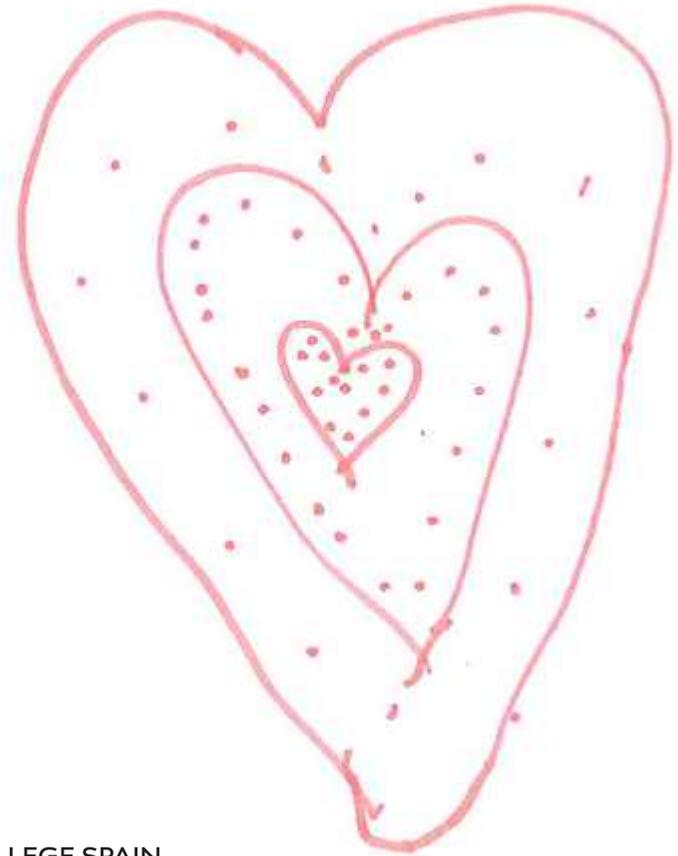


# I Keep My Body Safe



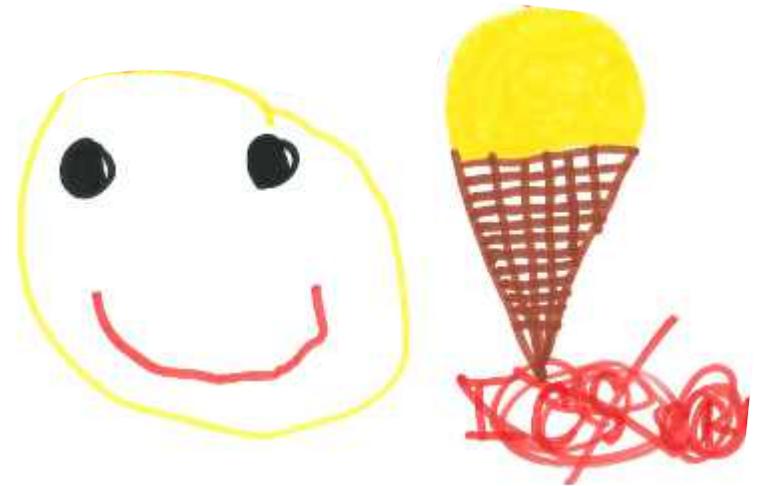
INTERNATIONAL COLLEGE SPAIN  
MADRID  
A NORD ANGLIA EDUCATION SCHOOL

**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

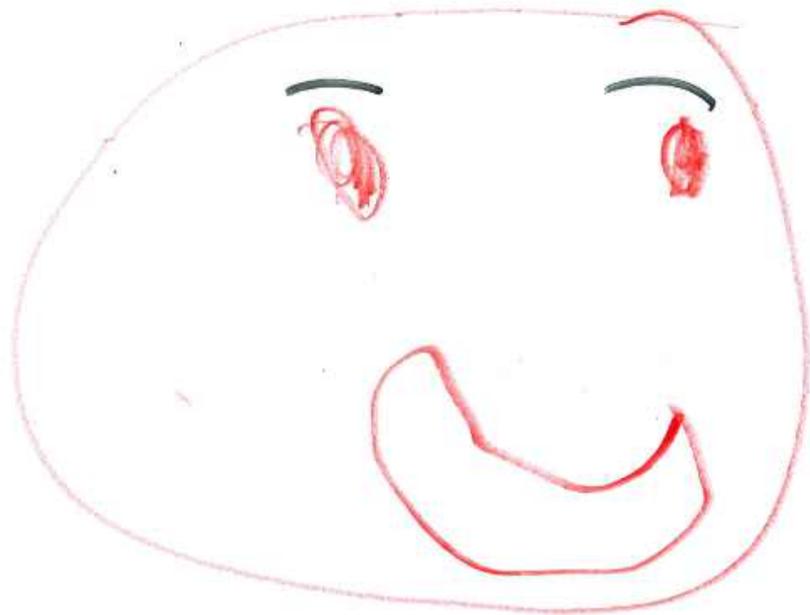
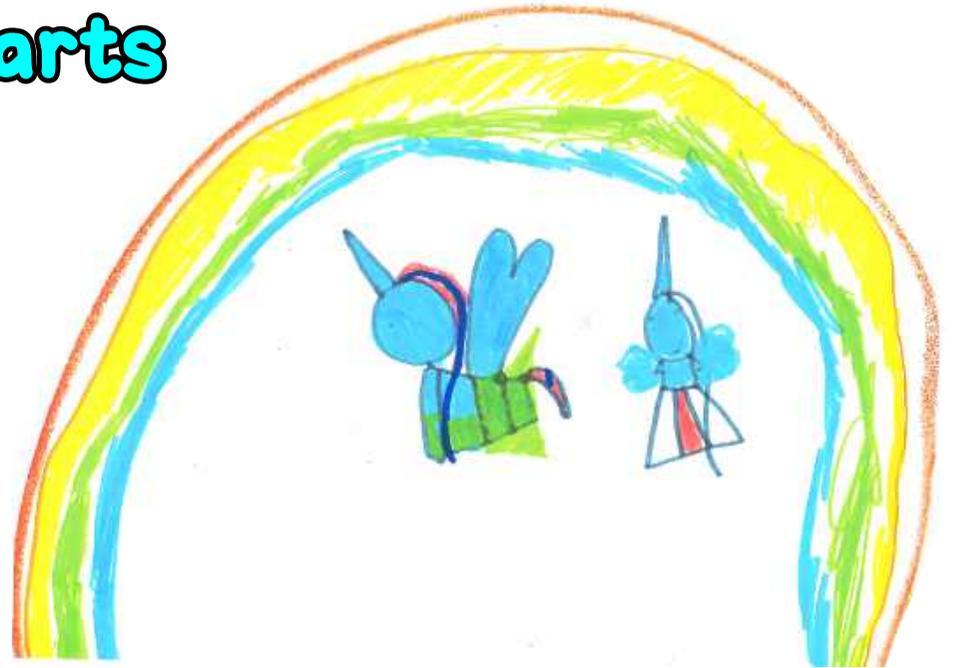


head,  
arms,  
hands,  
knees  
feet,

There are parts of my body that you can see

# I also have private parts

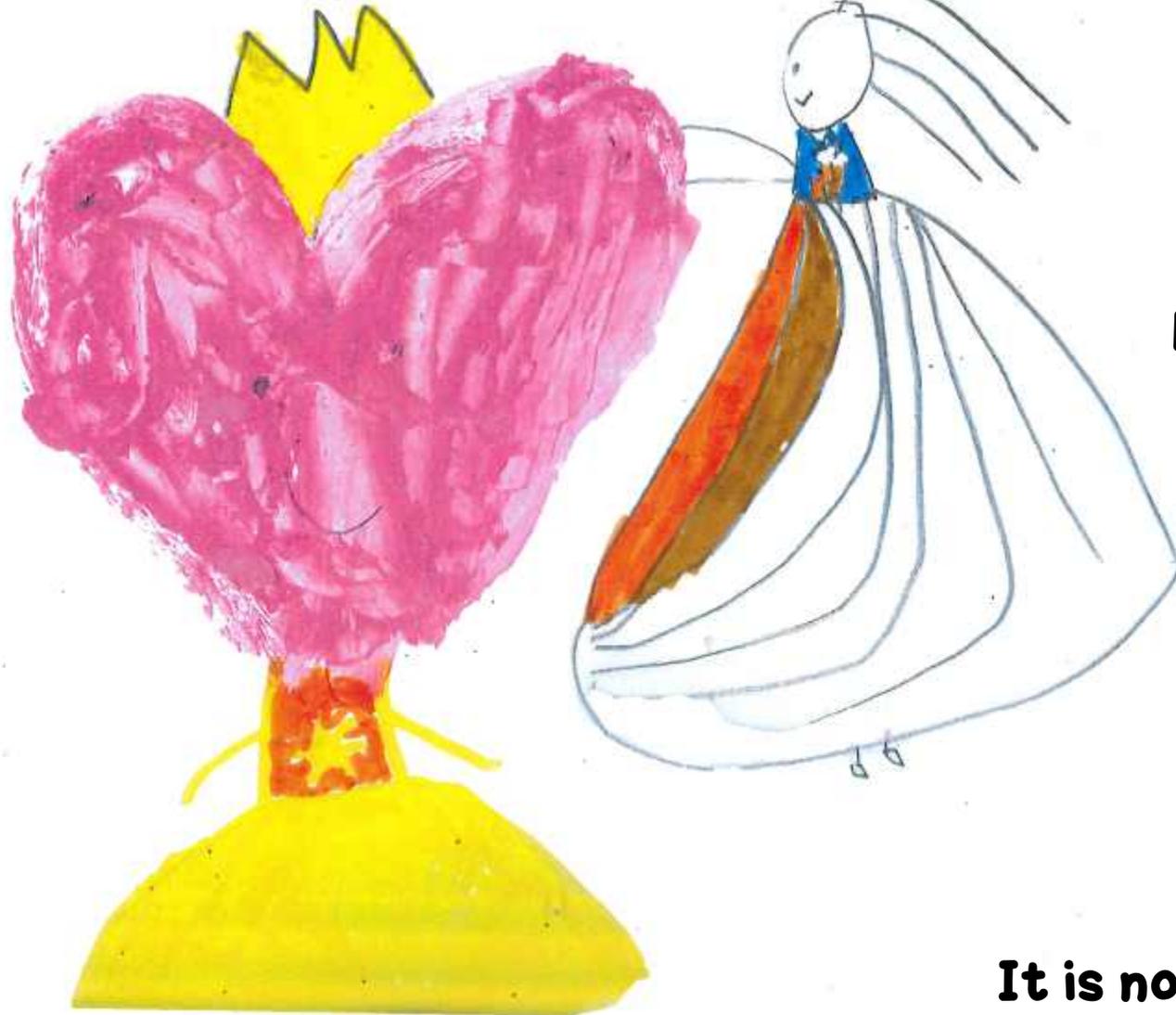
Private parts are parts of the body covered by my underwear or my bathing suit.



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

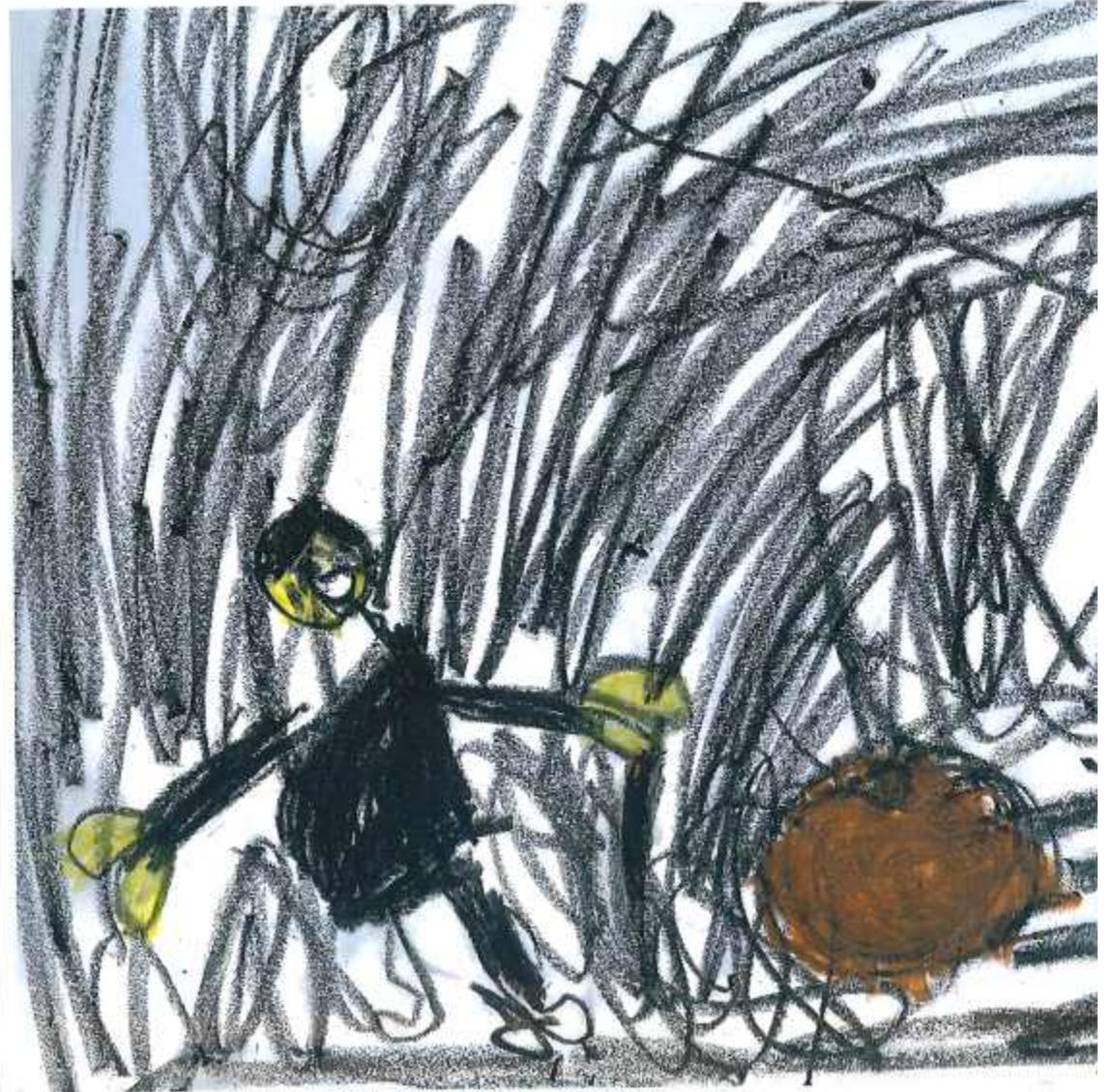
A touch that feels bad, uncomfortable, embarrassing, or scary.

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**.**

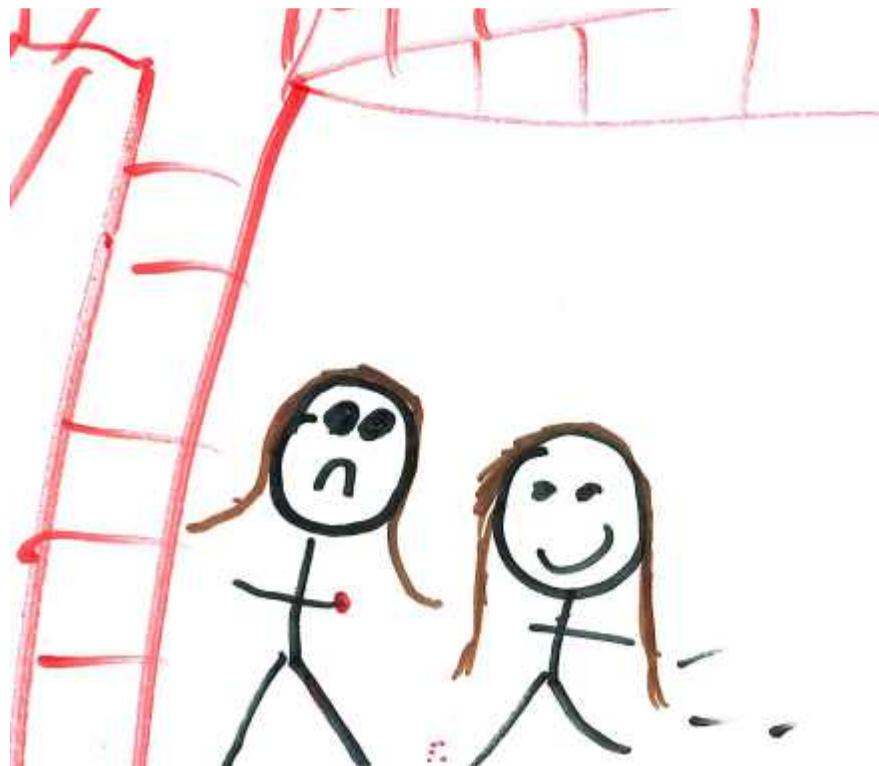
# Secrets

## 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.**

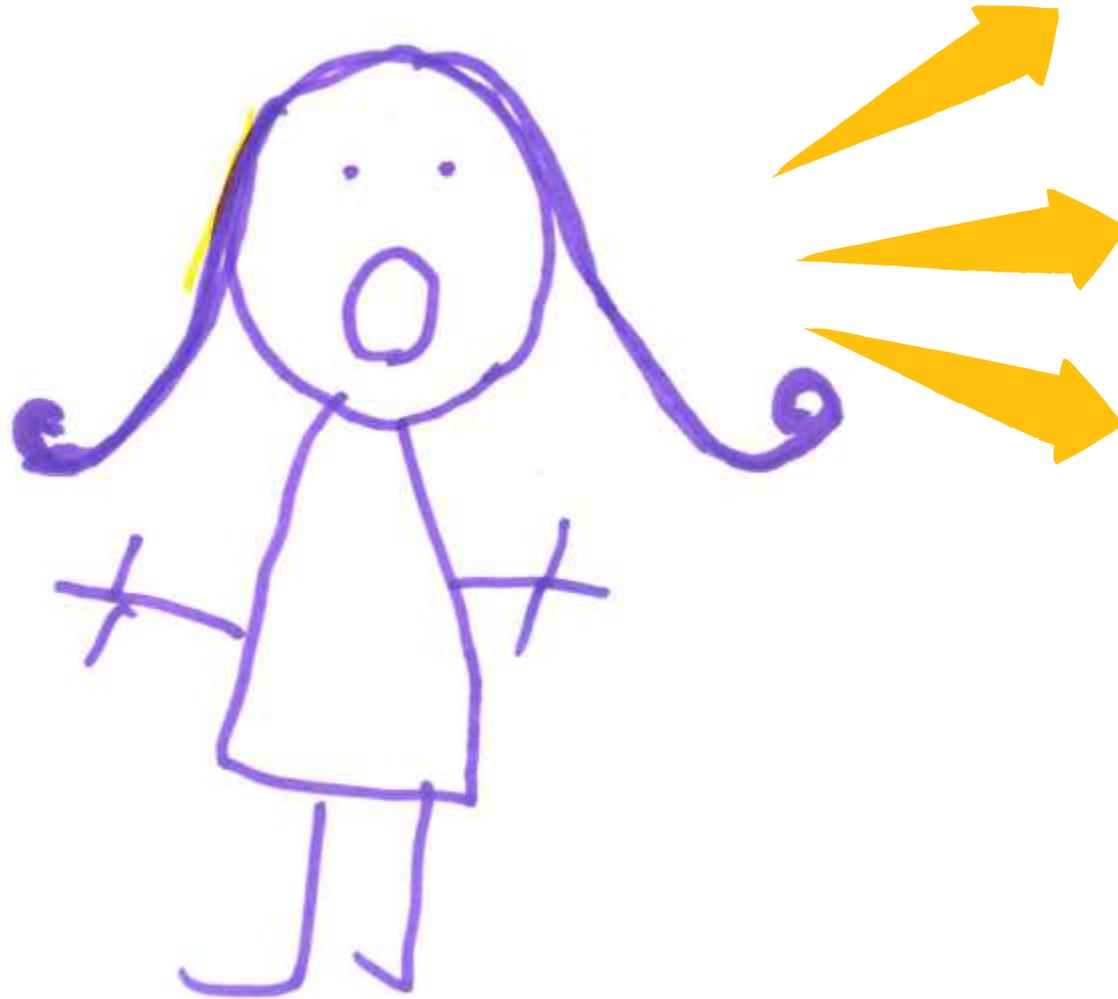
**Do not let the person scare you  
into running away or keeping quiet.**



**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

