

My Body Safety Rules

My body is my body and it belongs to me!

I can say, 'No!' if I don't want to kiss or hug someone. I can give them a high five, shake their hand or blow them a kiss. I am the boss of my body and what I say goes!



I have a Safety Network

There are five adults I trust. I can tell these people anything and they will believe me. If I feel worried, scared or unsure, I can tell someone on my Safety Network how I am feeling and why I feel this way.



Early Warning Signs

If I feel frightened or unsafe, I may sweat a lot, get a sick tummy, become shaky and my heart might beat really fast.

These feelings are called my Early Warning Signs. If I feel this way about anything, I must tell an adult on my Safety Network straightaway.



Secrets

I should never keep secrets that make me feel bad or uncomfortable. If someone asks me to keep a secret that makes me feel bad or unsafe, I must tell an adult on my Safety Network straightaway!



Private Parts

My private parts are the parts of my body under my bathing suit. I always call my private parts by their correct names. No-one can touch my private parts. No-one can ask me to touch their private parts. And no-one should show me pictures of private parts. If any of these things happen, I must tell a trusted adult on my Safety Network straightaway.

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Dignity

How can we protect our own dignity?

What should we do if we have a problem?

How can we show dignity to others?

Do all living things deserve dignity?

Can we treat others with dignity even if we disagree?

Treating each other with dignity allows us all to live 'Life in All it's Fullness'.

THINK TOGETHER Words of Wisdom

Things have a price and can be for sale, but people have a **dignity** that is priceless.

Pope Francis

What do you think Pope Francis means when he says a person's **dignity** is priceless?



Treat everyone you meet with **dignity.**

1 Peter 2:17 (MSG)

We all have the right to feel safe all the time



We can talk with someone about anything

