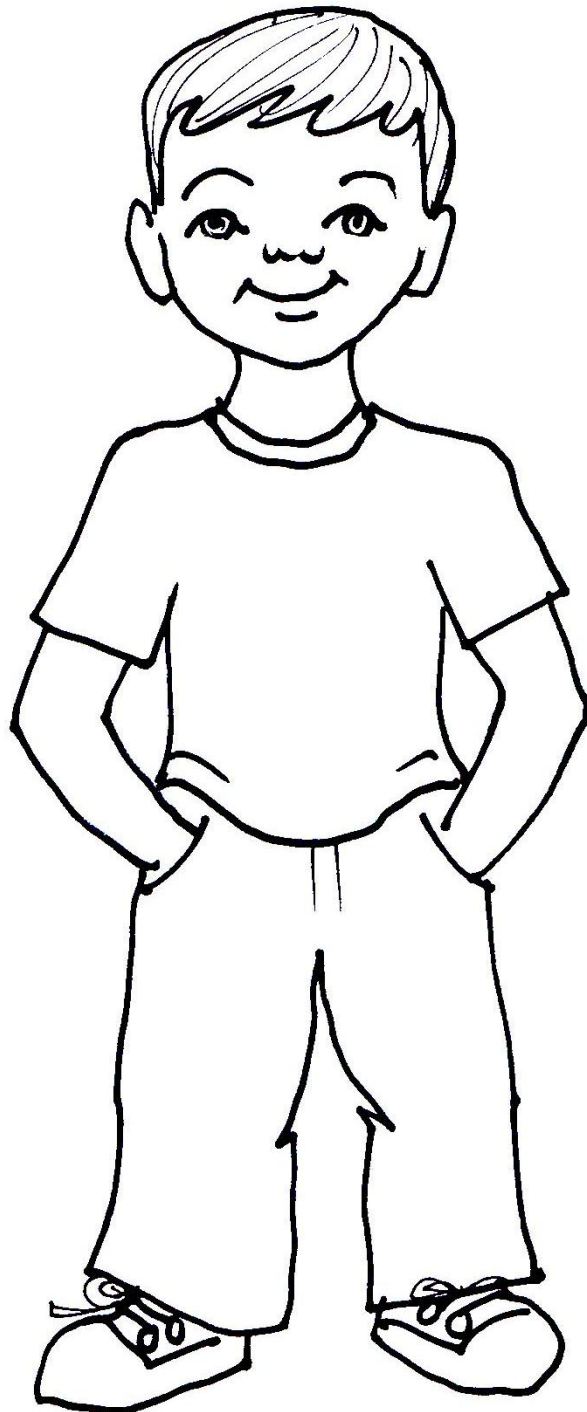


My Body Is Special!

My Name is :



Note to Parents and Caregivers

If you are interested in volunteering with or contributing to the programs and services offered by the Child Protection Office, you can contact us via

Email: Info@SafeTemple.org

Call or Text 1-352-575-0780

You can visit www.SafeTemple.org for more information.

The Child Protection Office has adapted this Safe Touch coloring book from one created by OCRCC.org.

Much gratitude to Madhavapriya devi dasi for drawing the illustrations in this book.

January 2012

Your body is unique! It belongs to you.

You take care of yourself in many important ways.

You wear a seatbelt to be safe when you ride in a vehicle.

You brush your teeth to keep them healthy and avoid cavities.



What are some other ways that you take care of yourself?

Do you use a special toothbrush when you brush your teeth?

Does it belong only to you?

Something that belongs only to you,

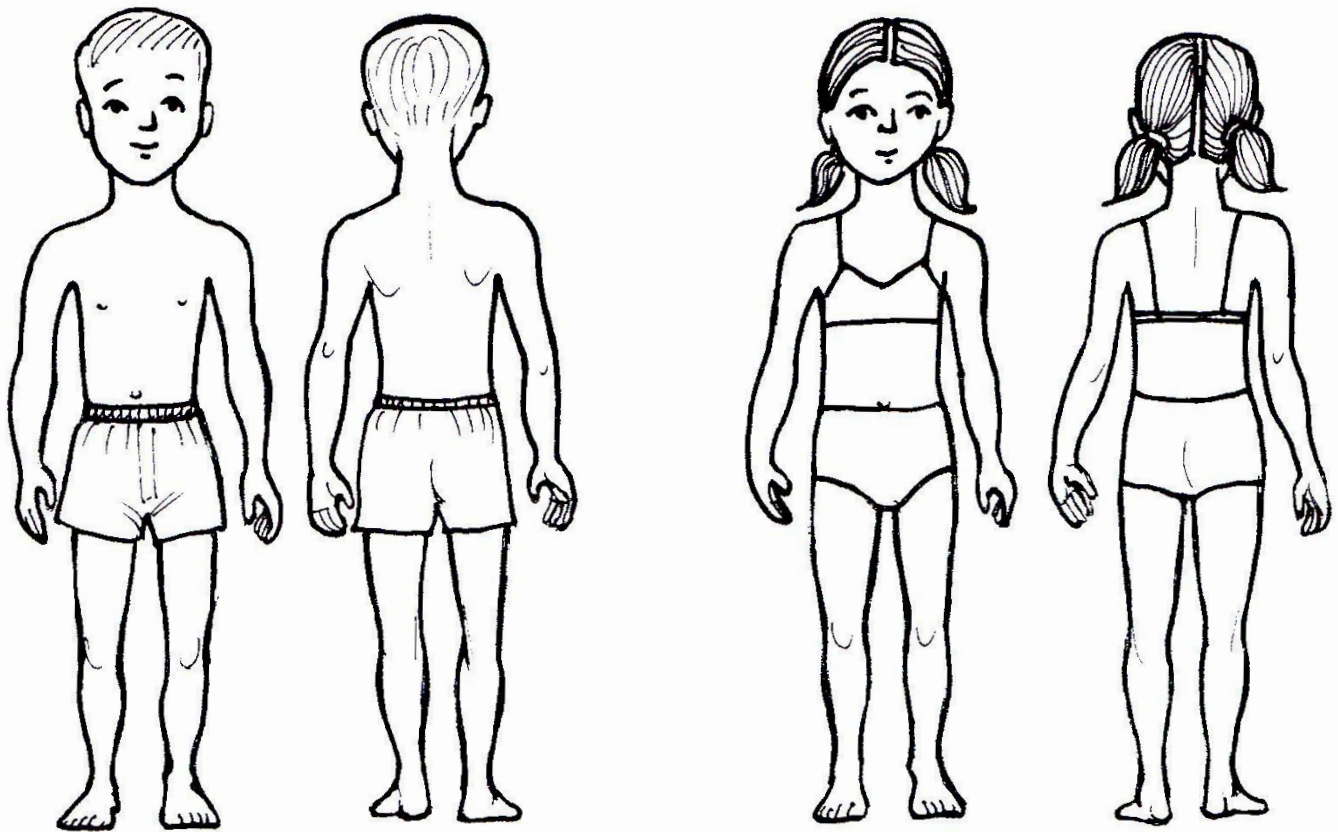
that you do not have to share is called private.

Your toothbrush is private because you do not share it with anyone else.

Your body belongs just to you. You choose whether to share it or not.

Your body has private parts.

These are the parts of your body that are covered up by your swimsuit.



Do you like to be touched in ways that feel good?

Safe touches, like a hug or a kiss on the cheek,
make you feel happy and warm inside.

We call these good touches.



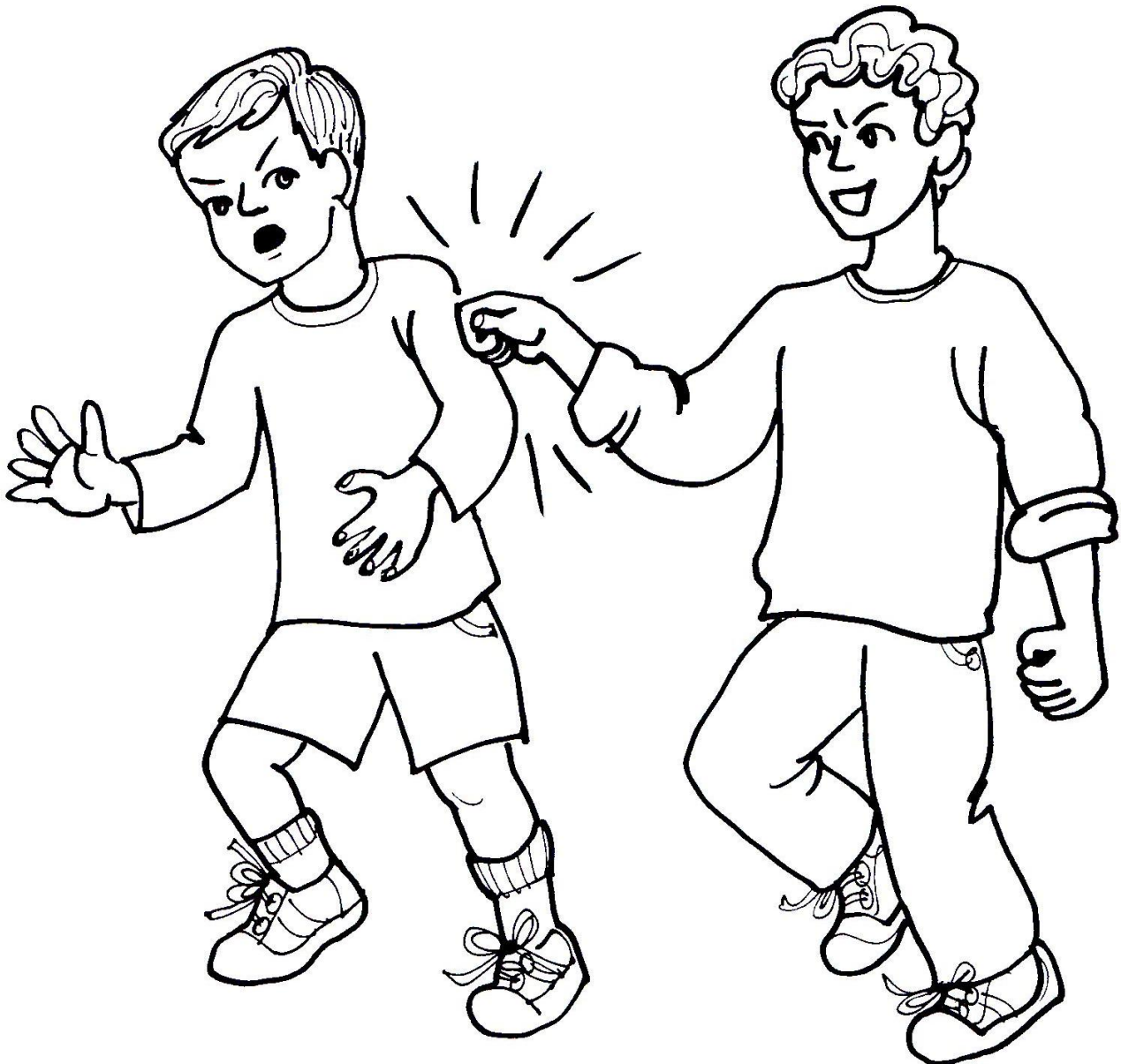
What are some touches that feel good to you?

Some touches do not feel good.

Touches that hurt you or that you do not like are called bad touches. Hitting and kicking can hurt and feel bad.

These are 2 types of bad touches.

Some bad touches are even unsafe.



What are some other kinds of bad touches?

Sometimes, good touches can start to feel bad, like tickling that goes on for too long or hugs that are too tight.

Sometimes, tickling can be a lot of fun, but if someone tickles you for too long, then it does not feel good anymore.



Sometimes touches can be confusing and make you feel mixed up inside. You know you do not like them, but you may not know why.

Have you ever gotten an 'uh-oh' feeling in your stomach? This is your body telling you that something might be wrong. Being touched in a way you do not like might feel bad or confusing, or give you an 'uh-oh' feeling.



It is important to remember that your body belongs to you. No one should touch you in a way that you don't like. No one has a right to touch your private parts or ask you to touch their private parts.

If you are touched in a way that you do not like, it is not your fault. It is the fault of the person who touched you in a bad or confusing way.

There are 3 things you can do:

1. Say "No!"

2. Get Away

3. Tell Someone



You can say "No, do not do that!"
loudly and clearly.

No matter who the person is, tell them to stop if they are touching you in a way you do not like.

GO!

Try to get away as fast as you can.

Go to a safe place where an adult that you trust can help you.



Tell!

Tell an adult that you trust what happened.
Tell them even if you promised you would not tell.
Adults are not supposed to ask children to keep secrets.



Who are some adults that you trust and could tell?

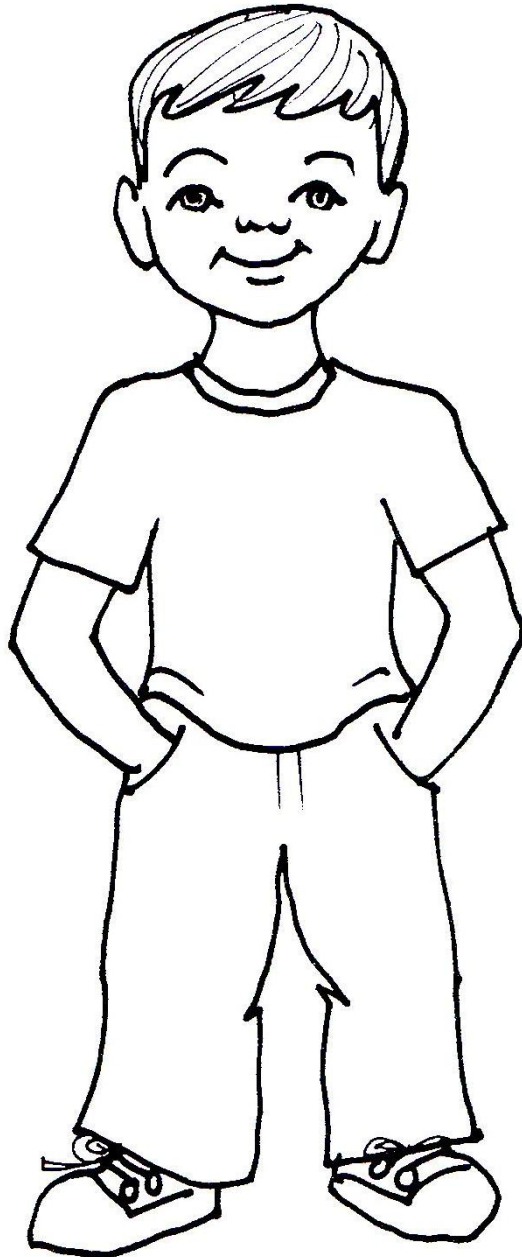
Remember:

1. Say "No!"
2. Get Away
3. Tell Someone

It is **NEVER** your fault if someone touches you
in a way that you do not like.

Learning the **NO-GO-TELL** rule is a helpful way for
you to take care of yourself.

Your Body Belongs to You!



Child Protection Office

The Child Protection Office is a 501(c)(3) non-profit in the U.S.

We:

- ❖ Prevent and stop child abuse by empowering individuals through education
- ❖ Act as a resource and guidance center for child abuse concerns
- ❖ Help leaders and management implement policies to reduce risk
- ❖ Support Child Protection Volunteers in service to their local community

Together we protect children from abuse and neglect. By doing so, we strengthen the future of our society.

You can provide much needed support for the Child Protection Office (CPO) by:

- Making a donation
- Volunteering
- Spreading the Word - share CPO newsletters, social media posts, the website, etc.

Ways you can directly help protect children in your community:

- Enhance your understanding of the issues
- Report any concern that you have
- Educate your children on personal safety
- Become a Child Protection Volunteer, or offer support to those who are
- Have open conversations about child abuse
- Encourage education and awareness
- Engage your skill set in child protection services

For more information:

Child Protection Office

PO Box 1438 Alachua, FL 32616

1-352-575-0780

www.SafeTemple.org