

My Personal Safety Pledge!

1. I am the boss of my body!

If I feel uncomfortable about a hug, kiss, or any other touch, I know I can say NO! I can high five, shake hands, or blow a kiss to show them I care about them!



2. I have a support system!



I know I have a support system of trusted adults that I can talk to about a secret unsafe touch or any tricky or dangerous situation. They can be family, teachers, or even my counselors! I will think first and stay safe and talk to a trusted adult when I need to!

3. I will trust my instincts!

If I get that uh-oh feeling in my stomach, I know that's my instinct telling me "Hey! This might be tricky or dangerous!" I will think first to stay safe and tell a trusted adult right away!

4. No secrets!

I won't keep secrets that feel tricky or dangerous! I won't keep a secret about a special friendship or games that I play. I won't use nicknames or words about my body parts that are confusing. If someone asks me to keep a secret, I will think first to stay safe and tell a trusted adult!



5. My body is private!

I know the private parts of my body are the parts covered by my bathing suit. I will use the right names for my body parts. I know no one should try to touch me on the private parts of my body, or try to get me to touch them on their private parts and tell me to keep it a secret, or take a picture of my private parts. I will think first to stay safe and tell a trusted adult if this ever happens!

