

BLUEPRINT FOR BUILDING SAFER, SMARTER FAMILIES ACTIVITY BOOK



SAFE & UNSAFE TOUCHES



Your neighbor grabs and squeezes your arm too tightly as you are walking home from the bus stop. Is this a **safe** or **unsafe** touch?

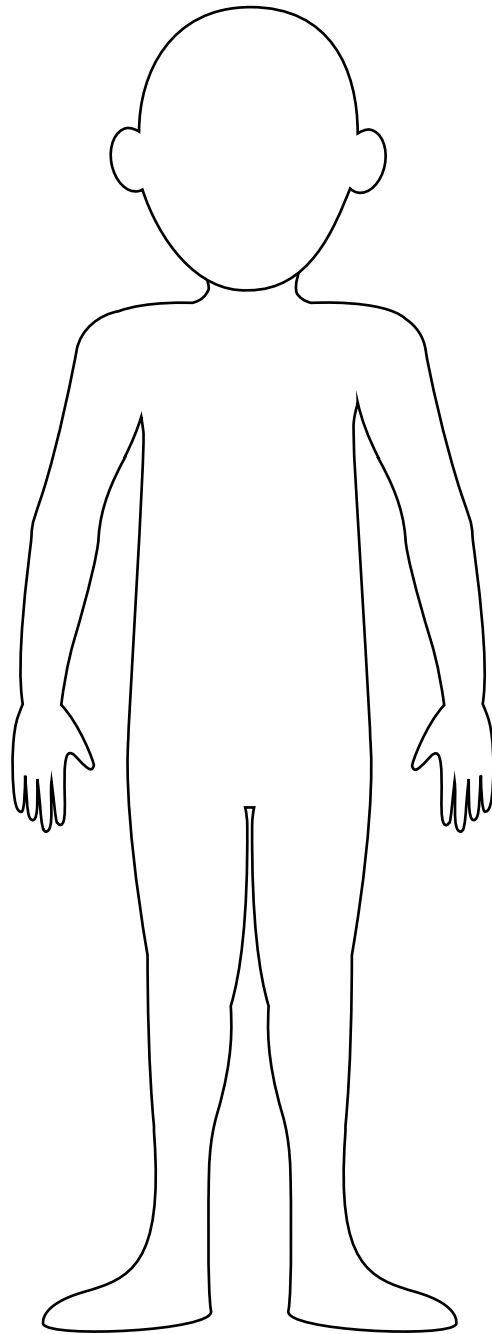


You and your best friend have a special secret handshake that only the two of you know about. Is this a **safe** or **unsafe** touch?

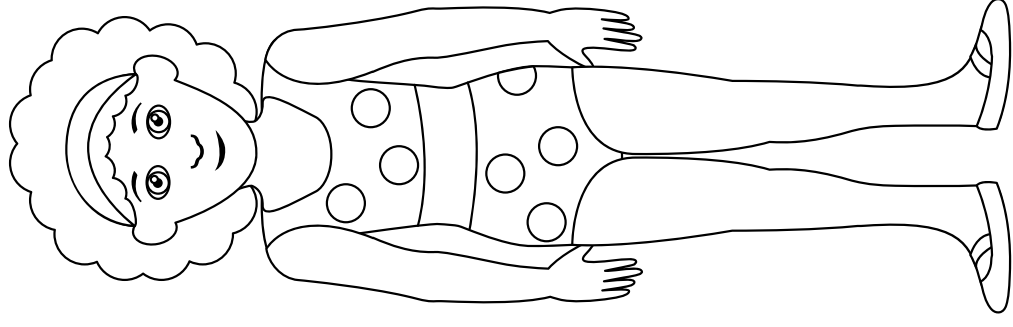
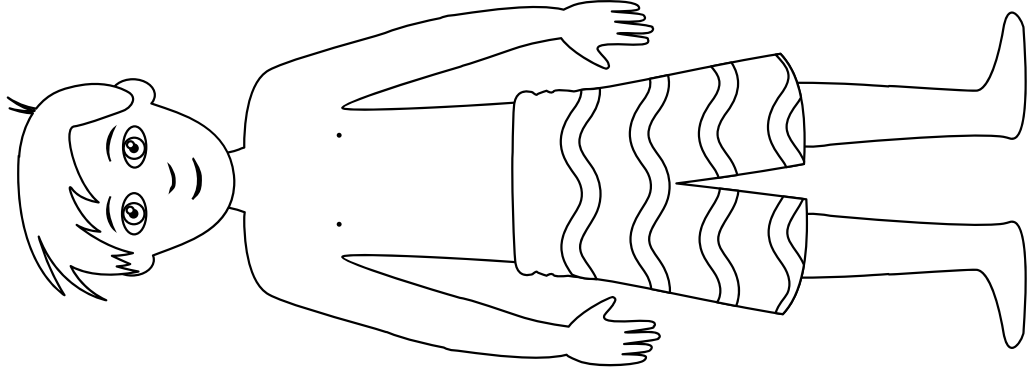


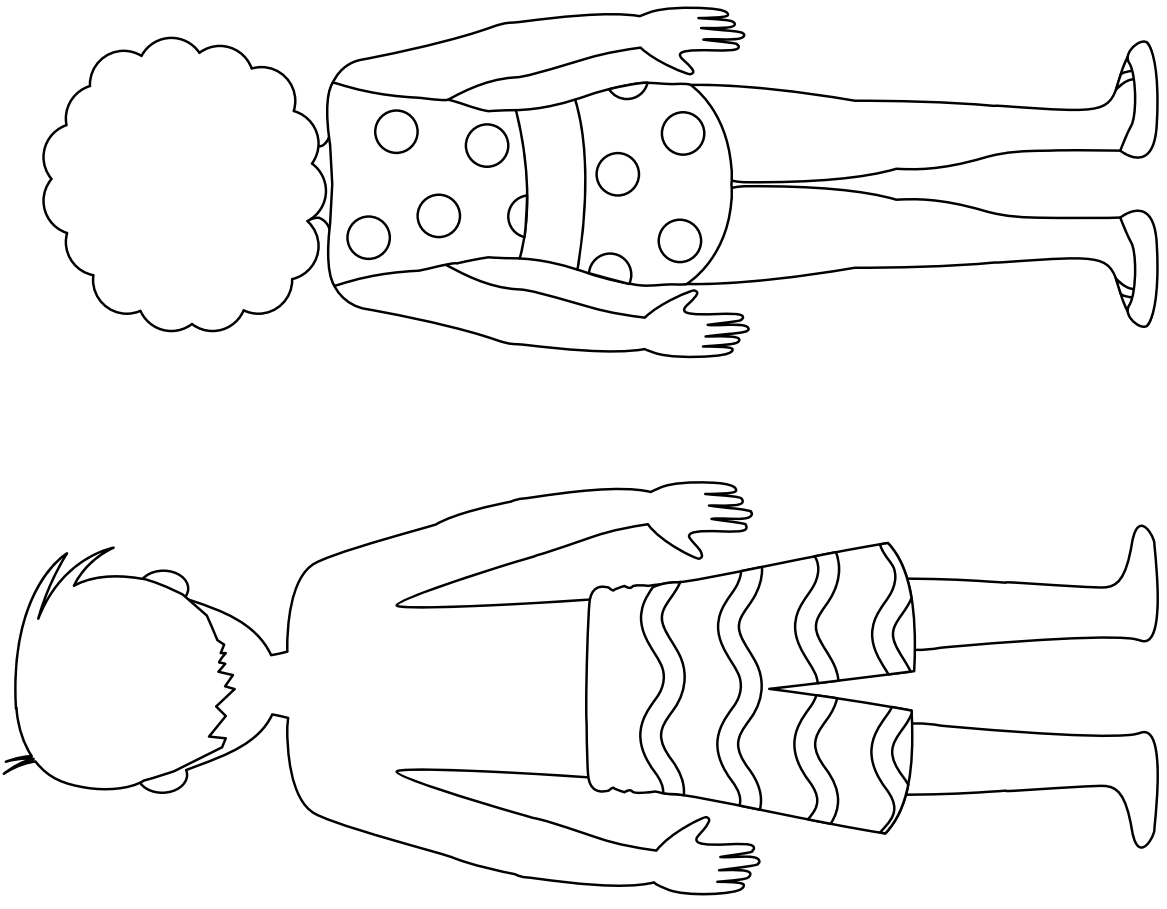
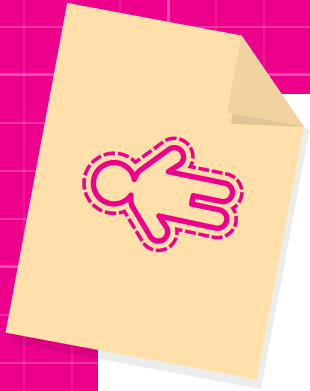
You and your older sister are playing tickle monster, and she is tickling and tickling you, and you feel totally safe. But as she keeps tickling, you can't breathe, so you feel scared. Is this a **safe** or **unsafe** touch?

WHERE'S YOUR PERSONAL SPACE?

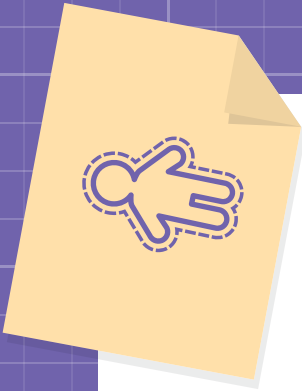


PRIVATE PARTS COLORING SHEET



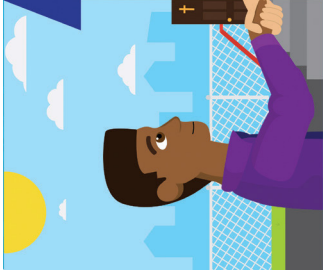


BODY BOUNDARY VIOLATION



Yes
Why?

No
Why not?



Yes
Why?

No
Why not?



Yes
Why?

No
Why not?



Yes
Why?

No
Why not?



Yes
Why?

No
Why not?



SAFETY WORDS



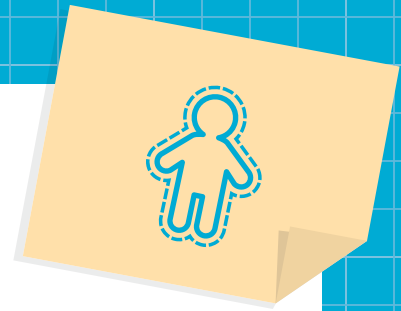
U O Z L Y U Y L P H Q N B
E J V Q O P B G E C A S O
L Z U L A R A D R P D A U
T W N E Z I T L S M S F N
I V S C X V H R O M A E D
W D A E N A I N N U F T A
C E F D O T N F A V E O R
Q X E T V E G C L X T U I
H E T X C P S P S L Y C E
R Z O E P A U I P B C H S
P S U J A R I M A W O U V
K S C Z T T T U C C F D D
I Q H A N S W Y E Q F S Y

FIND THE SAFETY WORDS

Words can go horizontally, vertically and diagonally in all eight directions. Words may overlap.

Bathing Suit
Boundaries
Personal Space
Private Parts
Safe Touch
Safety
Unsafe Touch

USE YOUR VOICE!



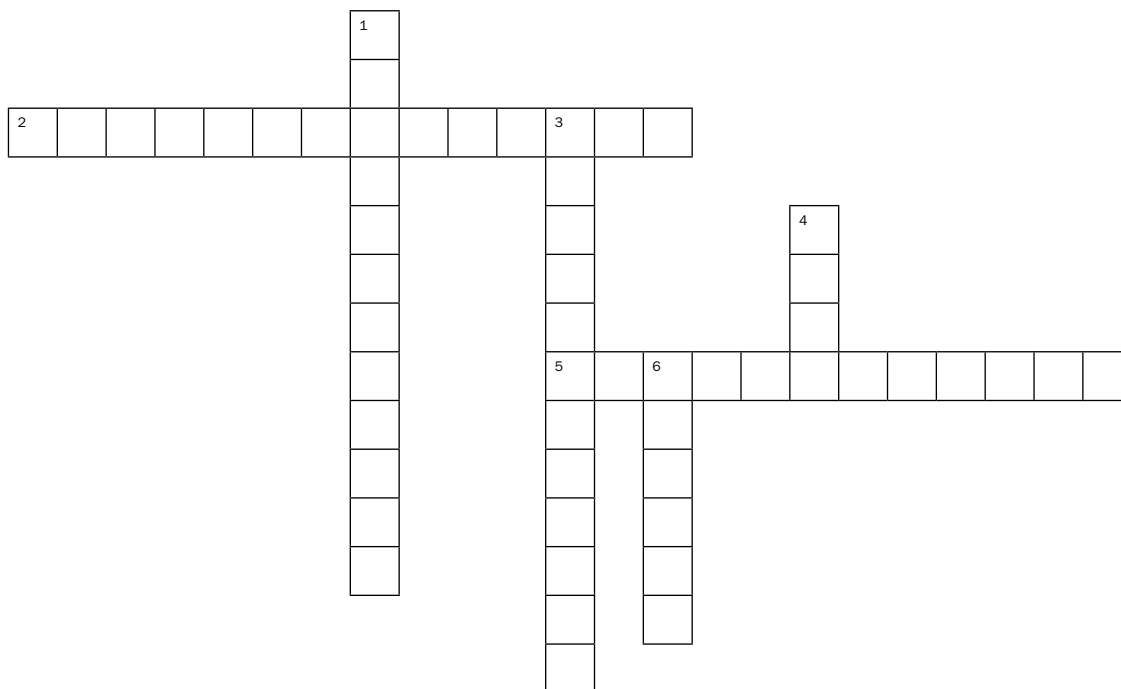
Read each body boundary violation situation. Write what you would say to a trusted adult to be heard and helped!

You're watching TV at your new friend's house and her high school-aged brother sits next to you and puts his arm around you. This is a violation because this person is someone that you don't know well and who is much older than you. Sitting so close to you on the couch and putting his arm around you is confusing and makes you feel uncomfortable.

A big kid on the bus slaps you on your rear end when you walk by and says he is paying you a compliment. This is a violation because this person's touch and comment makes you feel embarrassed and uncomfortable. Touching a private part of your body is a violation.

Someone you don't know is standing behind you in line at the grocery store and touches your ponytail and tells you your hair is pretty. This is a violation because this person is someone that you don't know who has touched you when you were not looking and that touch and comment is confusing and uncomfortable.

SAFETY CROSSWORD



Use what you have learned about safety to complete the crossword puzzle!

ACROSS

- Keep telling until you get these 2 H's
- Who you report a body boundary violation to

DOWN

- The area that surrounds you and includes the private parts of your body; no one should violate this invisible barrier
- The parts of your body covered by your bathing suit (and your mouth, too)
- A _____ touch makes you feel loved, encouraged, or happy
- An _____ touch makes you feel confused, icky, scared, or uncomfortable

WHAT THIS MEANS TO ME



To feel safe you must know that others respect your body boundaries. Think about how you would communicate to someone that their actions are body boundary violations. What steps would you take if violations to your body boundaries created an unsafe situation for you?

SAFETY CHECK UP

See what you learned about your physical safety!

1. Each person should respect the personal space and body boundaries of everyone. True or False
2. A _____ is welcomed and makes you feel loved, safe, and happy.
3. What should you do if you feel that a touch is not safe and makes you feel uncomfortable?

4. A hard, angry slap on the back is a safe touch. True or False
5. A _____ should always be reported to a trusted adult.