

Staying Safe



You are a precious child of God. And you deserve to feel loved, peaceful, and safe, no matter what! Here are some ideas to help you.

It's not OK if someone . . .

- hits, pushes, or hurts you in any way
- says unkind things to you
- shows you pictures or videos of people without clothes
- asks you to break the law or a family rule
- asks you to keep a secret and never tell anyone
- tells you that they will hurt you or someone else
- sends you or asks you to share private photos
- asks you to look at or touch their body or let them look at or touch your body



What to Do

- Listen to your feelings.
- Say no.
- Walk or run away.
- Tell a trusted grown-up.



Getting Help

If someone does something bad to you, it's not your fault, and you're not alone! Heavenly Father loves you, and there are people who can help you when you have a problem. Write down the names of some trusted people you could talk to.

1. _____
2. _____
3. _____



The parts of your body that would be covered by a bathing suit are **PRIVATE** to YOU. No one should touch these parts of your body unless they are a parent or doctor who is helping keep you clean and healthy.

