MY SAFETY HANDBOOK
ONE RULE TO REMEMBER FOR LIFE:
I AM THE BOSS OF MY BODY
Hello! I am **Professor Penguin**!

"The human body has many parts. You have your eyes, nose, ears, feet, hands, chest, stomach, back, bottom, shoulders, knees, head and mouth and lots more!"
My friends, Buddy Bear, Major Munky and Officer Owl have something important to tell you about your body and how you can keep it safe!
Do you know what a touch is?

A touch is when two things come closely in contact with one another. It could be touching an object, or another person, just like these!

- a handshake
- a hug
- eating food
- going for a swim!

Touches can be of three kinds:
- Safe Touch
- Unsafe Touch
- A Confusing Touch
What is a Safe Touch?

It is a touch that makes us feel safe, comfortable and does not harm us. Here are some examples of safe touches.

- Playing with your friends
- Your mother holding your hand when you cross the road.
- Your father holding your hand as he drops you at school.
- A nurse putting a newborn baby to sleep
- Giving your best friend a big hug

Safe touches are never a secret. They are always open and everyone can know about them.
What is an Unsafe Touch?

It is a touch that makes us feel unsafe, uncomfortable and can harm us. Here are some examples of unsafe touches.

- Beating
- Pulling someone by the collar and hurting them
- A stranger touching your body without your consent and permission
- People fighting with punches and kicks
- When a person stomps on another

People may ask you to keep an unsafe touch as a secret. But never, ever do that! Always tell a safe adult!
What is a Confusing Touch?

It is a touch that can be difficult to understand - where you don't know whether it is safe or unsafe.

- A hug from someone you don't want a hug from.
- Someone tickling you when it makes you feel uncomfortable.
- A pat on your bottom.
- Touches that can feel uncomfortable or make you hurt.
- A touch that might not seem unsafe, but someone asks you to keep as a secret.

Confusing touches must not be a secret, either!
Three Places To Protect

There are three parts of your body that you should never be touched in by anyone, except when your parents or a safe adult are giving you a bath, or, when a doctor checks you in the presence of your parents.

- Your Chest
- Place between your legs
- Your Bottom
Three Places To Protect

There are only two exceptions to the rule, like I said before. These three places can be touched only by....

... parents or your safe adult when they are giving you a bath...

... and a doctor, but in the presence of either or both of your parents or your safe adult.
What do you do when you face an unsafe or a confusing touch?

yell **NO!**

and then **RUN**

to a **SAFE ADULT**

and then **TELL**

the safe adult **EVERYTHING**
WHEN SOMEONE TOUCHES YOU IN AN UNSAFE WAY, YELL

NO!

THEN,

RUN

TO A SAFE ADULT AND

TELL

THEM WHAT HAPPENED
Who is a safe adult?

A safe adult is a grown up who will keep you safe, listen to you, and protect you.

Your safe adult can be your mother, your father, your grandma, grandpa, uncle, aunt, teacher - anyone! Just remember that they should make you feel safe, comfortable, and should listen to you.
MY SAFETY LIST

my three safe adults are:

1
2
3

three places where no one can touch me are:

1
2
3
ONE RULE TO REMEMBER FOR LIFE:
I AM THE BOSS OF MY BODY!