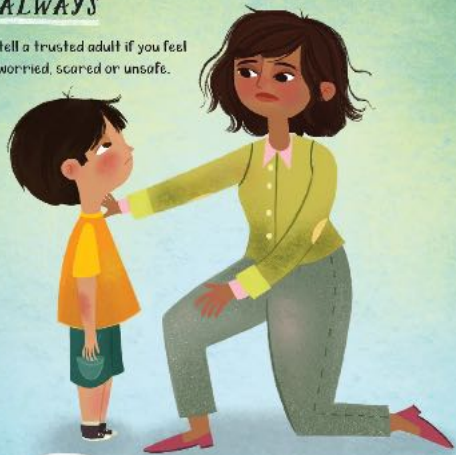


A IS FOR ALWAYS

tell a trusted adult if you feel worried, scared or unsafe.



*Have you ever felt unsafe?
What makes you feel unsafe?*

B IS FOR BODY BOUNDARY

This is the invisible space around your body that is just for you. No one can come inside your body boundary without your permission.

**Permission means the other person has to ask you first*



*Should a doctor or dentist ask for your permission
before they come inside your body boundary?*

C IS FOR CONSENT.

Consent means you have said 'Yes' to someone coming inside your body boundary and you have **HAPPILY** agreed to this.



When might you give your consent (happily say 'Yes') to someone?



D IS FOR DON'T

be afraid to tell a trusted adult if you feel unsafe or someone has asked you to keep an unsafe secret. Remember, trusted adults are there to help you.



What might an unsafe secret be?

Q IS FOR QUICKLY

run away from a person who makes you feel unsafe and tell a trusted adult on your Safety Network straightaway.



What is something (or someone) that might make you feel unsafe?

R IS FOR RESPECT

We need to respect other people's body boundaries. Just as you may not like people coming inside your body boundary, you have to respect other people's wishes too. That means if you want to hug or kiss someone and they say 'No', then you have to respect their 'No'.



What do you think 'respect' means?

S IS FOR SECRETS

that make you feel unsafe or uncomfortable. If someone asks you to keep a secret that makes you feel this way, never ever keep that kind of secret. Tell a trusted adult on your Safety Network straightaway.



S IS ALSO FOR SURPRISES.

Surprises will always be told. If someone asks you to keep a secret, tell that person you don't keep secrets. You only keep 'happy surprises' because surprises will always be told.



What do you think is the difference between 'secrets' and 'surprises'?

The 26 'key' letters and accompanying words in this book will help children to learn and consolidate crucial and life-changing body safety and consent skills. Designed as a 'dip in and dip out' book, the text, the child-centred questions and the stunning illustrations will reinforce key skills such as consent, respect, body boundaries, safe and unsafe touch, Early Warning Signs, Safety Network, private parts, and the difference between secrets and surprises.

Also included are Discussion Questions for parents, caregivers and educators.



Jayneen Sanders is an experienced author, teacher, mother of three, and a passionate advocate for teaching respectful relationships, gender equality and personal Body Safety.



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