I am the Boss of my Body
I don’t have to hug, kiss, or be touched by anyone if I’m uncomfortable. I have a right to say ‘No!’

Privates are not to be shared with others - no one should look at, or touch our private areas and we all should have privacy when using the bathroom or changing clothes.

I have a Body Safety Circle
3-5 trusted adults that know about body safety and I can talk to if I have a question or problem. I know that if a body safety rule is broken it’s not my fault and it’s never too late to tell.

Private Parts
are the parts of our body covered by swimsuits and underwear. We use the correct words when talking about privates.

Did you know?
Our mouth, eyes, and ears are private, too! They’re sensitive and not to be touched by others.

Surprises are OK because they're only kept quiet for a short time and then everyone knows!

No one should ask us to keep a secret even if it’s fun and especially if it makes me sad, scared, or if it’s about private parts.

Sometimes we may need to be looked at or touched to stay clean and healthy. This should only be done by a caregiver or doctor - with another adult present. If you ever have a concern - you can talk to someone in your Body Safety Circle.