

My Personal Safety Pledge!

1. I am the boss of my body!

If I feel uncomfortable about a hug, kiss, or any other touch, I know I can say NO! I can high five, shake hands, or blow a kiss to show them I care about them!



2. I have a support system!

I know I have a support system of trusted adults that I can talk to about a secret unsafe touch or any tricky or dangerous situation. They can be family, teachers, or even my counselors! I will trust my gut and talk to a trusted adult when I need to!



3. I will trust my instincts!

If I get that uh-oh feeling in my stomach, I know that's my instinct telling me "Hey! This might be tricky or dangerous!" I will trust my gut and tell a trusted adult right away!

4. No secrets!

I won't keep secrets that feel tricky or dangerous! I won't keep a secret about a special friendship or games that I play. I won't use nicknames or words about my body parts that are confusing. If someone asks me to keep a secret, I will trust my gut and tell a trusted adult!



5. My body is private!

I know my private parts are the parts covered by my bathing suit. I will use the right names for my body parts. I know no one should try to touch me on the private parts of my body, or try to get me to touch them on their private parts and tell me to keep it a secret. I will trust my gut and tell a trusted adult if this ever happens!



6. No sharing personal pictures or information!

When I am online, no one should ask me for pictures of my private parts or share their pictures with me. I will not share any personal information or pictures with anyone online. I will trust my gut and ask a trusted adult for advice on what information I can share!



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