

MY BODY SAFETY RULES



MY BODY BELONGS TO ME, AND IT'S MINE ONLY

I can say no if I don't want to kiss or hug someone. Instead I can give them a high five, shake their hand or blow them a kiss.



I KNOW MY SAFETY NETWORK

I have 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 in my Safety Network how I am feeling and why I feel this way.

EARLY WARNING SIGNS

If I feel scared or unsafe I may sweat a lot, get a sick tummy, become shaky and my heart might beat really fast. These feelings are called early warning signs. If I feel this way about anything, I must tell an adult on my Safety Network straightaway.



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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!



PRIVATE PARTS

My private parts are the parts of my body under my swimmers. 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. 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.



SHARE THE SAFETY RULES ON
THE FLIP SIDE WITH YOUR CHILD



**CREATING CONNECTION IN FAMILIES HELPS KEEP CHILDREN SAFE.
FAMILIES ARE ENCOURAGED TO CREATE:**

Time to talk by having a family meal at the table – better still cook the meal together

Openness by sharing some of your own childhood experiences, including the times you have had to be resilient and the lessons you have learned experiences, both good and bad

Connection by making time to let your child choose a fun activity you can do together

Opportunities for your child to share through conversations – make the most of your times together

Security by reassuring your child you are always there for them and there is nothing they can't tell you

Safety by empowering your child with knowledge on how to keep themselves safe, both physically and emotionally

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