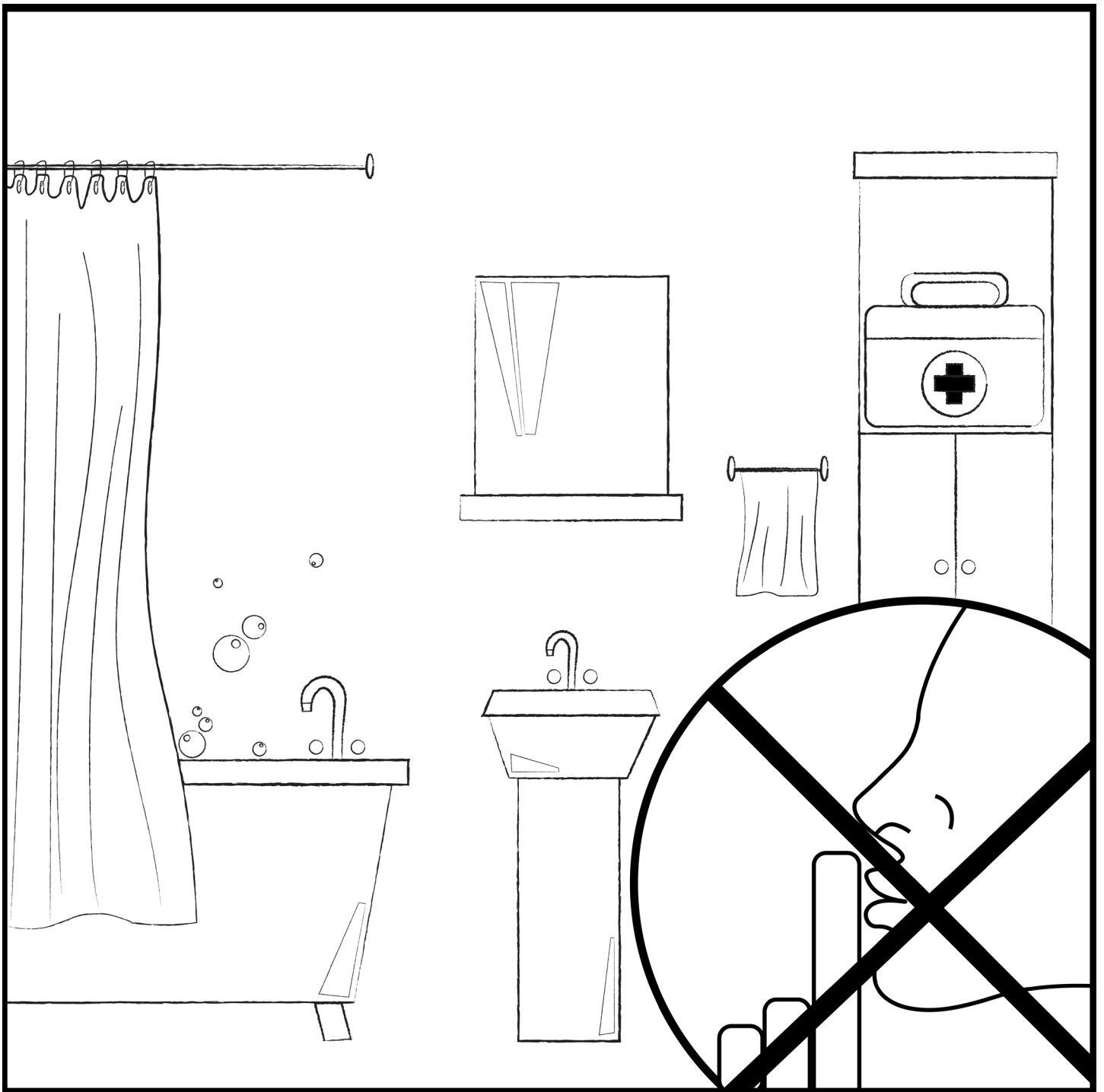
No one can touch my private parts.

No one can make me touch their private parts.

No one can show me pictures or take photos of my private parts.

If this happens, it's important to talk to a safety helper.

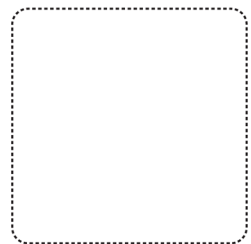
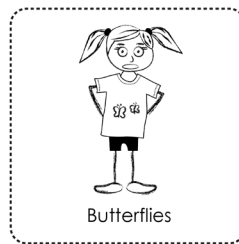
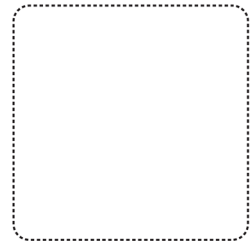
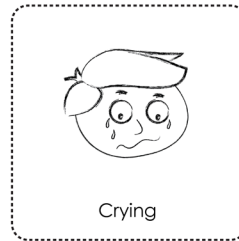
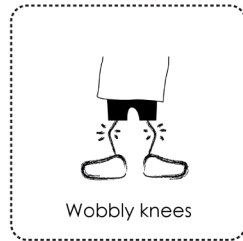
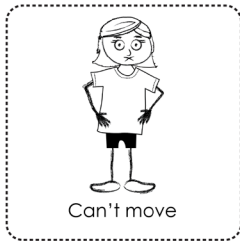
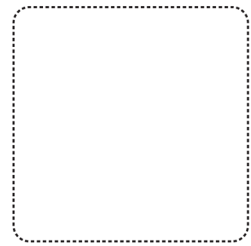
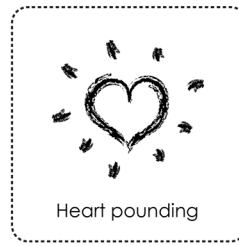
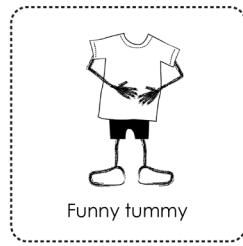
Draw or use the cut out shapes provided of singlet and undies on the picture to cover the private parts



Sometimes a child might need help from a grownup to keep a private body part clean and healthy. That's okay.

But it is **NEVER** a secret and it's okay to tell someone.

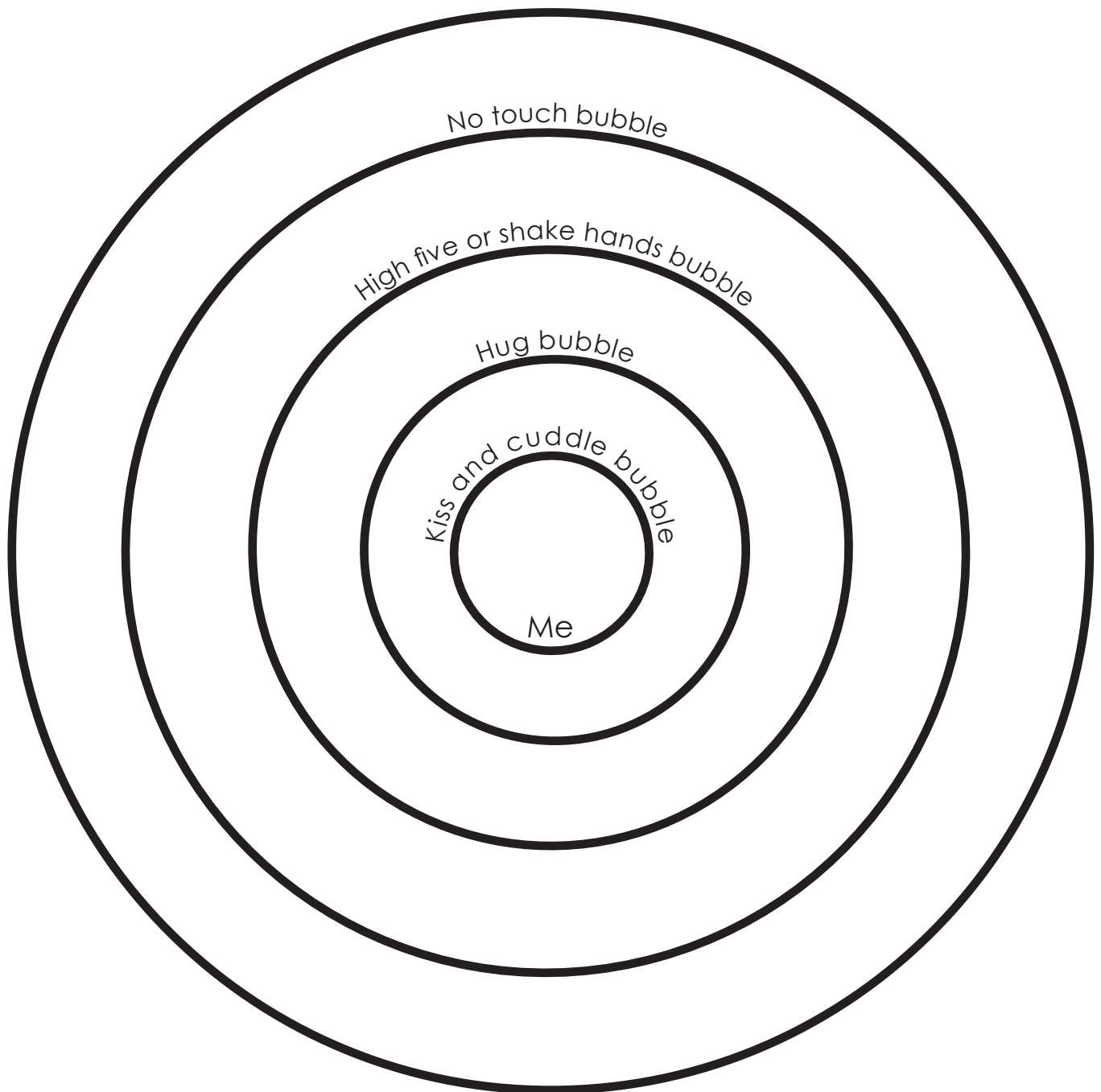
Colour in the picture



If I recognise that my body clues are telling me that I might be unsafe, I can react. I can say “No!” to anything that makes me feel unsafe. I am the boss of my body.

If I have felt unsafe, I can report to a safety helper. If I have a worry about a private part, talking to a safety helper is always the right thing to do.

Colour in the body clues relevant to you, or draw your own!



My body belongs to me.

I decide on my own personal
space boundaries.

No one should make me feel bad about
my body boundaries. If someone makes
me feel bad about a boundary, I can tell a
safety helper.

Who might belong in each bubble? Write their names where they belong





I can talk to a safety helper about anything.
Nothing is so awful that I can't tell someone.

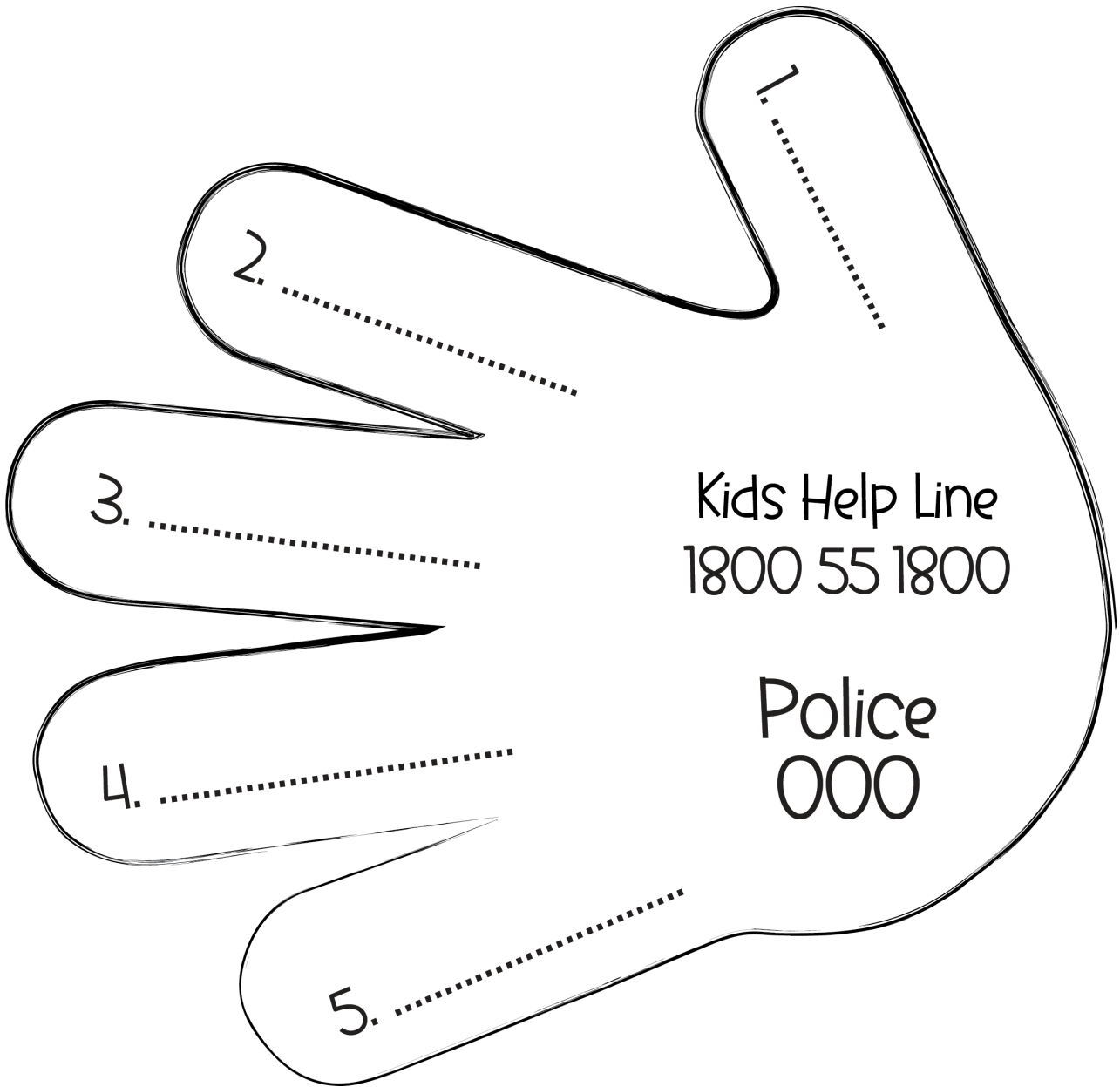
If something bad happens, it is never a child's
fault and talking to a safety helper is always the
right thing to do.

I can keep telling until I get help.

Colour in the picture



My safety network



We all have the right to feel safe at all times.

Write the names of your Safety Helpers in the hand