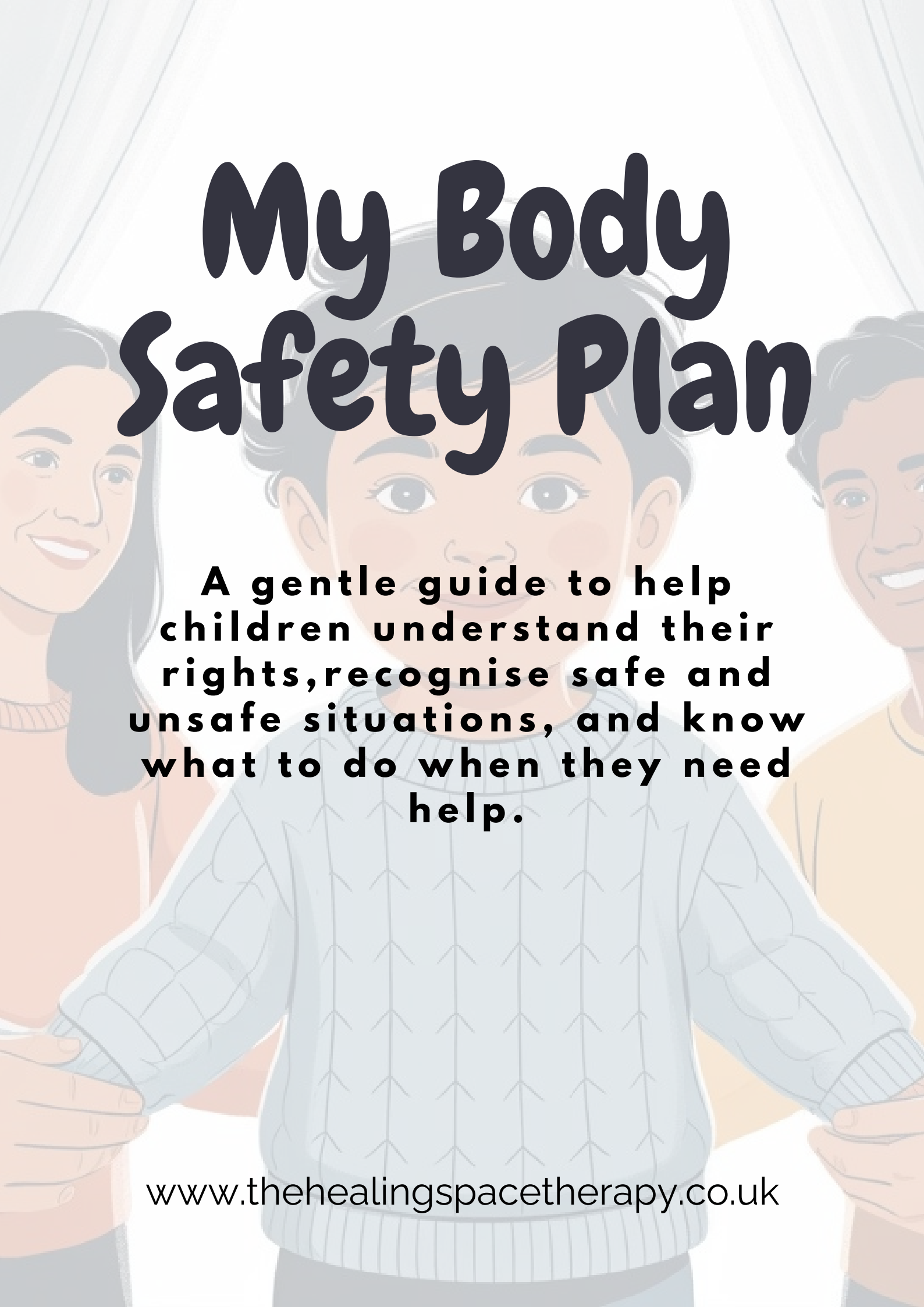




My Body Safety Plan

**A gentle guide to help
children understand their
rights, recognise safe and
unsafe situations, and know
what to do when they need
help.**

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Understanding My Safety Rights



My Body Belongs To Me

I am the boss of my body. I do not have to hug, kiss or touch anyone if I don't want to. It's perfectly okay to say "no," even to a grown-up. My feelings and comfort matter, and I have the right to set boundaries about my own body.



Safe Vs Unsafe Touch

Safe touches make me feel cared for, loved, or comforted like a hug from someone I trust when I'm feeling sad. Unsafe touches make me feel uncomfortable, hurt, scared or confused. If I ever feel unsure about any touch, I can always talk to a trusted adult.

My Early Warning Signs

When I feel unsafe, my body is very clever and gives me important clues. These feelings are my body's way of protecting me, and I should always listen to them. Sometimes these signs include feeling sick in my tummy, having sweaty hands, feeling shaky or frozen, or suddenly wanting to get away quickly. These are all normal reactions that tell me something isn't right.

Trusted Adults I Can Talk To

I can talk to these special adults if something makes me feel unsafe or uncomfortable. These are grown-ups who care about me and will always listen when I need help. It's important that I know I can trust them with anything that's bothering me.

- My parents or guardians
- My teacher at school
- My grandparents or family members
- The school counsellor or nurse

Remember, having trusted adults in my life means I never have to face difficult situations alone. These special people are always ready to help me, no matter what happens or how I'm feeling. They want to keep me safe and will always believe what I tell them.

My Safety Action Plan

What To Do If I Feel Unsafe

01

Say "No" Loudly and Clearly

I can use my strong voice to say "Stop!" or "No!" This helps other people know I don't like what's happening.

02

Get Away Quickly

I can move to a safe place where there are other people I trust, like running to my teacher or going to my parents.

03

Tell A Trusted Adult

I will tell someone I trust what happened, even if it feels hard to talk about. They will help me.

04

Keep Telling Until Someone Helps

If the first person doesn't help me, I'll keep telling other trusted adults until I get the help I need.



It's perfectly normal to feel scared or worried sometimes, but I never have to handle difficult feelings by myself. The grown-ups who care about me want to help and protect me.

My Body Is Mine

I have the right to make decisions about my own body and who can touch me.

No Secrets About Touching

I don't have to keep secrets about any kind of touching, especially if it makes me uncomfortable.

I Deserve To Be Safe

Every child deserves to feel safe, protected, and respected at all times.

I Can Always Get Help

There are always trusted adults ready to listen and help me when I need support.

Remember: You are brave, you are loved, and you deserve to feel safe every day. The trusted adults in your life are here to protect you and will always believe you when you tell them something important. Your safety matters, and it's never your fault if someone makes you feel uncomfortable.