

# MY BODY SAFETY RULES

**MY BODY IS MY BODY,  
AND IT BELONGS TO ME.**



I CAN SAY, "NO" IF I DON'T WANT TO KISS OR HUG SOMEONE. I CAN GIVE THEM A HIGH FIVE, SHAKE THEIR HAND OR BELOW THEM A KISS. I AM THE BOSS OF MY BODY, AND WHAT I SAY GOES!

**I HAVE A  
SAFETY  
NETWORK.**



THESE ARE FIVE ADULTS I TRUST. I CAN TELL THESE PEOPLE ANYTHING, AND THEY WILL BELIEVE ME. IF I FEEL WORRIED, SCARED, OR UNSURE, I CAN TELL SOMEONE ON MY SAFETY NETWORK HOW I AM FEELING, AND WHY I FEEL THIS WAY.

  
**SCOTTY'S HOUSE**  
Brazos Valley Child Advocacy Center  
*Where the healing begins*

**PRIVATE PARTS**



MY PRIVATE PARTS ARE THE PARTS OF MY BODY UNDER MY BATHING SUIT. I ALWAYS CALL MY PRIVATE PARTS BY THEIR CORRECT NAMES. NO ONE CAN ASK ME TO TOUCH THEIR PRIVATE PARTS. AND NO ONE SHOULD SHOW ME PICTURES OF PRIVATE PARTS. IF ANY OF THESE THINGS HAPPEN, I MUST TELL A TRUSTED ADULT ON MY SAFETY NETWORK IMMEDIATELY!

**SECRETS**



I SHOULD NEVER KEEP SECRETS. SURPRISES ARE GREAT, BUT SECRETS MUST NEVER BE KEPT FROM MY TRUSTED ADULTS IN MY SAFETY NETWORK. IF SOMEONE ASKS ME TO KEEP A SECRET, I NEED TO ALERT MY SAFETY NETWORK.

**EARLY  
WARNING  
SIGNS**



IF I FEEL FRIGHTENED OR UNSAFE I MAY SWEAT A LOT, GET A SICK TUMMY, BECOME SHAKY, AND MY HEART MIGHT BEAT REALLY FAST. THESE FEELINGS ARE EARLY WARNING SIGNS. IF I FEEL THIS WAY ABOUT ANYTHING OR ANYONE, I MUST TELL AN ADULT IN MY SAFE NETWORK IMMEDIATELY.