

MY BODY SAFETY RULES



MY BODY
is my body.
It belongs to me!
I can say
“NO”
if I want to.



MY SAFETY NETWORK
I have 5 adults
I can trust
and I can tell them
ANYTHING.

hair feels like it
is standing on end

sweaty
brow

start
to cry

shaky
all over

feel sick in
the tummy

wobbly legs

heart
beats
fast

sweaty
palms

need to go to
the toilet

**IF I FEEL
THESE
THINGS**
or if secrets make
me feel bad, I
speak to
someone in my
safety network.