











I promise myself...

-  To be the boss of my body!
-  To remember that I get to decide what touches feel unsafe to me.
-  To say “NO” to someone if his or her touches make me scared or uncomfortable.
-  To call my body parts by their real names.
-  To never let anyone look at or touch my private body parts except a parent or doctor. If the touch feels unsafe or uncomfortable, I will say “NO”.
-  To never keep secrets especially if I am scared.
-  To tell an adult I trust if someone asks me to keep a secret or tries to look at or touch my private body parts.
-  To never go anywhere or take anything from a stranger or someone I don't trust.
-  To remember it is never my fault if something bad happens.
-  To get help right away if something bad happens.



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