

I have the right
to be safe



Promoting self protection

This booklet is best used as part of a self protection education program with the parent/carer factsheet, *Feel Safe – promoting self protection*.

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



Sad



Angry



Scared



Confused



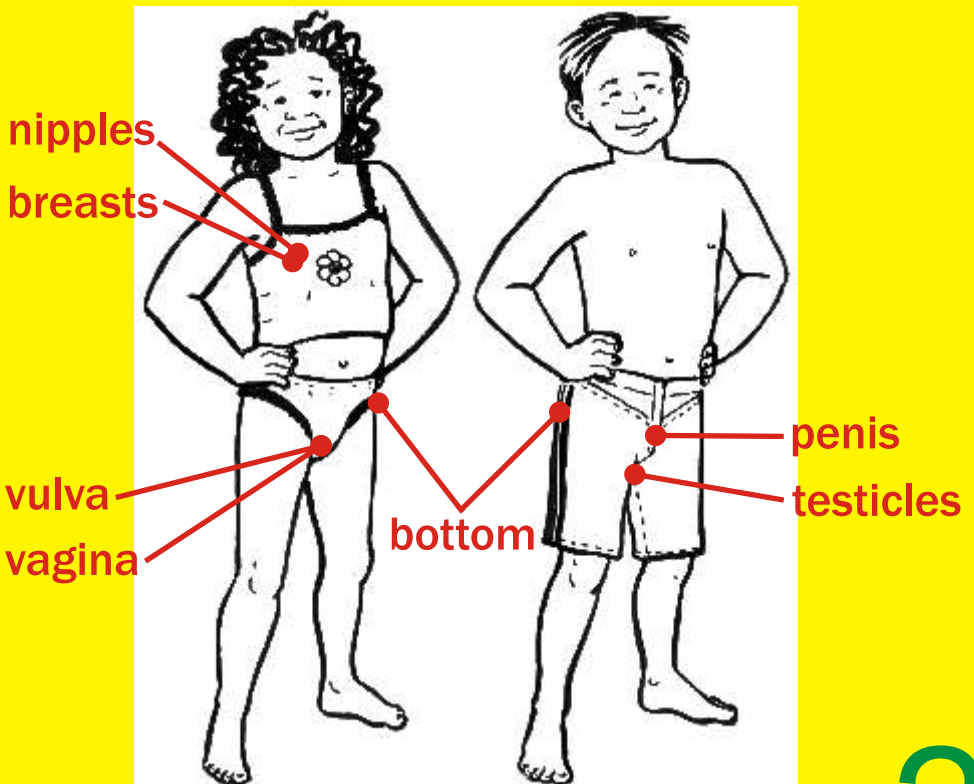
Safe

You have a right to be safe.

Your body belongs to you.

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

Your swimmers cover 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



Sexy



NO



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 if you do not want to**
- **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 pictures or photos from videos, computers or magazines that show private body parts or people being sexy if you do not want them to.

If someone touches your body in a way that makes you feel scared, angry, sad or confused:

REMEMBER

NO

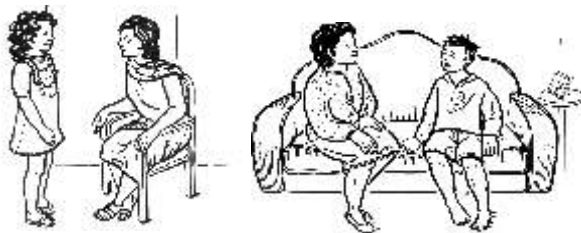


Try to say **NO** or **STOP**

GO

GO to a safe place as soon as you can

TELL



Talk to someone who can help.

Listen carefully to what your body tells you about being touched.

Your body gives you warning feelings telling you that you might need help.

People who can help are adults who

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

Write the names of people that can help you.

You are important. Keep telling someone until someone helps you to feel safe.

These are places you can phone for help.

Kids Help Line 1800 55 1800
Police 000



If you want more information
about your body, your feelings
and growing up, phone:

Family Planning Queensland 07 3250 0240

Brisbane
07 3250 0240

Rockhampton
07 4921 3655

Gold Coast
07 5531 2636

Cairns
07 4031 2232

Bundaberg
07 4151 1556

Ipswich
07 3281 4088

Townsville
07 4723 6597

Sunshine Coast
07 5479 0755

Toowoomba
07 4632 8166



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