

MY BODY SAFETY RULES

My Body My Rules ! My Body is My Body and it Belongs to ME!

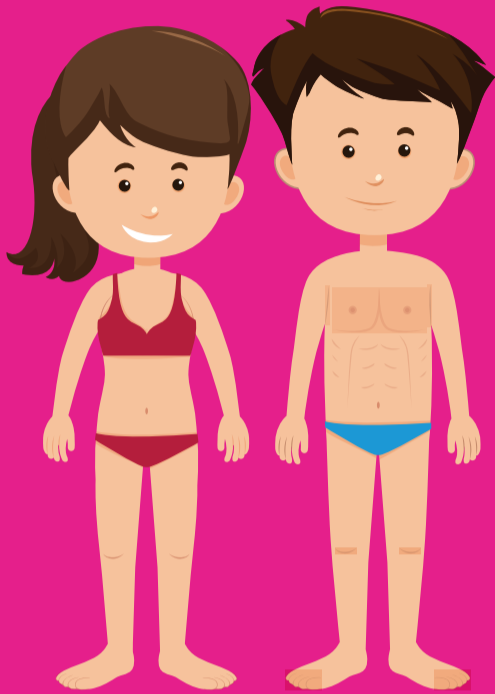
FIVE BODY SAFETY RULES EVERY CHILD (BY AGE 5), TEACHER, CARER AND PARENT SHOULD KNOW

I should NEVER feel YUCKY or UNSAFE as I am the BOSS of my body and what I say goes



PRIVATE BODY PARTS

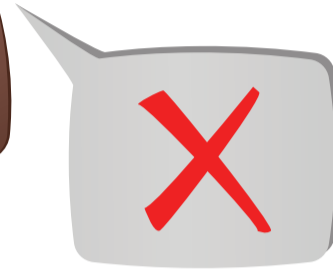
Are the body parts that you cover with your swimming costume when you go swimming, and are kept out of sight of others. (my mouth is a private part too).



- ✓ I call my private parts by their correct names, they are not weird or funny, everyone has them.
- ✓ We don't look, touch or play games with each other's private parts and Nobody should show me pictures of private parts.
- ✓ If anyone asks to SEE or TOUCHES my private parts – I say NO and tell an adult in my safety circle.

NO - MEANS NO!

I don't have to be hugged, kissed or touched by anyone, even by a family member or someone my family and i know



Grandma
Aunt sally
Dad Mum
Mrs Heart
(Teacher)

MY SAFETY CIRCLE OF ADULTS

It's good to talk about stuff that makes me feel yucky and unsafe. These are the five people in my safety circle.

I have a safety circle of adults I can talk to if I'm sad, scared or feel unsafe, and especially if it's about my private body parts. If someone breaks a body safety rule I must tell EVERYONE in my safety circle of adults.

SECRETS

"I don't keep secrets from my family and my safety circle"

NOBODY SHOULD BE ASKING FOR ME TO KEEP A SECRET, ESPECIALLY IF IT'S ABOUT PRIVATE PARTS.



If someone asks me to keep a secret that makes me feel yucky, bad or unsafe – I should tell someone in my safety circle straight away until someone helps.



EARLY WARNING SIGNS

When I feel scared and unsafe my body lets me know. I feel frozen, sweat a lot, get a sick tummy, become shaky and my heart might beat fast.

These feelings are called my early warning signs. If I feel this way about anything. I must tell an adult on my safety circle straight away.

CALL FOR INFORMATION, ADVICE OR IF YOU JUST WANT TO TALK

Prevented
ABUSE PREVENTION EDUCATION

IF YOU SUSPECT ABUSE CALL NSPCC HELPLINE

0800 800 5000

IF YOU'RE A CHILD & WANT HELP CALL CHILDLINE

0800 1111

NNECA
NATIONAL NETWORK TO END CHILD ABUSE

WWW.NNECA.ORG.UK

WWW.CHILDABUSEHELP.ORG.UK

