

♥ Body Safety ♥



Spark Says:



Say NO to unwanted attention or affection, keeping secrets about my body, or feeling weird or uncomfortable.



Tell a trusted grown-up.



You are important. You have the right to be safe!

1



I Am in Charge:

I am the boss of my body. I get to make choices about what happens to it.



2



We Use Real Names:

We use the real names for all body parts so I can ask for help if I need to.



3



Private Parts Are Private:

Private parts are the parts covered by a bathing suit. No one should touch or look at them.



4



I Can Say NO:

I have the right to say "no" to any touch I don't want, even hugs or kisses from family.



5



Trust My Feelings:

If a touch makes me feel confused, scared, weird, or uncomfortable—it's not okay.



6



No Bad Secrets:

Secrets about my body or secrets that make me feel bad or uncomfortable are never okay.



7



I Have a Safety Circle:

I can talk to 5 trusted grown-ups if I ever feel unsafe. I will keep telling until someone helps me.



Whenever Spark is glowing, it's worth knowing!

