



CHILDREN'S ADVOCACY CENTER OF COLLIN COUNTY
PRESENTS

MY SAFETY SHEET

MY RULES FOR SAFETY



I will never go anywhere with anyone without my parent's permission.

I will never go anywhere alone.
I will always go with a buddy.

I will say no if someone says something, or tries to touch me, in a way that makes me feel uncomfortable; and I will go tell a safe adult what happened.

I will trust when I get an "uh-oh" feeling in my tummy and will talk to a safe adult about how I feel.



MY BODY IS MINE ALONE

I have my own personal space and my own PERSONAL BOUNDARIES.

NO ONE has the right to touch me on the private parts of my body without my permission.

My private parts are the places on my body that are covered by my swim suit.

I have control over whom I allow inside my personal space.

I have the right to say "NO THANK YOU" if I don't want someone to hug or kiss me.



I am special and I deserve to feel safe!

An adult should never ask me to keep a secret.

An adult I don't know should never ask me for help; like help with directions or finding a lost puppy. That might be a tricky person.



SAFE ADULTS

A safe adult is someone my family and I know and trust.

MY FIVE SAFE ADULTS ARE

1. _____
2. _____
3. _____
4. _____
5. _____

