

I'M SAFE!

HAPPY BEAR'S ADVENTURE TO PERSONAL BODY SAFETY



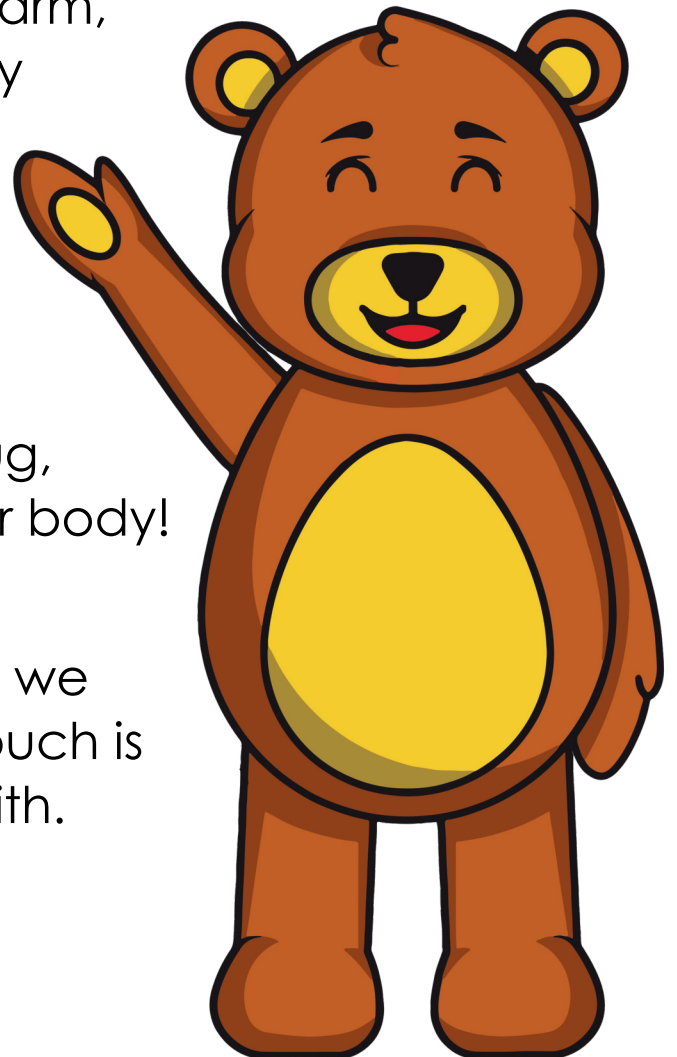
WELCOME!

Hello everyone! I'm so glad to see you. I was hoping you would join me on my adventure to personal body safety.

Did you know that you are the **BOSS OF YOUR BODY?**

You get to decide what is a welcome and an unwelcome touch and for each of us that can mean different things. Think about hugs. They can be warm, comforting, and sweet when they come from someone you like. But if you are in a bad mood and don't want a hug and someone tries to give you a hug, you probably wouldn't like it. And that's okay to not want a hug, because you are the boss of your body!

A welcome touch is a touch that we ARE okay with. An unwelcome touch is a touch that we are NOT okay with.



WELCOME & UNWELCOME TOUCHES

Use the word bank below and help Happy Bear decide if each touch is WELCOME or UNWELCOME. You can even add some of your own!

WELCOME TOUCHES

UNWELCOME TOUCHES



WORD BANK

Pinch

Fist Bump

High Five

Push

Hug

Poke

Scratch

Handshake

Kick

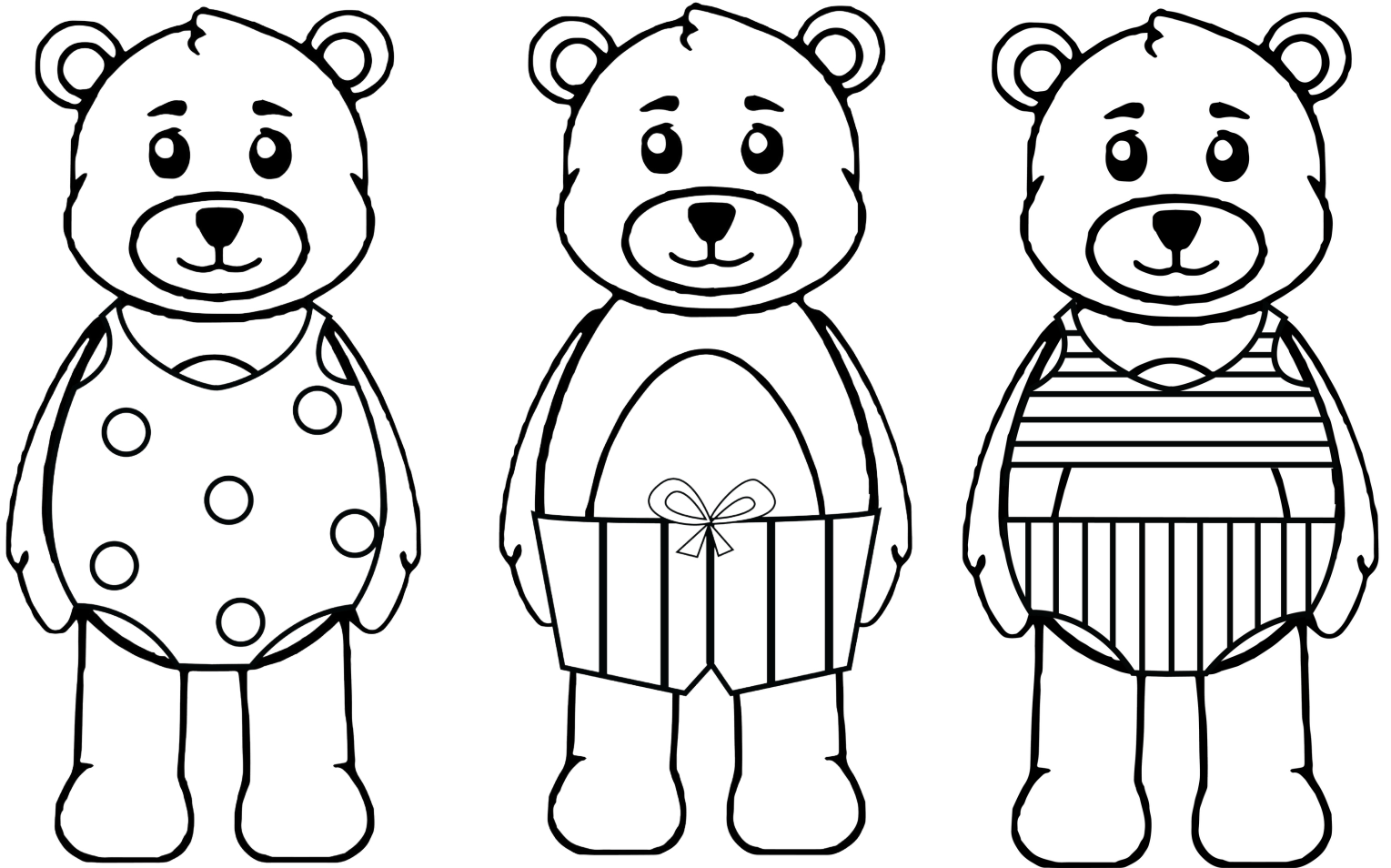
Slap

COLOR THE SWIMSUITS

Keeping your body safe also means that we keep our private parts private.

Our private body parts are the parts of our body that are covered by a swimsuit.

We wear swimsuits when swimming, to keep our private body parts covered, protected and safe. If someone tries to touch, look at or take pictures of our private parts, that is an unwelcome touch.



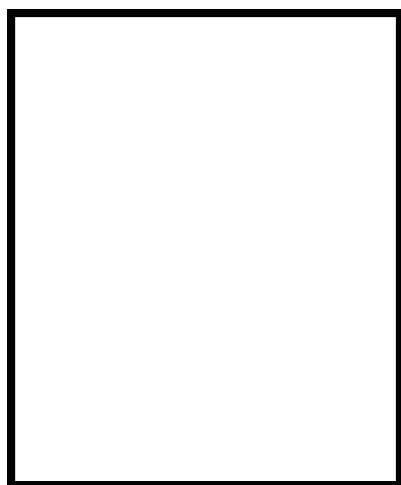
Color the swimsuit that covers up private parts.

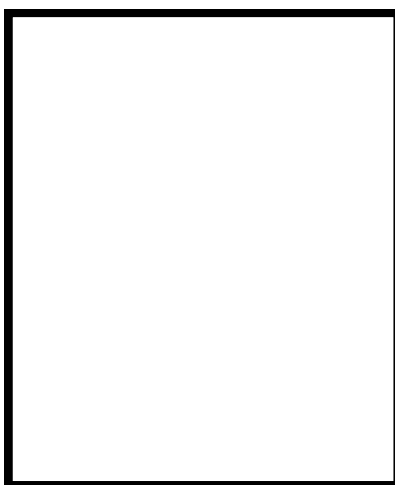
DRAW TRUSTED ADULTS

If anyone gives you an unwelcome touch, you can say NO, get away, and tell a trusted adult.

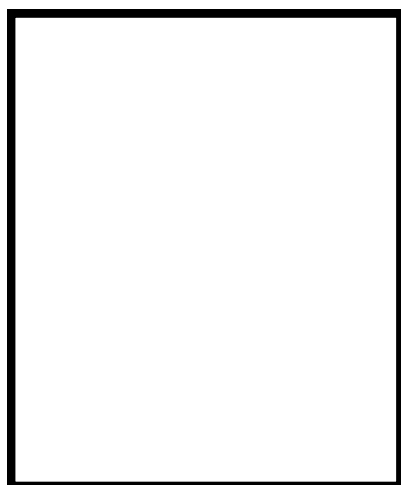
A trusted adult is any grown-up (18 years old and older) that you know and trust to keep you safe.

A trusted adult is also kind, caring, and a good listener. Trusted adults don't cross your personal body boundaries. Examples of trusted adults at home can be your mom, dad, aunt, uncle, or even a grandparent. You also have trusted adults at school like your teachers, counselor, and principal. You have even more trusted adults in the world like police officers, firefighters, doctors and nurses.













SECRETS vs. SURPRISES

Sometimes people want to hurt children and they do that by tricking them. One trick they use is teaching children to keep secrets.

Secrets can cause people to feel sad, scared or confused.

Sometimes people may use the word "secret" when they mean surprises.

Surprises are fun things that we keep to ourselves for a little bit of time and make everyone who knows about them happy.

If anyone tells us to keep an unsafe secret, we should tell a trusted adult.

Can you figure out which situation is a SECRET or a SURPRISE?
Circle the correct answer.

While shopping with your dad, he buys a Mother's Day gift for your mom. He says, "Don't tell your mom about the gift until Mother's day."

Secret or Surprise

You are playing outside with your friends and a stranger walks by. He offers you and your friends some candy. He says, "Don't tell your mom!"

Secret or Surprise

When you are at your neighbor's house, she asks you to play a new game where you take off all your clothes. Then she tells you not to tell anyone.

Secret or Surprise

You and your mom are baking cookies for your teacher for her birthday. Mom says, "Don't tell the teacher about the cookies."

Secret or Surprise



TELLING OR TATTLING?

Another way people try to trick children is by encouraging them not to talk about unwelcome touches. Remember it's a grown-up job to keep you safe. If you get an unwelcome touch, please tell a trusted adult. Telling means reporting to a trusted adult about something that you need their help. Tattling means telling a trusted adult about something that isn't serious and you can handle yourself.

IS THE SITUATION...

Maria and June are playing in the playground when a stranger offers them candy. The stranger tells them not to tell anybody. Both girls run away and tell the teacher.

Amira got a new watch for her birthday. Her sister, Radha, tells her it is ugly and she doesn't like it. Amira goes and tells her mom that Radha is being mean.

Valentina and Mateo are playing at the babysitter's house. Mateo tells Valentina to touch his private parts. Valentina shouts, "No!" She runs away and tells the babysitter what happened.

Mayra is eating her favorite snack. Julia takes a piece of her snack. Mayra yells, "Hey, those are mine!" Julia eats the snack and Mayra tells her mom about it.

Rob is playing with Isabella. Rob tells Isabella, "Let's play a game where we touch the private parts of our body." Isabella says, "No!" and tells Rob's mom what happened. Rob's mom says, "You're okay. Go back to playing outside." Isabella runs home and tells her grandma what happened.

TELLING

or

TATTLING

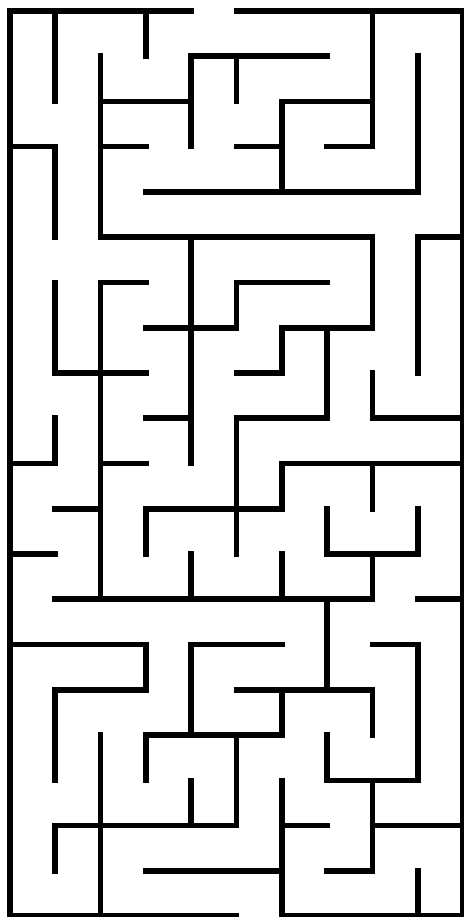


FIND THE TRUSTED ADULT

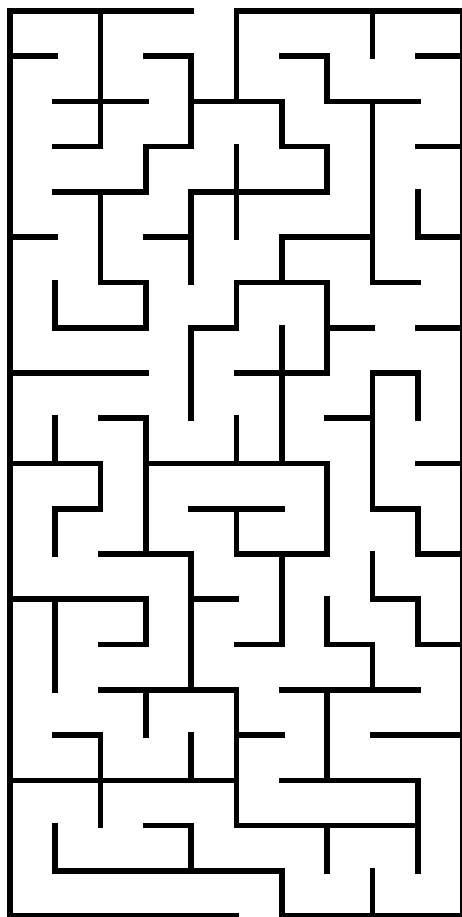


If you get an unwelcome touch and you tell a trusted adult and they don't do anything to help or they don't believe you, tell another trusted adult. Remember you have trusted adults everywhere at home, school, and in the world!

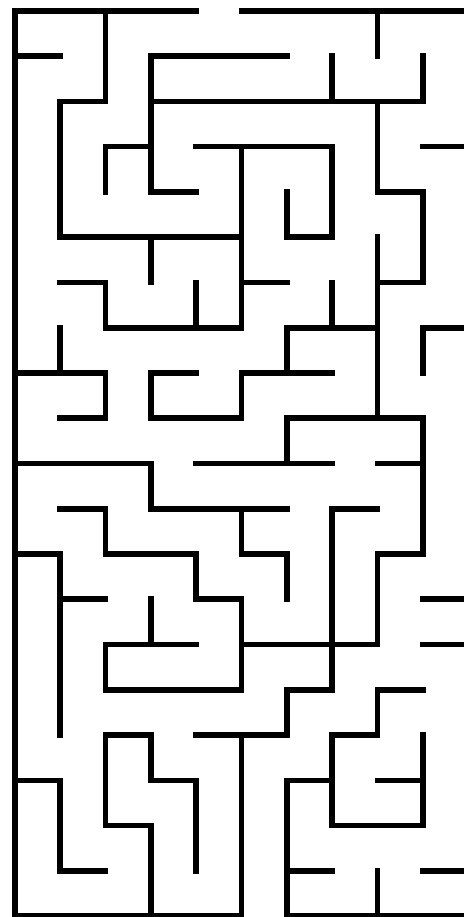
Help me find my way to my trusted adults: my grandma, my teacher, and my doctor!



GRANDMA



TEACHER



DOCTOR