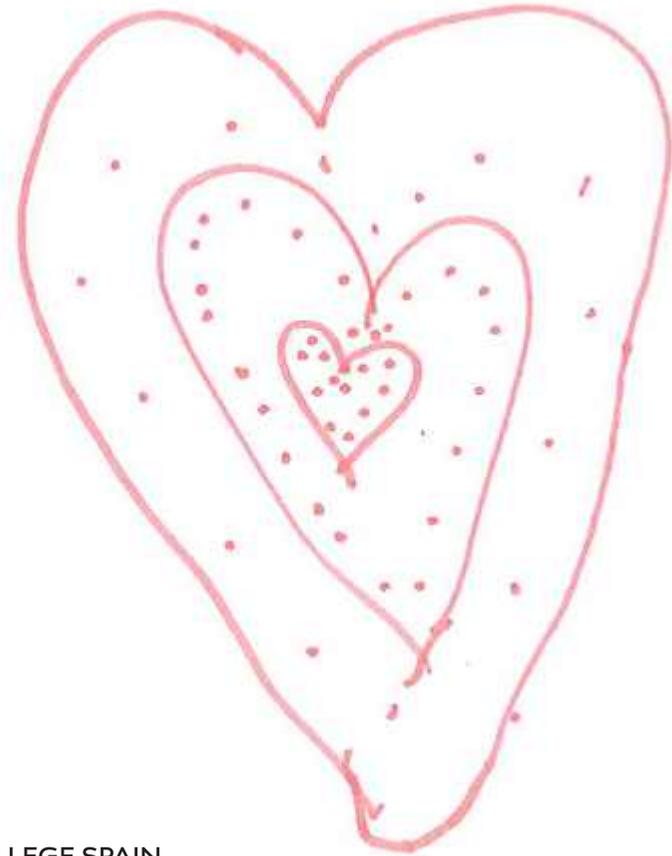


I Keep My Body Safe



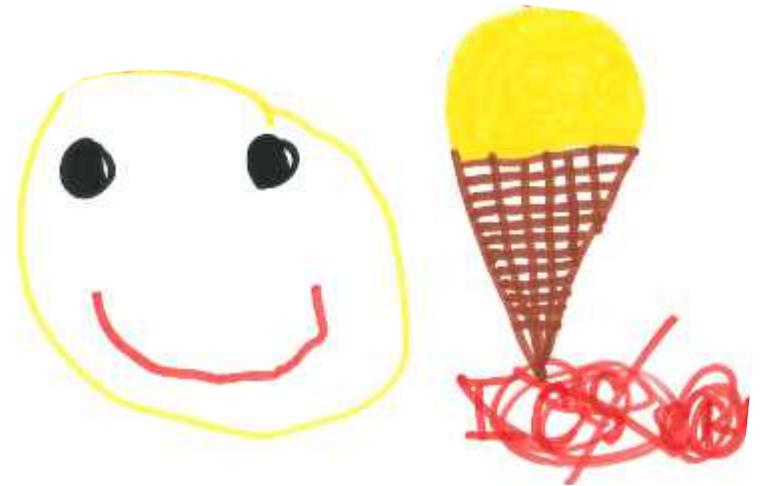
INTERNATIONAL COLLEGE SPAIN
MADRID
A NORD ANGLIA EDUCATION SCHOOL

By Ms Clara Benacerraf
Head Counsellor and Designated Safeguarding Lead

My name is Tina



This is my friend Leo



In this book, we will tell you how to keep your body safe, and what you can do if you feel uncomfortable and scared.

My Body

This is my body



This is my body

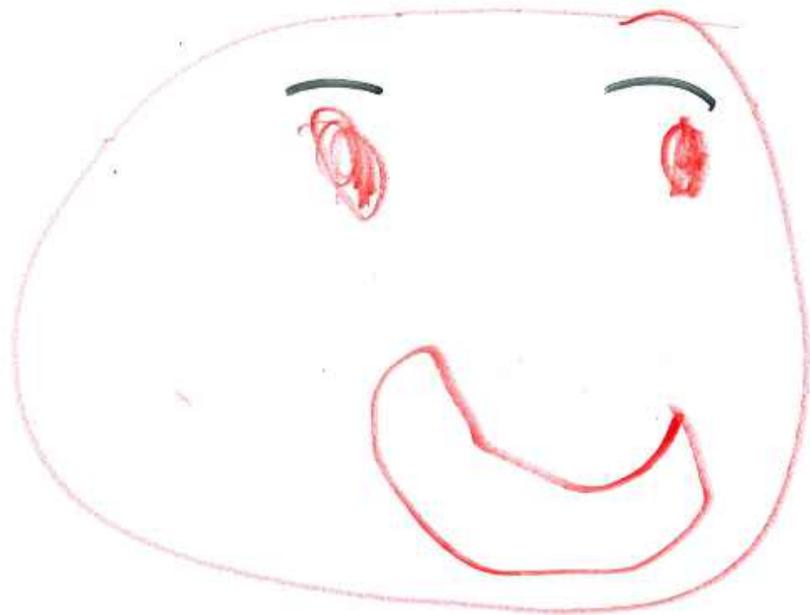


head,
arms,
hands,
knees
feet,

There are parts of my body that you can see

I also have private parts

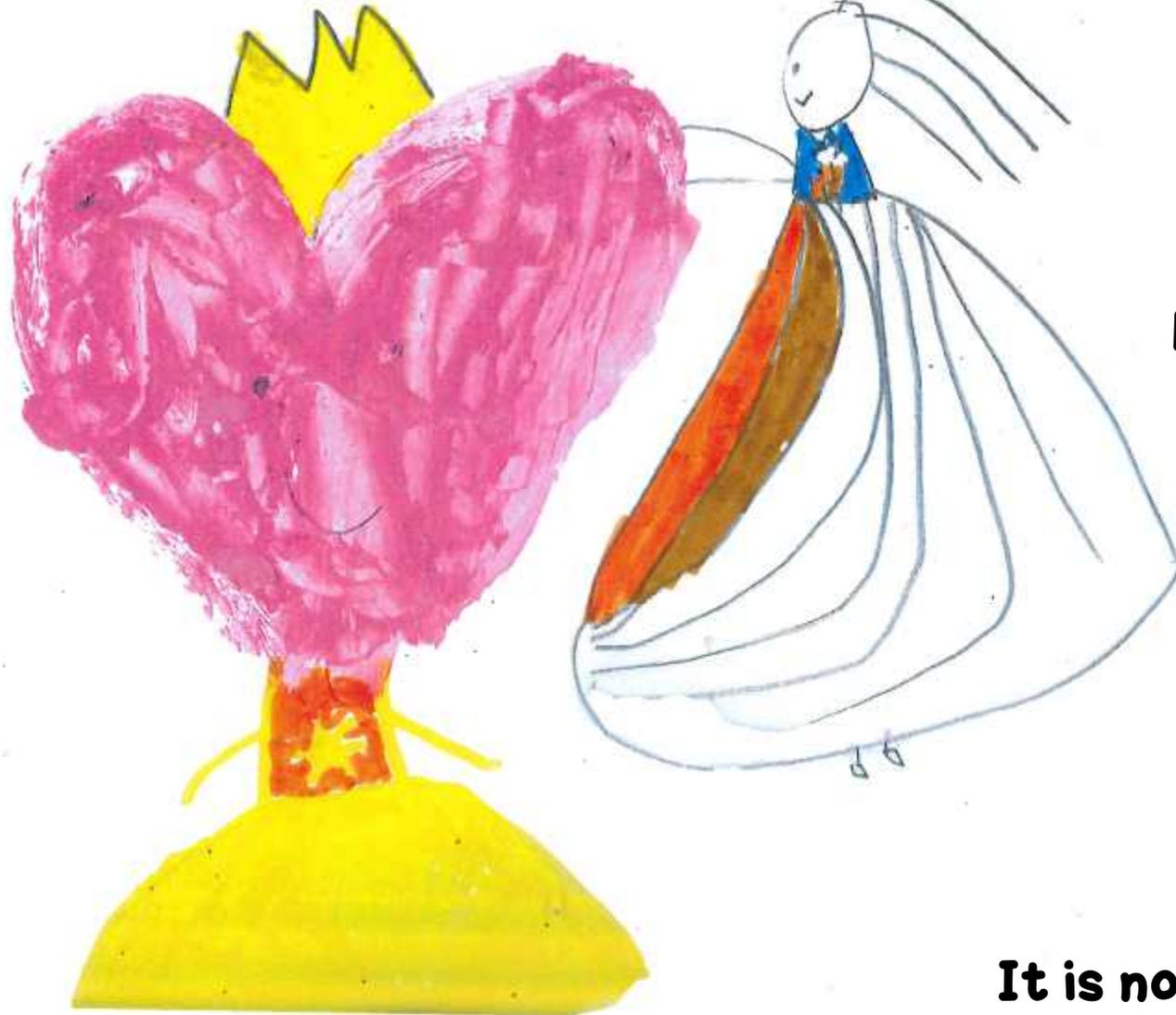
Private parts are parts of the body covered by my underwear or my bathing suit.



My mouth is a private part of my body too.

Private

I am the owner of my body.
My body is **private**.



Private means that
it belongs to me.

It is not public.
It is not for someone else.

Touches

Safe Touch

A touch that
feels good,
comfortable,
warm, and
makes you
feel loved.





**Hugs from our families, high-fives with our friends,
are safe touches.**



Unsafe Touch

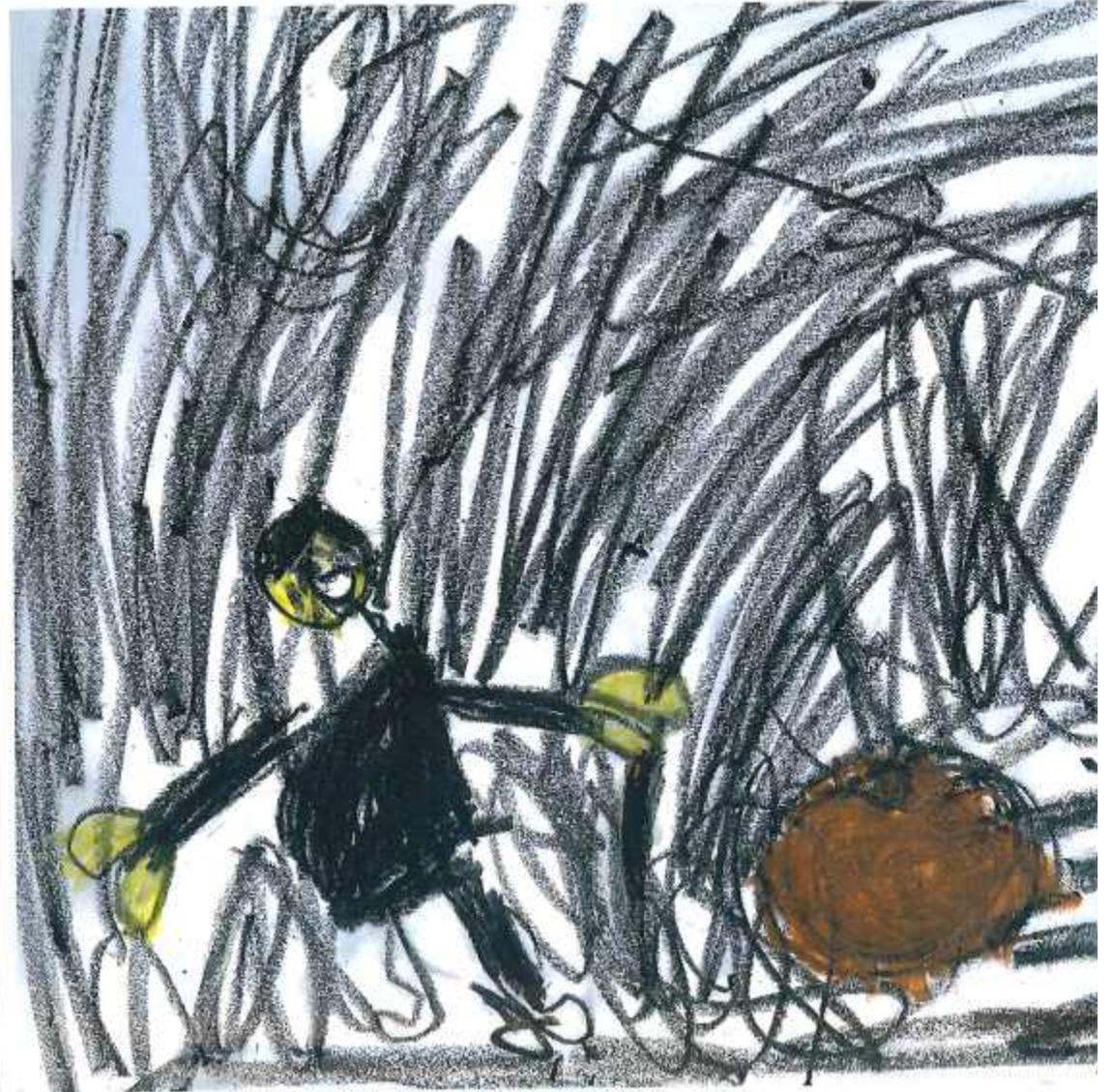
A touch that feels bad, uncomfortable, embarrassing, or scary.

It is an unsafe touch if ...

A person asks you to touch him or her.

A person touches you and asks you not to tell anyone.

A person touches you and threatens to hurt you if you tell.



A touch on private parts of your body is an unsafe touch.



**It is ok for a doctor to check your body
if your Mum or Dad is in the room.**

Feelings

**Everyone has feelings.
You have feelings.
I have feelings.**



**Sometimes we feel ...
Happy
Sad,
Worried,
Angry,
Scared,
Lonely**

Safe Touches gives you good feelings.

You feel happy ...

My Family



**When Mum or Dad gives you a hug after you wake up
or before you go to bed.**

When your friend hugs you and gives you a high-five.

Unsafe touches gives you uncomfortable feelings.



**Sad,
Worried,
Afraid or Ashamed
are uncomfortable feelings.**

**If someone touches you in a way that you don't like,
it is an **unsafe touch**.**

Secrets

Safe secret:

A secret that makes you feel happy to keep because it does not hurt you or anyone else.



- A surprise birthday party for your friend, Mum, or Dad.
- A gift for your sister's birthday.
- A visit from your grandparents.



Unsafe secret:
A secret that makes you feel uncomfortable and afraid keeping because it could hurt you or someone else.

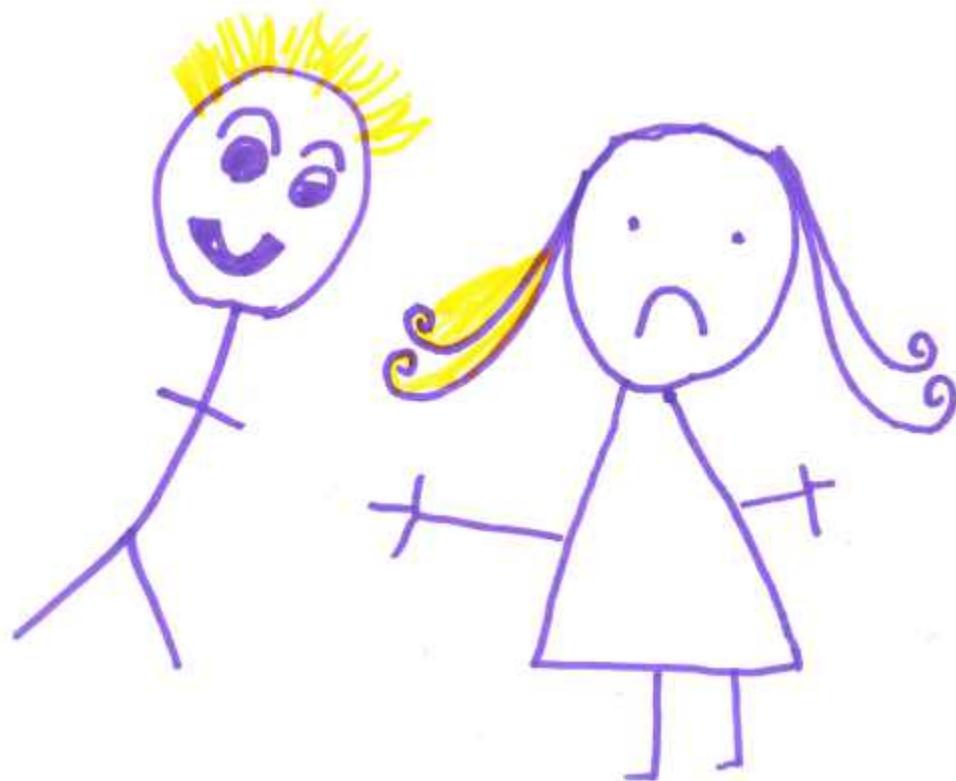
A person asks you to keep a secret like ...

- Kissing.
- Touching your private parts.
- Showing you pictures of private parts.



**If someone touches you inappropriately
tell someone you trust what has happened.**

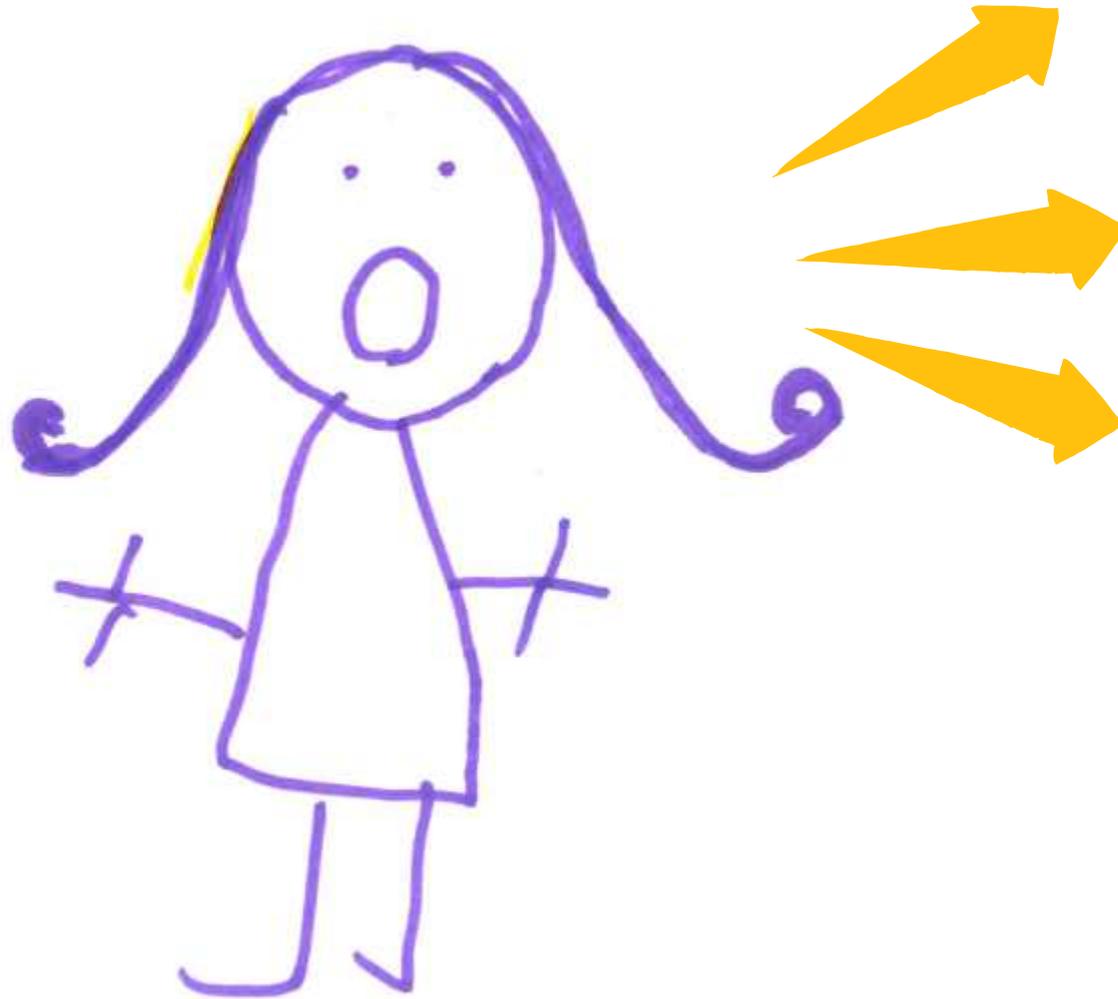
**Do not let the person scare you
into running away or keeping quiet.**



**If someone touches you in a way that hurts you
or makes you feel worried or scared ...**

Say **NO**
in a strong voice.

SHOUT SHOUT SHOUT



GO AWAY.

TELL a person you trust.

MY SAFETY NETWORK

Who can you tell if someone gives you an unsafe touch or asks you to keep an unsafe secret?

My Safety Network is made up of:

My Mum

My Dad

My Grandparents

My Teacher

My School Counsellor

