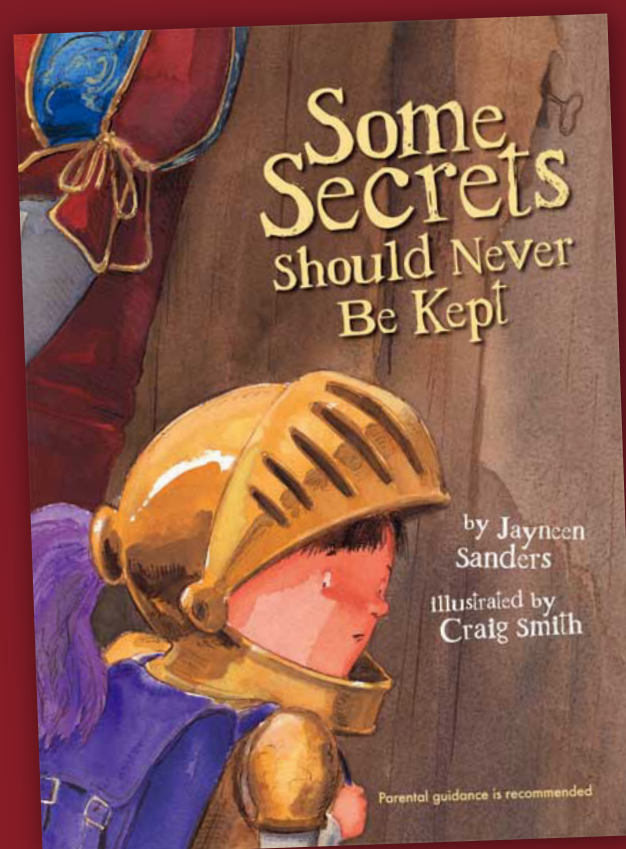


10 Body Safety Rules

1. **Teach** children the correct names for their body parts.

2. **Explain** that our Private Body Parts (PBP) are those under our bathing suit (also include the mouth).



3. **Instruct** that no-one can touch your PBP; reinforce your body belongs to you.

4. **Explain** you must never touch another person's PBP even if an older child or adult asks you to.

5. **Discuss** Early Warning Signs (EWS), i.e. sweaty palms, racing heart, sick tummy; always act on your EWS.

6. **Shout**, "Stop" or "No!" (hand held out) if touched on your PBP or in a way you don't like.

7. **Tell** a trusted adult straightaway if you are: touched on your PBP, touched in way you don't like or your EWS kick in.

8. **Keep** on telling until you are believed.

9. **Never** keep secrets that make you feel uncomfortable or bad; only keep happy surprises.

10. **Be strong, be brave and ALWAYS speak out!**