

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*. Recommended for Grades 3-6.

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

SOMETIMES YOU MIGHT FEEL A **NO** FEELING

This might feel like worried/confused, scared or angry. You might not feel safe.

This can feel like:

- a wobbly feeling in legs
- butterflies in the tummy
- a tight throat
- or fast breathing.

It can feel like other things too such as needing to go to the toilet or getting goosebumps.



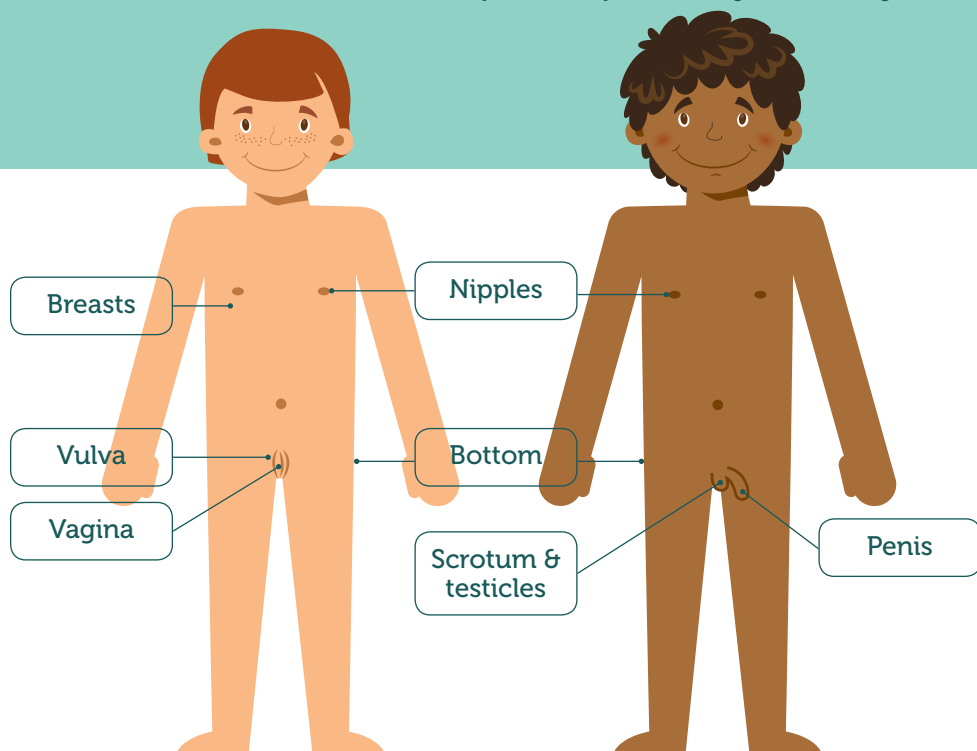
YOU HAVE THE RIGHT TO Be **SAFE**

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.

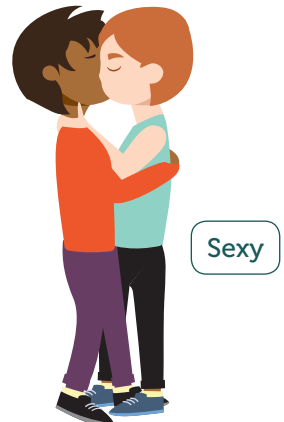
If someone asks you to keep any kind of touch a secret, this is a NO touch.

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.



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.



ONLINE SAFETY RULES

It is also **NOT** OK:

for someone to show you photos from mobile phones, tablets, computers or magazines that show private body parts or people being sexy.

Some people online do wrong things, they want to keep it a secret because they are breaking the rules.

Children do not get into trouble for being sent sexy pictures they did not ask for, or for being bullied or tricked into sending pictures to others.



It is **NOT** OK for people to ask you to keep secrets online. If someone sends you something that is against the rules or gives you a NO feeling – **get help.**

HELP KEEP YOURSELF (AND OTHERS) **SAFE** ONLINE

- ✓ Only 'friend' or chat to real-life friends that you know (in person)
- ✓ Be online when your trusted adults are awake, and around you
- ✓ Nobody is allowed to take pictures of kids' private body parts, not even you.



There are laws to keep kids safe. Even "friendly" people, or people we know can do wrong things. **If you don't feel safe – trusted adults are there to help.**

If something makes you **feel uncomfortable,**
or **breaks the rules:**

NO



Say **NO** or **STOP**

GO



GO to a safe place
or switch your
device **OFF**

TELL



TELL your
trusted adult

Listen carefully to what your body tells you.
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.

Everyone should get to have fun, have friends, and be safe – online and in real life.



Sometimes kids see pictures of private body parts or people being sexy online by accident, or they are shown them by other people. Talk to a trusted adult if this happens to you.

WHERE TO LOOK FOR **HELP**

These are places you can phone for help:

Kids Help Line: 1800 55 1800
Police: 000



**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



To learn more about **True** visit:
true.org.au

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