

# THIS IS MY BODY!

My body may look and work differently from yours but it's **my** body! And I have rules about my body.

Everyone -- young or old -- needs to follow my rules when they...



MY BODY!  
MY RULES!



help me



teach me



play games with me



or look after me.

I use a wheelchair to get around. Your abilities might be very different from mine but the **7Body SafetyRules** you will learn in this book are the same for you and for me.

These rules need to be followed at school, at home, the swimming pool, the library, the hospital -- anywhere **YOU** go!

## RULE 1: ASKING FOR CONSENT

People need to ask for my **consent** before they enter my **body boundary**. My body boundary is the invisible space around my body and my wheelchair. It's my personal space -- a space just for me.

MY BODY  
BOUNDARY MAY  
BE INVISIBLE BUT  
IT'S STILL THERE!



Body  
boundary →

Everyone has  
a body boundary:  
babes, children,  
teenagers and  
adults too!



Consent is an important word. It means asking if something is okay or not okay. It means one person asks for permission and the other person gives permission.

When my caregiver, Josie, needs to push my wheelchair or help me from my chair -- she needs to **ask** me first. Josie is asking for my consent.

## RULE 4: PRIVATE AND PUBLIC SPACES

Private means just for me. A private space might be my bedroom or bathroom.

Public spaces are places everyone uses such as the kitchen or a classroom.



When I'm in my bedroom or the bathroom, people need to ask for my **consent** (or permission) to enter this space. They need to knock and ask if they can come in. And they need to listen and wait for my reply.

I need help to go to the bathroom and I need help to get dressed and undressed -- **but** RULE 1 ASKING FOR CONSENT and RULE 2 CHECKING IN still need to happen in these situations.



→ WHAT ARE THE PRIVATE SPACES IN YOUR HOUSE? WHAT IS YOUR FAVOURITE PUBLIC SPACE?

\*This rule applies to family members, caregivers, teachers and all healthcare professionals.

## RULE 7: DON'T KEEP SECRETS

If someone asks me to keep a secret or says, 'Don't tell anyone! It's our little secret.' -- this is **not** okay. So, I say:

I DON'T KEEP SECRETS, ONLY HAPPY SURPRISES BECAUSE THEY WILL ALWAYS BE TOLD.



Secrets can make you feel bad, especially if the person says you must never tell. That's why in my family and my community we don't have secrets. We only have happy surprises that will eventually be told -- like not telling Mama about her surprise birthday party.



If someone asks you to keep an unsafe secret like touching your private parts, kissing or showing you pictures of private parts, tell an adult on your Safety Network **as soon as you can**.

Secrets like those should be told. And even if the person tells you not to tell -- secrets like those need to be told.

