

# My Body Belongs to Me



My body is my own.

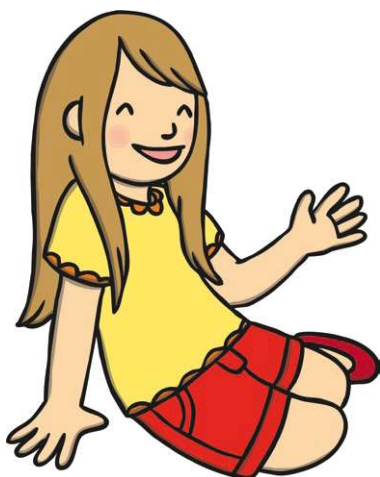
I look after it well.



My body is my own.

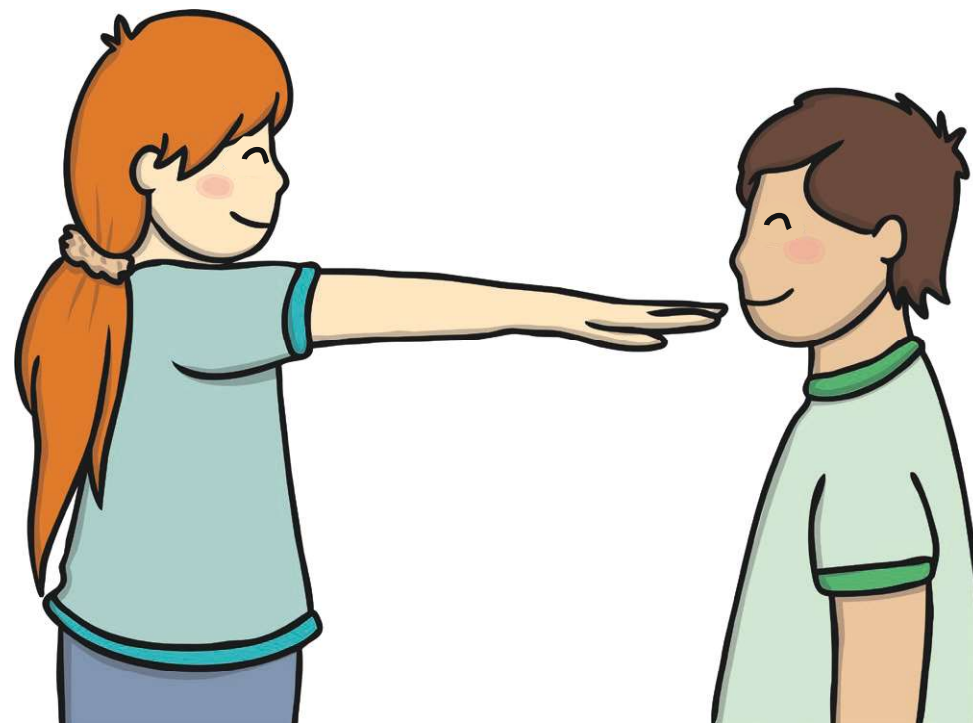
I decide who comes close to me.

I should always tell an adult I trust if I ever feel uncomfortable.



Everybody has personal space.

This is space around our body that we only let some people into at certain times.



We respect other people's personal space.

My body belongs to me.

It is my responsibility to keep my body clean and fresh.



When I take a bath or a shower, I close the door.

I wash with warm water and soap.

A stranger should never come into my personal space or touch my body.

I can still say 'No' if this makes me feel uncomfortable.



If someone comes into my personal space and it makes me uncomfortable, I should say 'No'.



I know when I need to go to the toilet.



I flush the toilet when I am finished.

I wash my hands when I am done.

If I need help with anything, I can ask an adult I trust.

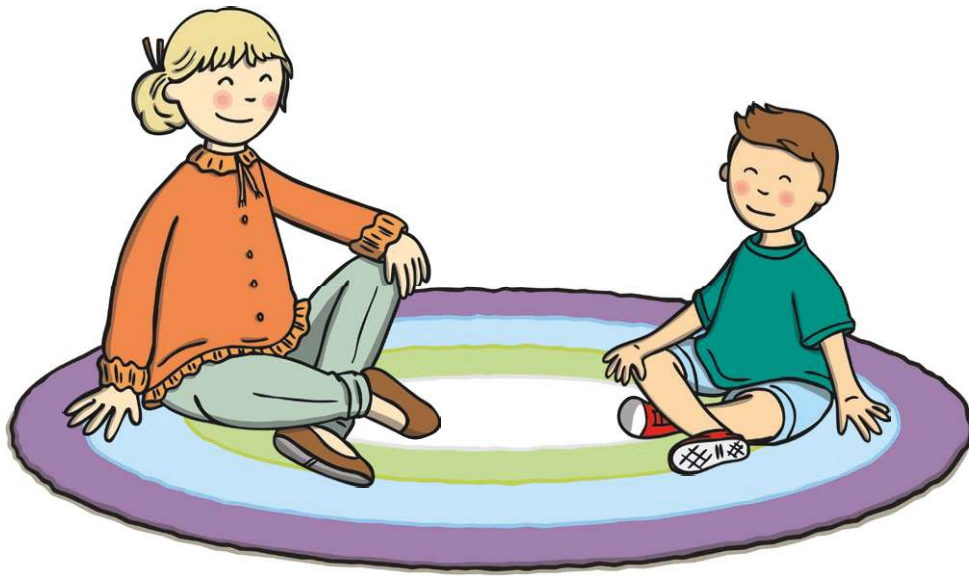


If someone asks me to do something that makes me feel uncomfortable, such as taking my clothes off, I should say 'No'.

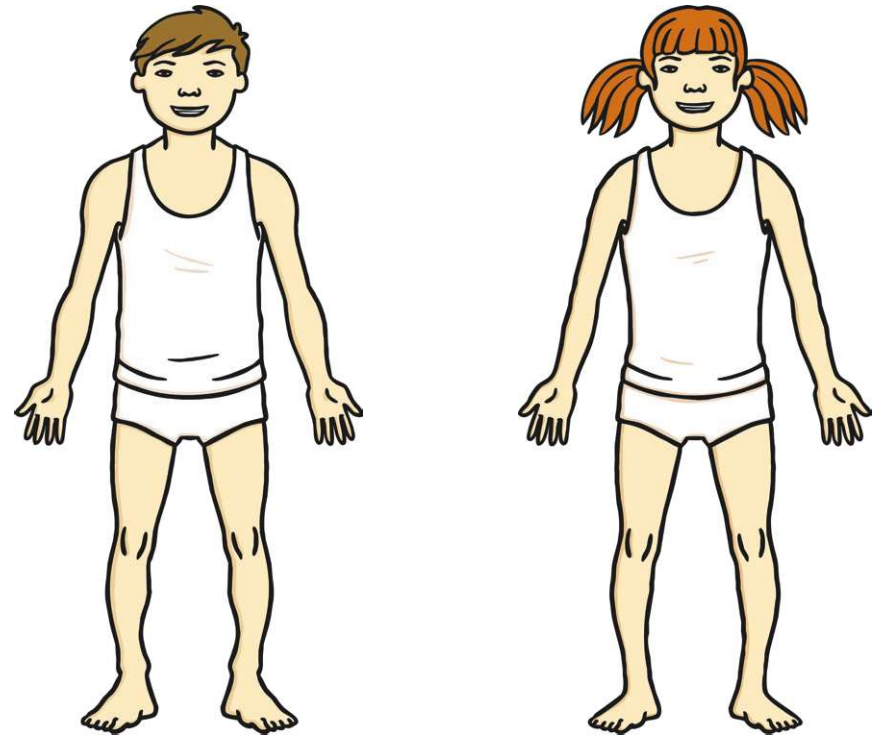




I should tell someone I trust if anyone asks me to do anything that makes me feel unhappy or uncomfortable.



My private parts are the areas that are covered by my underwear.



My private parts should stay covered unless I am changing, washing or going to the toilet.

Sometimes, a doctor may want to see my private parts if I need help.

If I do not want someone to do this, I must say 'No'.



Members of my family may help me to get washed and dressed, so they might see my private parts.

If I do not want them to do this, I can always say, 'No'.

