# My Body Safety Plan

This plan is designed to help children understand their rights, recognise unsafe situations, and know what to do if someone makes them feel uncomfortable or crosses a boundary.

## 1. 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 okay to say “no,” even to a grown-up.

## 2. Safe vs. Unsafe Touch

• Safe touches make me feel cared for, loved, or comforted (like a hug from someone I trust).
• Unsafe touches make me feel uncomfortable, hurt, scared or confused.
• If I ever feel unsure, I can talk to a trusted adult.

## 3. My Early Warning Signs

• When I feel unsafe, my body might give me clues, like:
- A sick feeling in my tummy
- Sweaty hands
- Feeling shaky or frozen
- Wanting to get away quickly
• These are signs to listen to.

## 4. Trusted Adults I Can Talk To

I can talk to these adults if something makes me feel unsafe or uncomfortable:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 5. What To Do If I Feel Unsafe

• Say “No” loudly and clearly.
• Get away as quickly as I can.
• Tell a trusted adult what happened – even if it’s hard.
• Keep telling until someone helps me.

## 6. I Know:

• My body is mine.
• I don’t have to keep secrets about touching.
• I deserve to be safe.
• I can always talk to someone I trust.