Body Safety Rules

Safe touch and unsafe touch

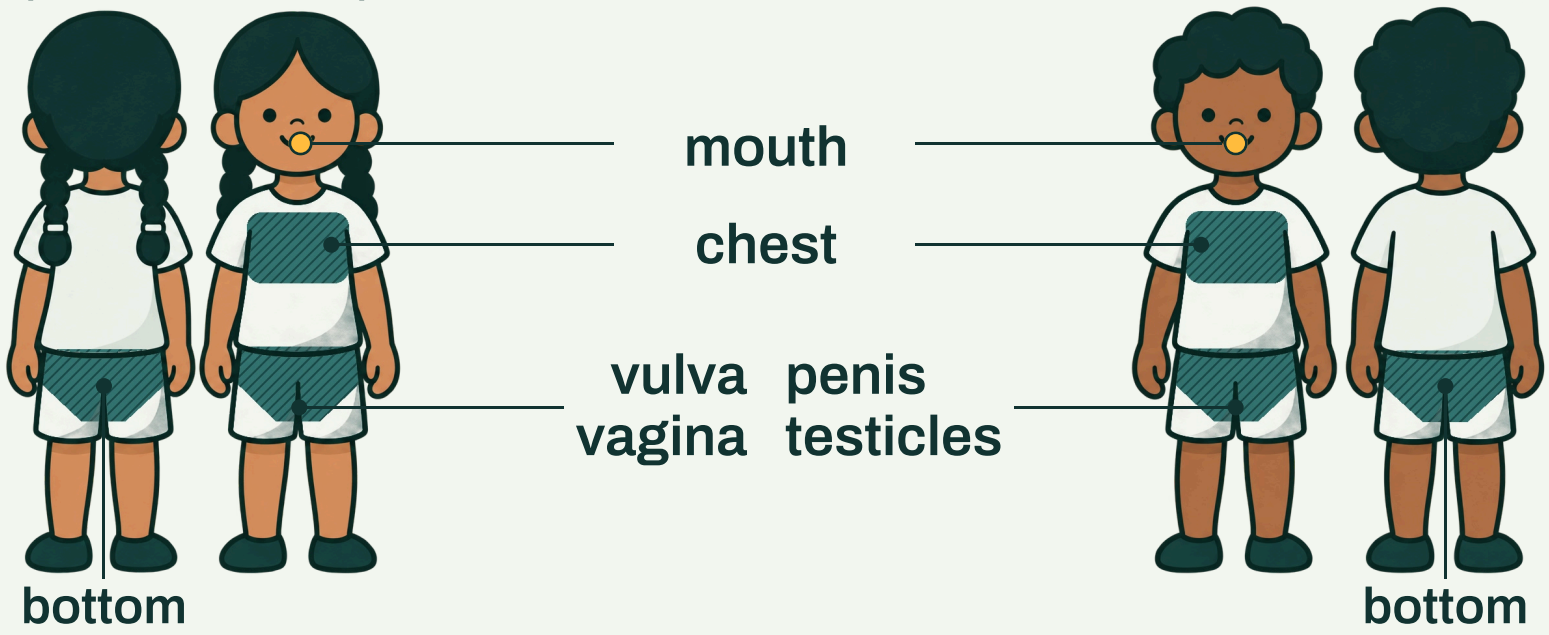
1098
Child Helpline
Call free. Day or night.

1 My body is mine.

I can say no to any touch. Even a hug.

2 My private parts are private.

They are under my underwear.



- Private. No one touches.
- My mouth. No secret kisses.
- The rest of me. I choose. I can say no.

Washing or a doctor? Only to keep me clean and healthy. My grown-up knows. Never a secret.

3 No one touches my private parts.

Not even someone I know and love. Even if it does not hurt.

4 No one shows me their private parts.

Or asks me to touch theirs, or takes photos of mine.

5 Surprises are fine. Secrets are not.

I never keep a touch, gift or photo secret.

6 I tell, and I keep telling.

If one big person does not help, I tell the next. I can call 1098.

It is never my fault.

Telling is always right.

Even if I could not move, kept it secret, or broke a rule.

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For Class 1 to 5 · kaaval.org/chart · Child Helpline 1098, free, day or night

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