



# My Body is My Body Safety Rules



## MY BODY IS MY BODY

My body belongs to me  
and only to me.  
Nobody should hurt me  
Nobody should touch my private parts  
I am the boss of my own body !!



## IF IT DON'T FEEL RIGHT DON'T DO IT

If people try to get me to do  
things I know are wrong,  
or that make me feel uncomfortable  
**I will say "NO"**  
**THEN I WILL TELL A SAFE ADULT**



**WHO CAN I TELL IF I HAVE  
A PROBLEM?  
I CAN TELL A SAFE ADULT**

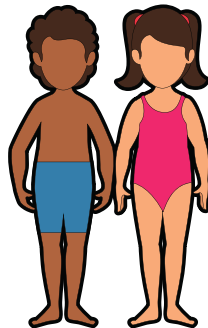
**MUMMY OR DADDY,  
AUNTY OR UNCLE  
GRANNY OR GRANDPA,  
TEACHER OR PRINCIPAL  
COUNSELLOR AT SCHOOL**

## FEELING UNSAFE? HERE ARE SOME WARNING SIGNS FROM YOUR BODY



- Your face or your hands
- might start to sweat
- Your mouth could feel dry
- You might feel sick in your tummy
- Your heart could beat fast
- You could start crying
- You could feel scared
- Your legs could feel wobbly

If you are feeling any of these warning signs, find a Safe Adult you can talk to and tell them you are feeling unsafe.



## PRIVATE PARTS

My private parts are the parts where  
my swimsuit or my underwear covers.

1. Nobody should touch my private parts
2. Nobody can ask me to touch their private parts
3. Nobody should take pictures of my private parts



## SAY NO TO SECRETS

If someone is hurting you,  
bullying you or doing anything  
that makes you feel  
uncomfortable, and they ask  
you to keep it a secret -

**Say No To Secrets  
THEN TELL A SAFE ADULT**

[www.mbimb.org](http://www.mbimb.org)

My Body Is My Body Foundation  
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