



All About Me



My name:

My birthday:

My phone number(s):

Where I live:

My moms name:

My dads name:



Keeping Me Safe



Name: _____

If I ever get lost, I should find a _____ or _____ with kids and ask for help.

I can say _____! Anytime I feel uncomfortable; I don't have to give kisses or hugs. It's MY body.

My _____ gives me  warning signs! If my tummy hurts, my heart is beating fast, I'm shaky, or sweaty I will tell an _____.

I will never keep a secret that makes me feel any of my body's warning signs. I will tell an _____ right away!

My private parts are any part of my body  shorts and a  tank-top cover. If anyone asks to _____ at, or _____ my privates, or shows me theirs I MUST tell a trusted adult.

I have 3  adults I can ALWAYS trust.

If I'm worried, scared,
or have been asked to
keep a secret I should
tell them right away

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Teacher Key



-If I ever get lost I should find a **MOMMY** or a **DADDY** with kids and ask for help.

*The safest place you can be when lost and scared is with another mom or dad who would be worried if their child was lost too.

-I can say **NO!** if I feel uncomfortable or scared.

*You're in control of **YOUR** body no matter what. You can say no to any touch, even from Mom or Dad. Even a pat on the back or tickling can feel bad. If it does, ask them to stop, and tell a trusted adult.

-My **BODY** gives me warning signs. If my tummy hurts, my heart is beating fast; I'm shaky, or sweaty, I will tell an **ADULT**.

*What does it feel like when you're scared? What about when you're nervous? **YES!** These are warning signs from our bodies, letting us know, "Hey, something isn't right."

-I will never keep a secret that makes me feel any of my body's warning signs. I will tell an **ADULT** right away!

*Learning what different feelings in your body mean, will help keep you safe! You can always share **ANY** secret with your trusted adults.

-My private parts are any part of my body shorts and a tank-top cover. If anyone asks to **LOOK** at, or **TOUCH** my privates, or shows me theirs I **MUST** tell a trusted adult.

*It's important to always use correct words for our body parts. That way, there's never any confusion about what is, or is not a private part.

- You can always trust your **DOCTOR**.

*Now, choose two more people you trust. Maybe it's your mom, dad, or grandparent.

WORD KEY

mommy

daddy

NO!

body

adult

adult

look

touch

my doctor