MY BODY SAFETY RULES

by Jayneen Sanders

I have a body boundary

My body boundary is the invisible space around my body. No one can enter my body boundary without my permission or consent.

Consent is an important word. It means asking if something is okay or not okay. It means one person asks for permission and another person happily gives permission or they don't.

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 elbow bump instead.

I am the boss of my body and what I say goes!

I have a safety team

These are 3 to 5 adults that make me feel safe and who I trust. If I feel worried, scared or unsafe, I can tell an adult on my safety team how I am feeling and why I am feeling that way. They will listen to me, believe me and help me. It is always my choice who is on my safety team. One adult should not be a family member.

Early warning signs

If I feel frightened or unsafe I may sweat a lot, get a sick tummy, become shaky all over and my heart might beat really fast. These feelings are called my Early Warning Signs.

If I feel this way about anything, I need to tell a safe adult on my safety team straight away.

Private parts

My private parts are the parts of my body under my swimwear. My mouth is a private part too. I always call my private parts by their correct name. No one can touch my private parts, ask me to touch or look at their private parts or show me pictures of private parts. If any of these things happen, I need to tell a trusted adult on my safety team straight away.

Secrets

I never keep secrets, I only keep surprises because they will always be told. If anyone asks me to keep a secret that makes me feel bad or unsafe, I need to tell an adult on my safety team straight away.

LET'S END CHILD SEXUAL ABUSE
ONE TALK AT A TIME

Australian Government
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