

I HAVE THE RIGHT TO BE SAFE



Promoting Personal Safety

This booklet is best used as part of a personal safety education program with the parent/carer factsheet Feel Safe – Promoting Personal Safety.

EVERYBODY HAS DIFFERENT FEELINGS

Your feelings are important.

It is important to tell the people you trust how you are feeling.

How do you feel?



Happy



Safe



Angry



Sad



Scared



Worried/
Confused



Tired



Excited

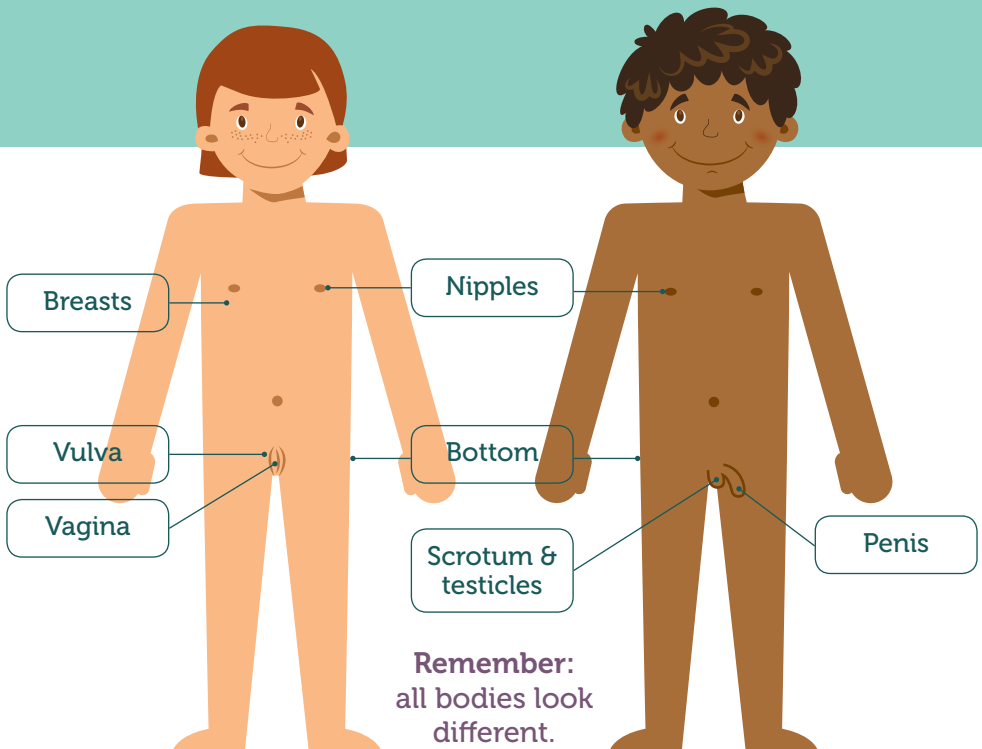
YOU HAVE THE RIGHT TO Be **SAFE**

Your body belongs to you.

No one can touch your body in a way that makes you feel sad, angry, scared or worried/confused. This includes your private parts.

If someone asks you to keep any kind of touch a secret, this is a NO touch.

Your underwear covers the private parts of your body.



THERE ARE LOTS OF DIFFERENT TYPES OF TOUCH.

It is important to understand when a touch is friendly, loving, helping, sexy or a NO touch.



Friendly

Loving



Helping








No



Sexy

THERE ARE RULES ABOUT TOUCH TO HELP US **Be SAFE.**

It is NOT OK:

-  for anyone to touch your body if you do not want them to
-  for someone to make you touch their body
-  for someone in your family to touch you in a sexy way
-  for adults to touch a child in a sexy way
-  for people to be sexy in front of you, being sexy is private.

It is also NOT OK for someone to show you photos from mobile phones, computers or tablets that show private body parts or people being sexy.

If someone touches your body in a way that breaks the rules about touch, is secret, or makes you feel sad, angry, scared or worried/confused:

NO



Say **no** or stop

GO



Go to a safe place

TELL



Tell someone

Listen carefully to what your body tells you about being touched. Your body may give you warning feelings telling you that you need help.

PEOPLE WHO CAN HELP YOU ARE ADULTS WHO:

- 1 Listen to you
- 2 Believe you
- 3 Help you to feel safe

Write the names of people who can help you:



YOU ARE IMPORTANT

Keep telling trusted adults until
someone helps you to feel safe.

WHERE TO LOOK FOR **HELP**

These are places you can phone for help:

Kids Help Line: 1800 55 1800

Police: 000



kidshelpline
Anytime | Any Reason

Find out more, contact True Relationships
and Reproductive Health:

Brisbane

07 3250 0240

Sunshine Coast

07 5479 0755

Cairns

07 4031 2232

Gold Coast

07 5531 2636

Rockhampton

07 4921 3655

Toowoomba

07 4632 8166



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