

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!

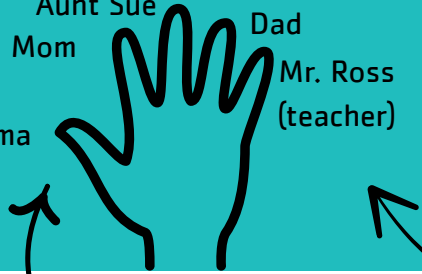


I have a Safety Network!

These are 3-5 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.

Aunt Sue
Mom
Grandma
Dad
Mr. Ross
(teacher)



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 need to tell an adult on my Safety Network straightaway.

Secrets

I should never keep secrets - only happy surprises because they will always be told. If someone asks me to keep a secret that makes me feel bad or unsafe, I need to tell an adult on my Safety Network straightaway!

Private Parts

My private parts are the parts of my body under my bathing suit. (My mouth is a private part too.) 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. If any of these things happen, I need to tell a trusted adult on my Safety Network straightaway.

Please scan here to check out the Door County YMCA's commitment to child abuse prevention and Youth Protection Policy.



Door County YMCA

www.doorcountyyymca.org

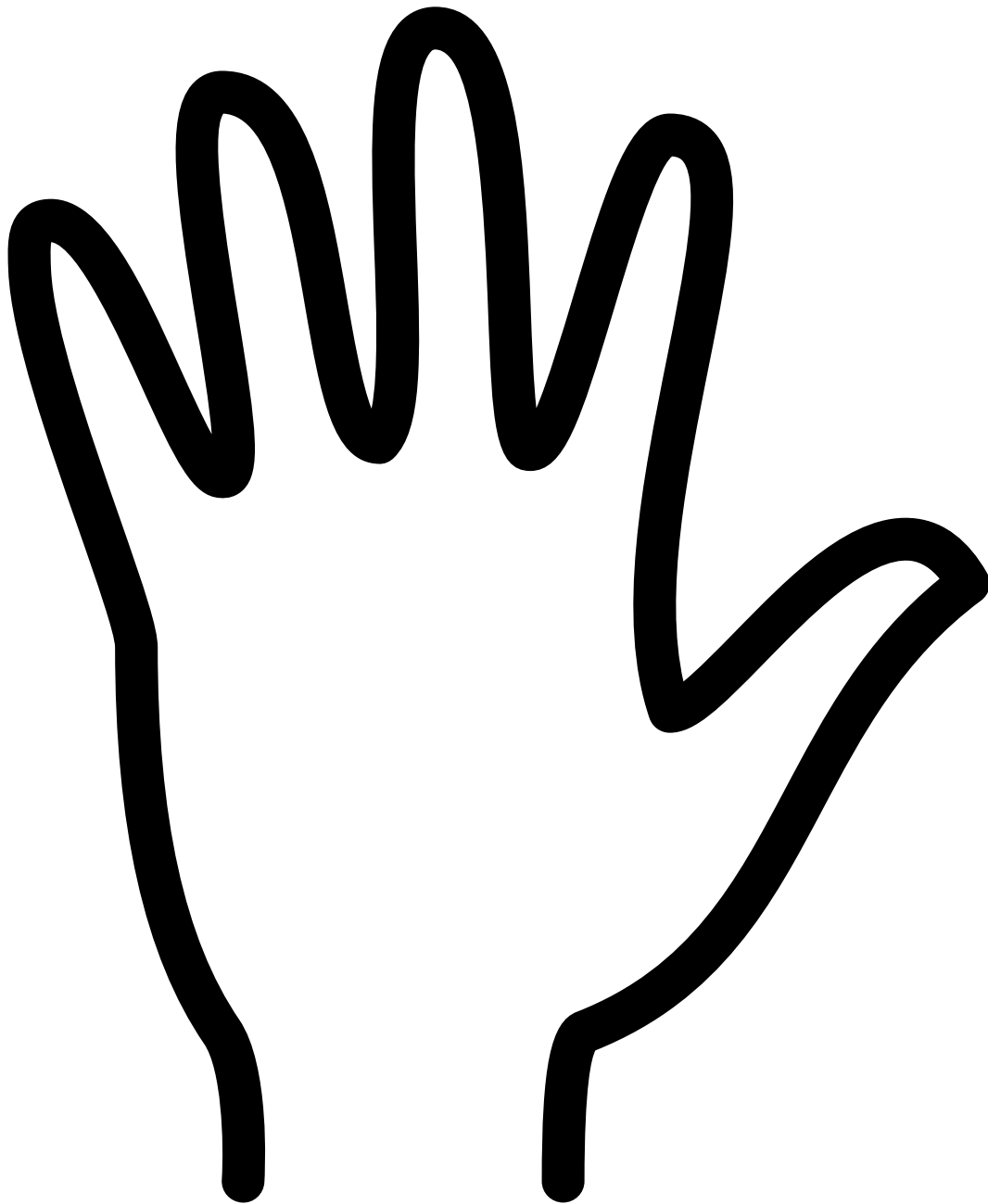
My Safety Network

Who can you ask to help when you need it? Think of 3 to 5 adults that you trust and are there for you when you need help or just someone to talk to.

One should not be a family member.

Write one name in each finger of the hand.

Let these people know you have chosen them as part of your Safety Network.



Remember! You can always ring a Kids Helpline if you need help or someone to talk to.

HOW TO SAY "NO" TO A STRANGER AND GET AWAY

5.2.S: Role-play what to do if a stranger at home, in a car, or on the street approaches you.

This activity uses the Printable Book to present hypothetical Stranger Safety situations for students to react to. Students will decide page by page the safest choice that Sarah and Lenny could make in the story.

Materials Needed:

- Printable Book
- Crayons or other writing utensils

Preparation:

- Remind students that even if a stranger seems nice, if they offer them things (puppies, candy, etc.) or ask them to go somewhere with them, they are not nice.
- Review the "Shout, Run, Tell" rule.
- Explain that we should only interact with strangers if our parents are present and give us permission.
- Explain that if a stranger asks us to go somewhere with them, we have to tell them "NO" loudly and clearly. We can also walk or run away.

Steps to Success:

1. Read the Printable Book out loud and ask students to think of the safest choice Sarah and Lenny could make on each page (ex., On page 6, Lenny should have asked his mom before he went to pet the strange man's dog.)
2. Ask students to raise their hand when they think Lenny and Sarah should Shout, Run, and Tell (ex., On page 7, and page 8.)
3. Instruct students to draw an X through any page where they think Sarah and Lenny should Shout, Run, and Tell.

Recap:

- Most people we meet are nice, and we shouldn't be afraid of people we don't know. To be safe, we only interact with people we don't know when a trusted adult is with us.



Stranger Safety



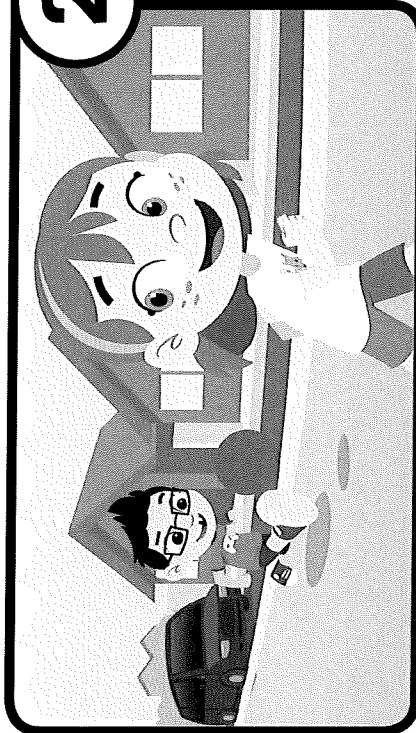
This book belongs to: _____

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cut line

2



They played at the park with Lenny's mom last weekend.

1



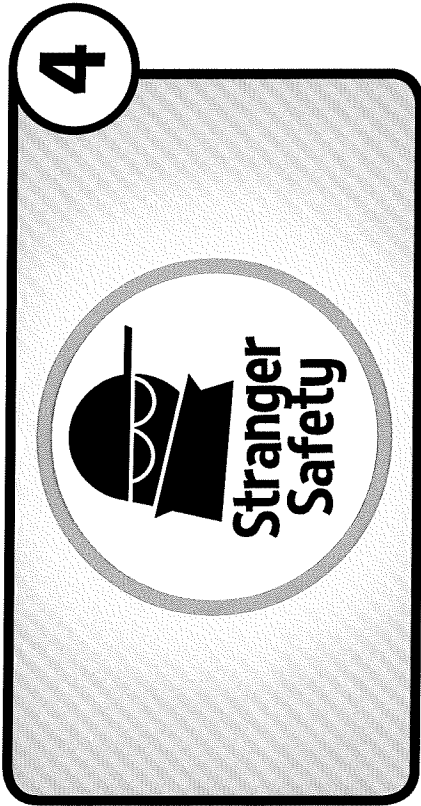
Lenny and Sarah learned about **Stranger Safety**.

3



Lenny and Sarah know that a **stranger** is a person we don't know.

fold line



4

We always have to follow the **Stranger Safety** rule to be safe.



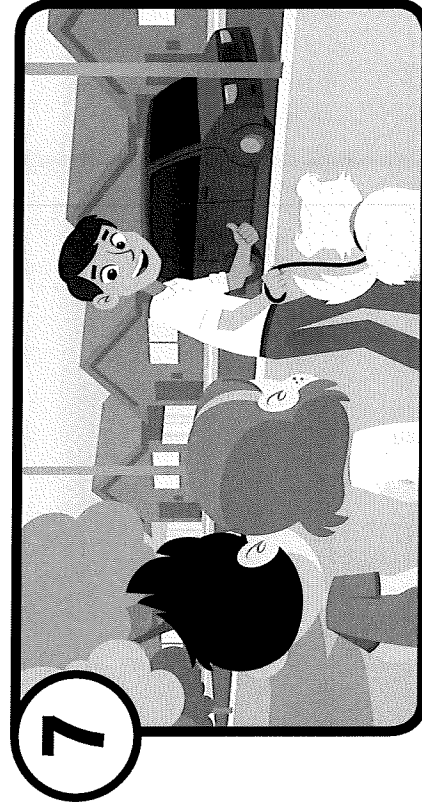
5

We do not talk to **strangers** when our mom or dad isn't with us.



6

We do not take things from **strangers** if they offer them to us.

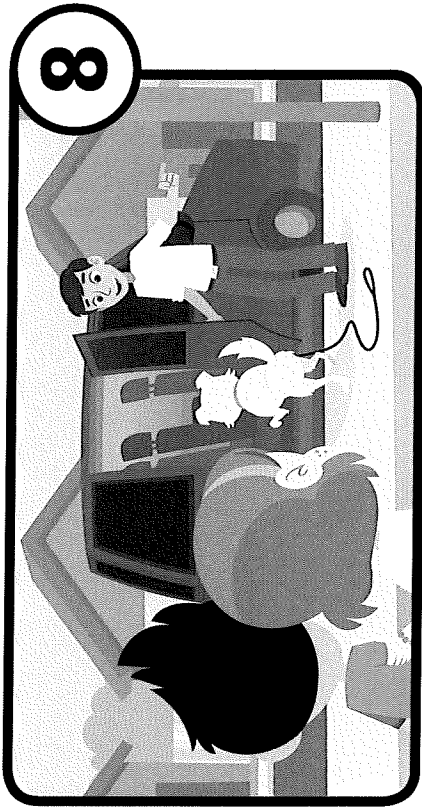


7

We do not go anywhere with **strangers** if they ask us to.

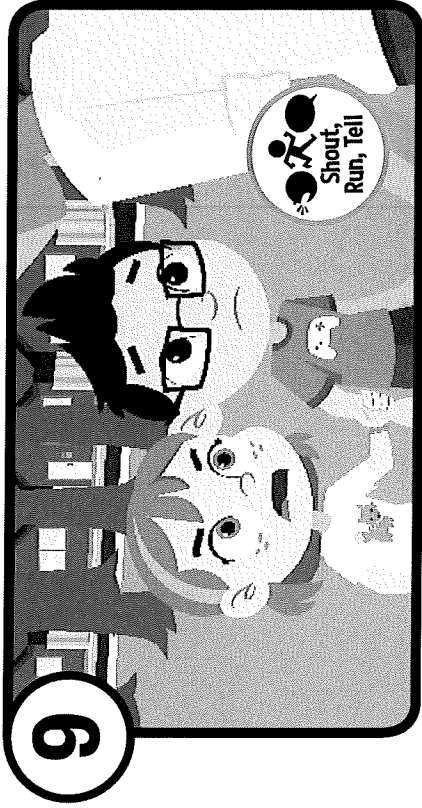
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8

A **stranger** asked Lenny and Sarah to go in his car.



9

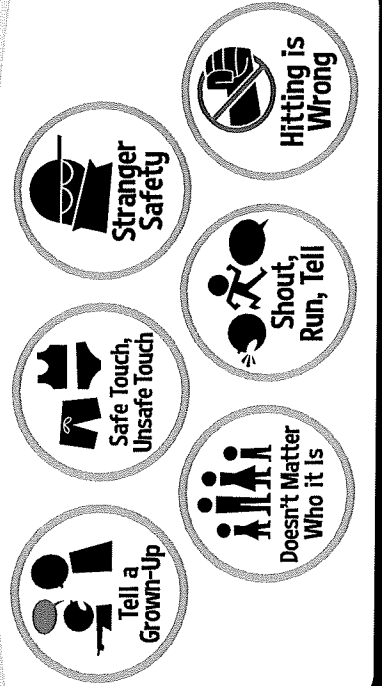
Lenny and Sarah knew to **Shout, Run, and Tell**. They shouted "No!"



10

Then they ran away and told Lenny's mom, who is a **trusted** grown-up.

The Protect Yourself Rules



Lenny and Sarah use **The Protect Yourself Rules** to stay safe.

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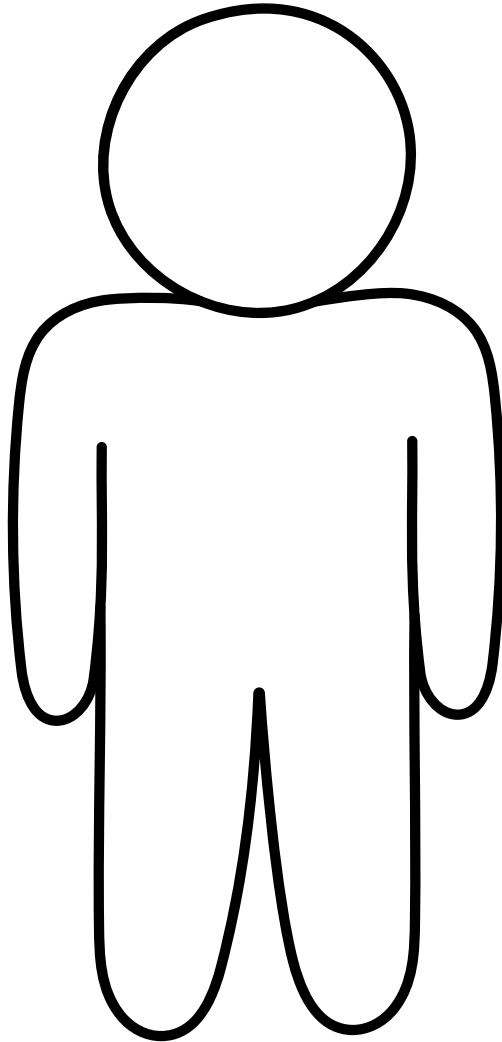
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THE PROTECT YOURSELF RULES

PAPER DOLLS

Who is a grown up that you can go to when you need help, like when you get a scrape and need a band-aid? It could be your mom, your dad, an aunt, uncle, brother, sister, grandparent, or maybe a teacher.

Picture that person and use crayons or pencils to draw them on your Paper Doll.



SAFE TOUCH VS. UNSAFE TOUCH

- If someone touches us on a part of our body that would be covered by a bathing suit, is that a Safe Touch or an Unsafe Touch?
- If anyone touches us in a way that makes us uncomfortable, are we allowed to tell them to stop?
- When are we allowed to tell others that we don't want to be touched?
- Who are some grownups who we can tell about Unsafe Touches?

Unsafe Touches can be hard to talk about, but grown-ups want to listen. Our paper dolls help us remember who we feel most comfortable talking to. This is someone we can always go to for help.