


FIVE SUPER Body Safety RULES

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!'



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




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.

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

*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.*



**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.

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



★ **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.

