





Privates ARE Private

- The parts of your body covered by your underwear are private.
- No one should ask to see or touch your private parts or ask you to look at or touch anyone else's.
- Sometimes doctors, nurses or family members might have to. This is OK, as long as these people have explained why, and have asked you if it's OK first.



Always remember your body belongs to you

- Your body belongs to you, and no one else.
- No one has the right to make you do anything that makes you feel uncomfortable. And if anyone tries, you have the right to say no.
- Remember you can always talk to an adult you trust e.g. mum, dad, grandparent, aunt, teacher, learning mentor about anything which worries or upsets you.



No means No

- You have a right to say “NO” to an unwanted touch – even to a family member or someone you know or love.
- This shows that you are in control of your body and your feelings should be respected.
- If you feel confident to say no to your own family, you are more likely to say no to others.



Talk about secrets that upset you

- What is the difference between 'good' and 'bad' secrets?
- Good secrets can be things like surprise parties or presents for other people.
- Bad secrets make you feel sad, worried or frightened.
- Telling a secret will never hurt or worry anybody in your family or someone you know and love.



Speak up, someone can help

- If you ever feel sad, anxious or frightened you should talk to an adult that you trust.
- This doesn't have to be a family member. It can also be a Teacher, Learning Mentor or a friend's parent – or even ChildLine.
- Remember whatever the problem, it's not your fault and you will never get into trouble for speaking up.