My body safety booklet:
consent

Name: _____

I like this, I can say yes...

I sometimes like this...

I don't like this, I can say no...

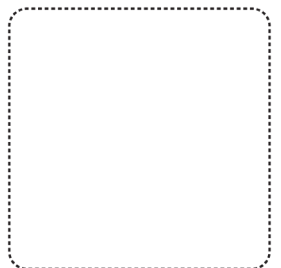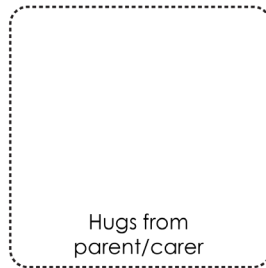*Cut out the actions on the accompanying activity page. Draw the action in the box, we've drawn the first one to give you an idea. Us the blank boxes to fill in your own activities. Glue each action into one of the sections above: *I like this, I can say yes..., I sometimes like this...,* OR *I don't like this, I can say no...*

Sharing my toy	Holding hands with a friend	Kisses from an adult	Someone taking my food
Sitting close to someone	Sharing my pencils	Hugs from parent/carer	Hugs from other children
Having my photo taken	Sitting on an adult's lap		
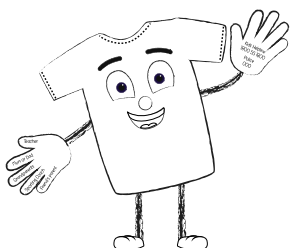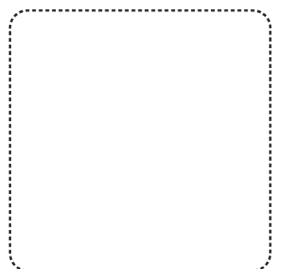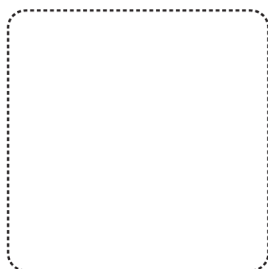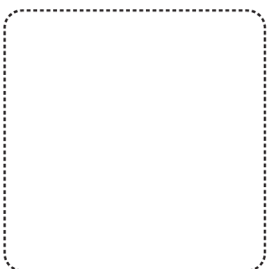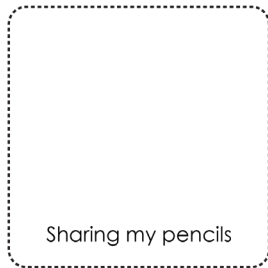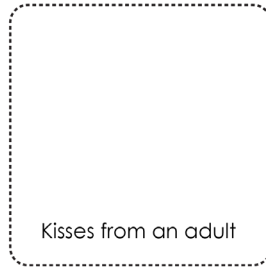
 REMEMBER, permission can change... you can change your mind... you can say yes but then change and say no.

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Sweaty palms	Funny tummy	Heart pounding	
Can't move	Wobbly knees	Crying	
Shaky hands	Hair stands on end	Butterflies	
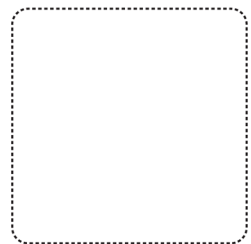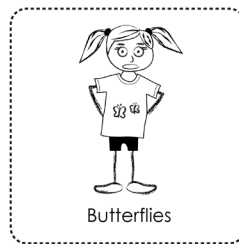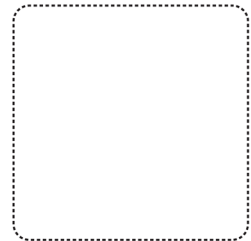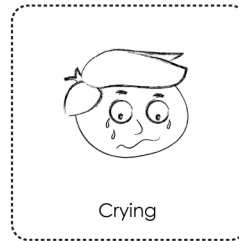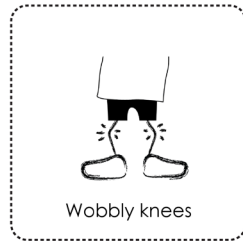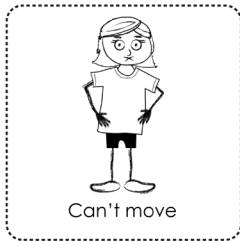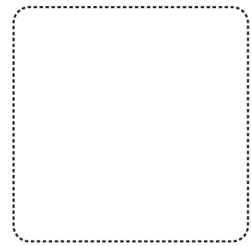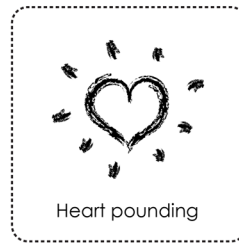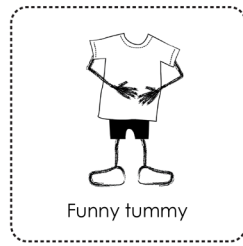
If I recognise that my body clues are telling me that I might be unsafe, I can react. I can say "No!" to anything that makes me feel unsafe. I am the boss of my body.

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!
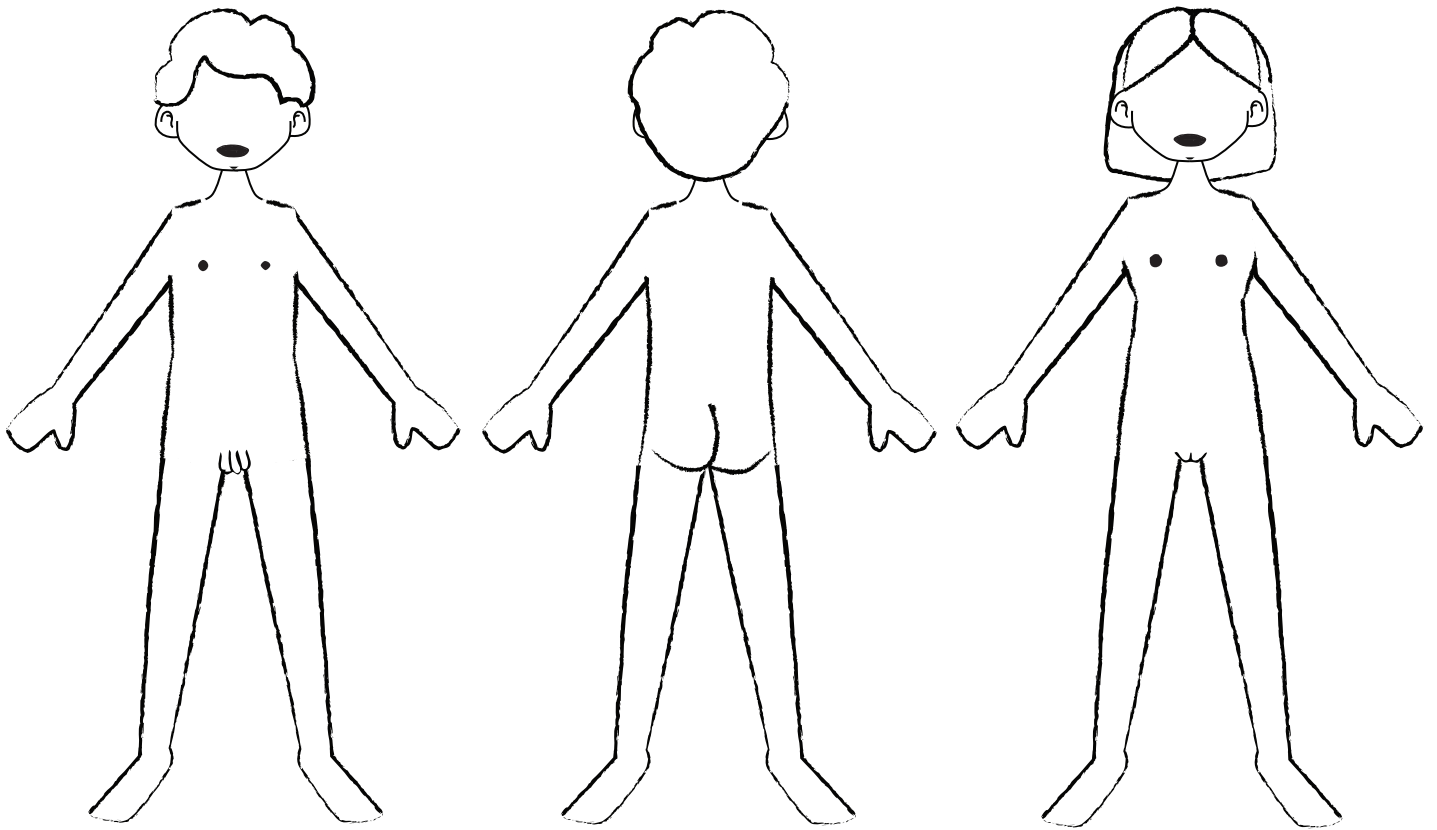
| Mouth | Penis / Testicles | Nipples | Vagina / Vulva | Bottom |

My body belongs to me.

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

Bodies are all different and unique.

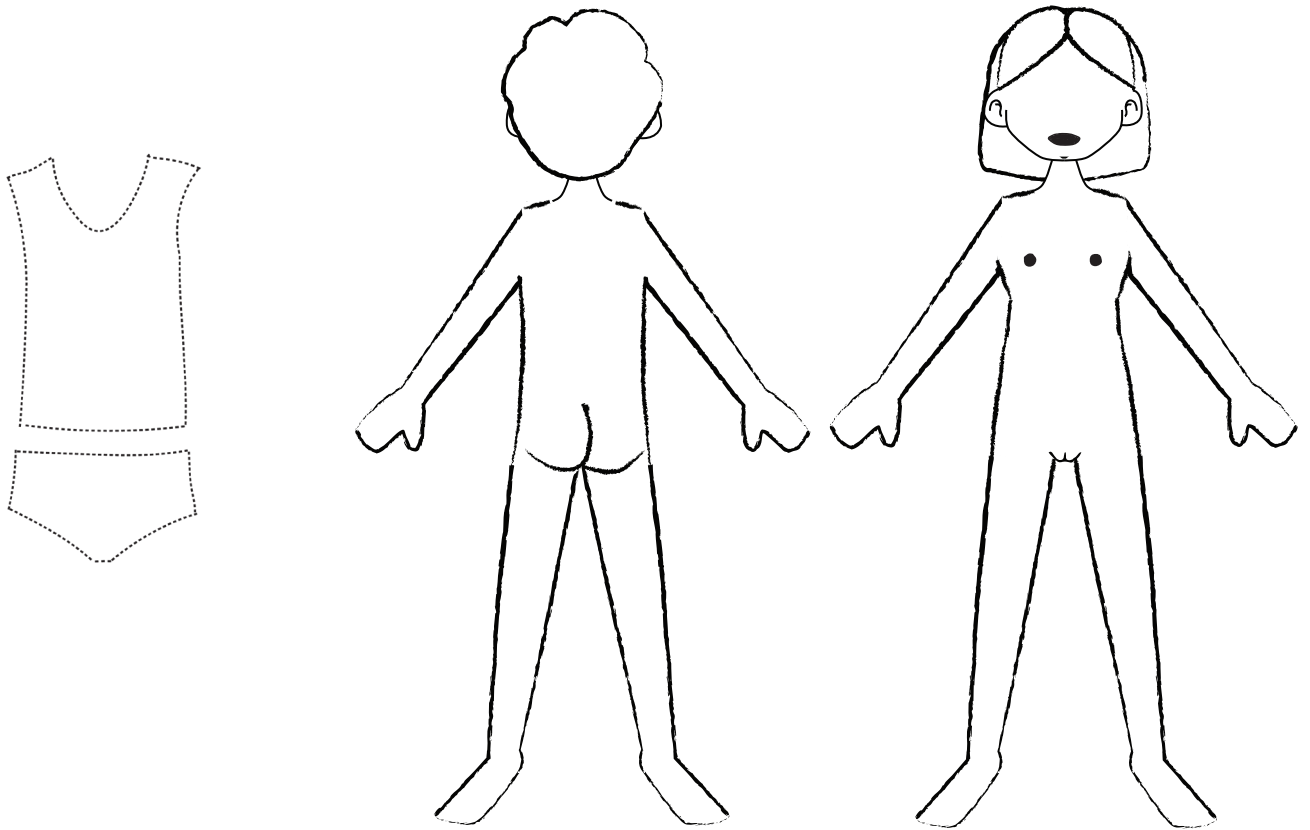*Draw a line to match up the body parts with their names*

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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

No touch bubble

High five or shake hands bubble

Hug bubble
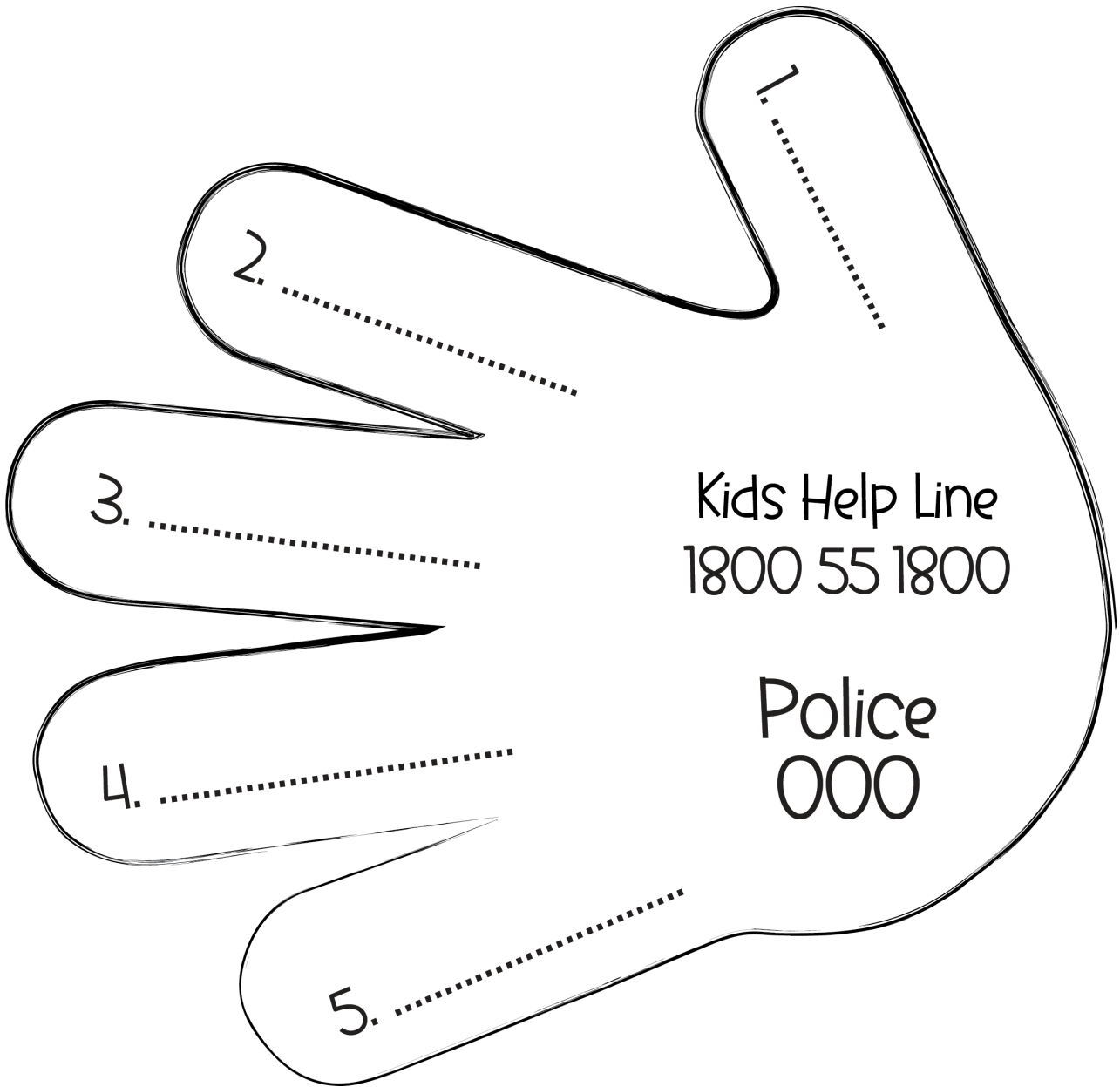
Kiss and cuddle bubble

Me
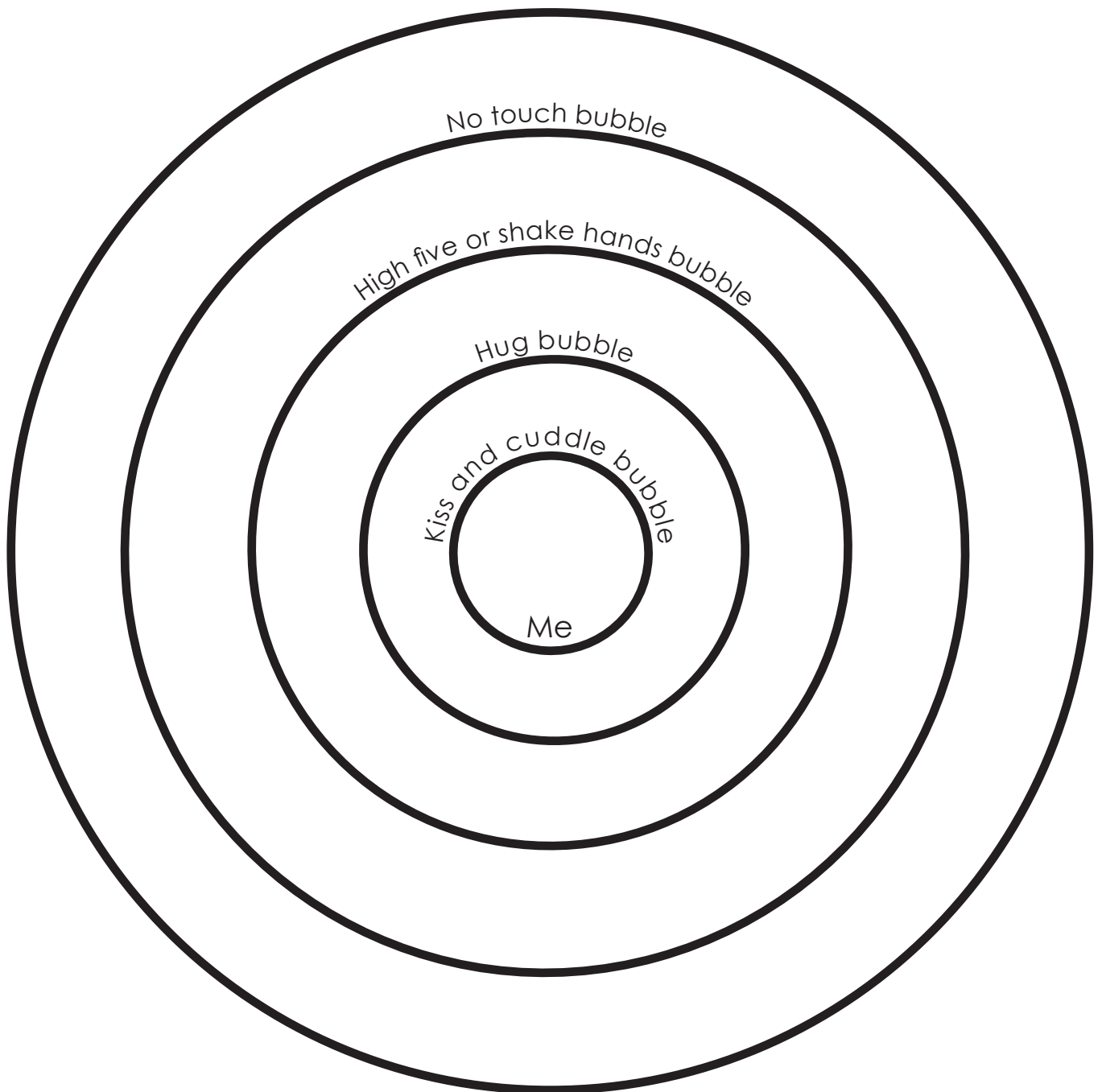
My body belongs to me.

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

My safety network

1. ....

2. ....

3. ....

Kids Help Line
1800 55 1800

Police
000

4. ....

5. ....

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

Write the names of your Safety Helpers in the hand