

1A



MY BODY

Mommy asks 'Can I hug you?' and you say yes and it feels warm and happy. Is that okay?

Yes! When a touch feels happy and safe, that's a good touch.

Hint: Safe hugs from people you love feel warm and good!

1B



MY BODY

Someone says 'Come sit on my lap' and your tummy feels weird or wrong. Do you have to?

No. You are the boss of your body. You can say no to anyone.

Hint: Say 'No thank you!' to anyone, anytime. Even grown-ups you know.

2A



PRIVATE PARTS

Mommy helps you wash in the bath. Your doctor checks your body at your checkup. Is that okay?

Yes — those are safe helpers keeping you clean and healthy.

Hint: Mommy, daddy, and your doctor can help with private parts to keep you safe.

2B



PRIVATE PARTS

Someone who is NOT your mom, dad, or doctor wants to touch the parts under your bathing suit. Is that okay?

No. Those parts are private. Nobody else should ever touch them.

Hint: If someone tries, say NO and tell mom or dad right away.

FOR GIRLS
3A



BODY NAMES

You know your elbow and your knee. The parts under your bathing suit have real names too. Your front private part is called a vagina. Your back part is your bottom.

Knowing the real words helps you tell mommy or daddy if something ever feels wrong or hurts.

Hint: Vagina is just a body part word — like elbow! (For older children, the outer part is called the vulva.)

FOR GIRLS
3B



BODY NAMES

If something happened near your vagina and it felt wrong or hurt, could you tell mom or dad exactly what happened?

Yes! Using the real word helps mom and dad understand so they can help you right away.

Hint: Always tell mom or dad if anything feels wrong or hurts down there.

FOR BOYS
3A



BODY NAMES

You know your elbow and your knee. The parts under your bathing suit have real names too. Your front private parts are called your penis and your balls. Your back part is your bottom.

Knowing the real words helps you tell mommy or daddy if something ever feels wrong or hurts.

Hint: Penis is just a body part word — like elbow! (For older children, balls are called testicles and scrotum.)

FOR BOYS
3B



BODY NAMES

If something happened near your penis and it felt wrong or hurt, could you tell mom or dad exactly what happened?

Yes! Using the real word helps mom and dad understand so they can help you right away.

Hint: Always tell mom or dad if anything feels wrong or hurts down there.

4A



SAFE TOUCH

Grandma gives you a big squeeze and you laugh and feel happy. What kind of touch is that?

That's a safe touch! Safe touches feel warm, happy, and kind.

Hint: Safe touches make you smile — hugs from family, high fives, holding hands.

4B



SAFE TOUCH

Someone touches you in a way that feels scary, wrong, or makes your tummy feel funny. What kind of touch is that?

That's an unsafe touch. Your uh-oh feeling is telling you something is wrong.

Hint: Say NO, get away fast, and tell mom or dad right away.

5A



SKIN SAFETY

Mommy helps you put on your bathing suit before swimming. Is it okay that mommy sees your private parts then?

Yes — mommy is helping you get ready and keeping you safe.

Hint: Mommy and daddy can help you get dressed. That's part of keeping you safe.

5B



SKIN SAFETY

Another kid says 'Pull down your pants and show me!' What do you do?

No. Your private parts are yours. You never show them to other kids.

Hint: Say NO loudly and tell mom, dad, or your teacher right away.

6A



SKIN SAFETY

A doctor checks if you have a rash near your private parts. Mommy is right there in the room. Is that okay?

Yes — your doctor is helping keep you healthy and mommy is right there.

Hint: A doctor can look at private parts when a parent is there and they are helping you.

6B



SKIN SAFETY

Someone lifts their shirt or pulls down their pants to show you their private parts. What do you do?

No grown-up or kid should ever show you their private parts.

Hint: Say NO, walk away fast, and tell mom or dad right away.

7A



SAFE MEDIA

Grandma shows you a funny video of a puppy on her phone. Is that okay?

Yes! Funny videos of animals, cartoons, or family are fine to watch.

Hint: Videos that make you laugh or help you learn something good are okay.

7B



SAFE MEDIA

Someone wants to show you a picture or video of private parts. What do you do?

No. Nobody should ever show you pictures or videos of private parts.

Hint: Say NO, walk away, and tell mom or dad right away — even if they say it's a secret or a game.

8A



SECRETS

Daddy is planning a surprise birthday party for mommy and says 'Don't tell mommy yet!' Is that okay?

Yes! A surprise is happy and gets told soon. Surprises make people feel good.

Hint: Happy surprises that get told soon are okay — like birthday parties or presents!

8B



SECRETS

Someone touches you and says 'Don't tell your mom and dad — it's our secret.' What do you do?

That is never okay. Secrets about bodies or touches always get told to mom or dad.

Hint: Tell mom or dad right away. You will NEVER be in trouble for telling.

9A



Your friend says 'You're my best friend and I love playing with you!' Does that feel good?

Yes! Kind words make us feel happy, safe, and loved.

Hint: Good words make your heart feel warm and happy.

9B



A grown-up or kid says something about your body that feels weird or wrong. What do you do?

Walk away and tell mom or dad exactly what they said.

Hint: Practice saying: 'I don't like that. I'm going to tell my mom.' You can always tell us.

10A



Grandma has cookies and says 'Come in the kitchen, I made these for you!' Is that okay?

Yes! People who love you give you treats at home with family around.

Hint: Treats from people you know and trust, at home or with family, are okay.

10B



Someone you don't know says 'I have candy and chocolate for you — come with me!' What do you do?

No. People who love you don't need to lure you away with candy.

Hint: Say NO and find mom or dad right away. We give you treats — not strangers.

11A



Daddy says 'Come see the puppies at the pet store!' and takes you in together. Is that okay?

Yes! Going with mom or dad to see something fun together is always safe.

Hint: Doing fun things together with mom and dad is always okay.

11B



Someone you don't know says 'Come help me find my lost kitten!' What do you do?

No. Grown-ups who need help should ask other grown-ups — not kids.

Hint: Say NO and find mom or dad. We can help animals together — never alone with a stranger.

12A



Your friend holds your hand while you walk to the playground together. Is that okay?

Yes! Friendly touches like holding hands or a pat on the back are safe touches.

Hint: Kind, friendly touches from other kids feel good and safe.

12B



Another kid at school tries to touch your private parts or asks to see them. What do you do?

No. Other kids should not touch your private parts either.

Hint: Say NO loudly and tell your teacher or mom and dad right away.

13A



Mommy takes a picture of you in your birthday outfit to send to grandma. Is that okay?

Yes! Family photos of you in your clothes are happy memories.

Hint: Photos of your face and outfits with family are sweet and safe.

13B



PHOTOS

Someone wants to take a picture of your private parts. What do you do?

No. Nobody should ever take pictures of your private parts.

Hint: Say NO and tell mom or dad right away — no matter who it is.

14A



SAFE CAR

Daddy opens the car door and says 'Time to go home!' Is it okay to get in the car with daddy?

Yes! You know daddy's face and you know he keeps you safe.

Hint: Only get in a car with mommy, daddy, or someone they said is okay.

14B



SAFE CAR

Someone you don't know well says 'Your mommy sent me to pick you up. Come get in my car.' What do you do?

No. Never get in a car without mommy or daddy saying it's okay first. Ask for the family code word.

Hint: Safe people don't trick you into their car. If they don't know the code word, say NO and find a grown-up you know.



UH-OH FEELING

Have you ever felt something funny in your tummy telling you something wasn't right — like when a dog growled at you?

That's your uh-oh feeling! Your body is smart — it tells you when something is wrong.

Hint: When you get an uh-oh feeling, stop, get away, and tell mom or dad right away.



SAFE PEOPLE

If something happened that felt wrong and mom and dad weren't right there, who else could you tell?

Can you name five safe people? Practice saying their names out loud!

Hint: Mom, dad, grandma, your teacher... who is your fifth safe person?



ALWAYS TELL

What if something happened that felt wrong and someone told you to keep it secret — and you were scared to tell us?

You will NEVER be in trouble for telling us. We will always believe you. Always.

Hint: There is nothing you could tell us that would make us stop loving you.