

Chater Infant School

**“We all have
the right to
feel safe
all the time”**



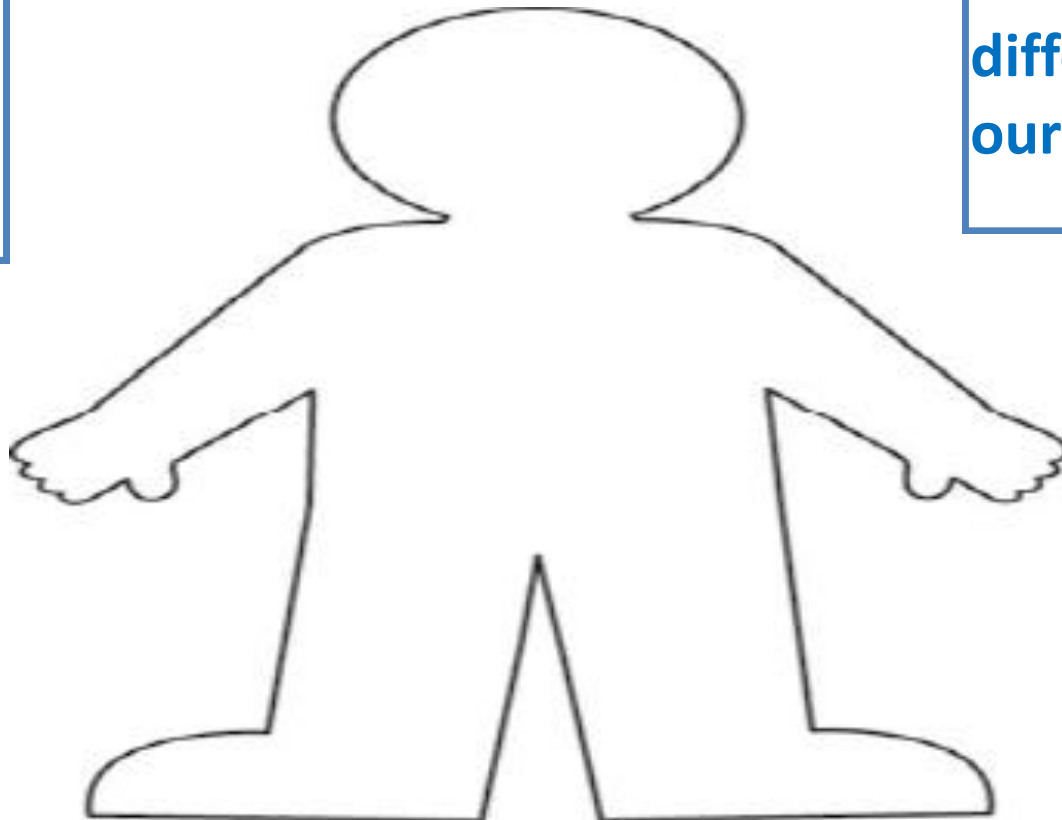
Our bodies are very clever

Our bodies give us early warning
signs

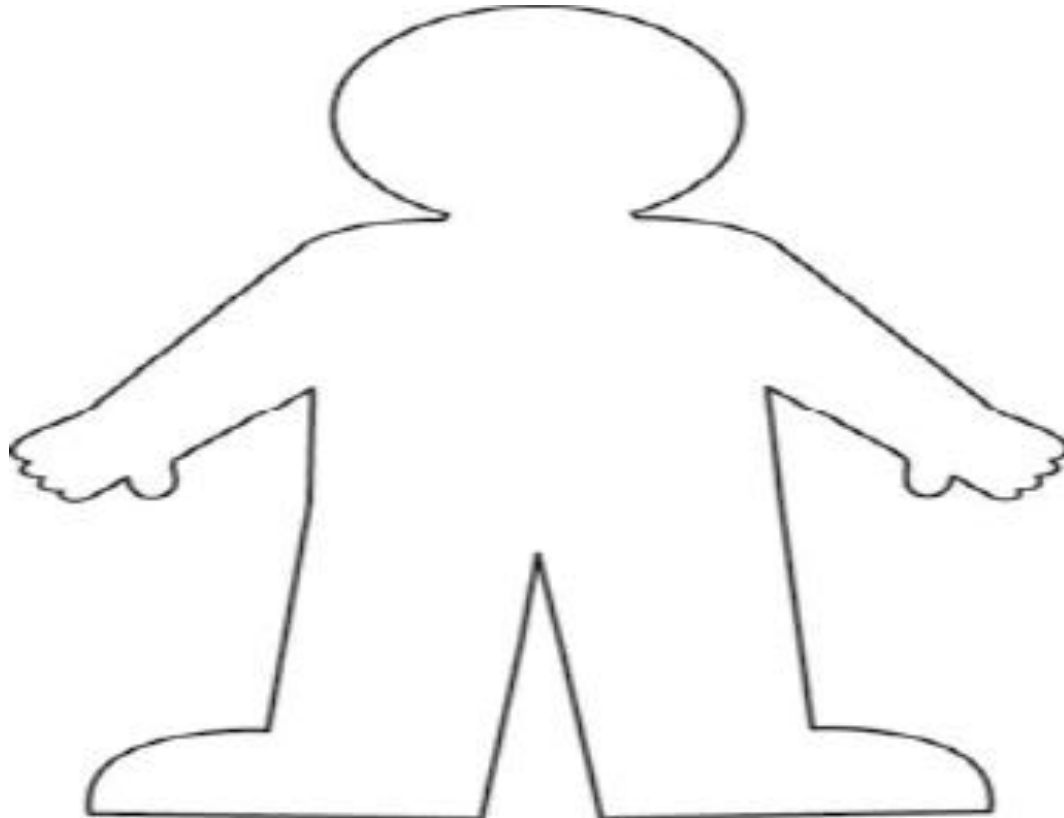
We can get fun to be scared feelings

Tell an adult if
you are feeling
worried

We feel worries in
different parts of
our bodies



**We can get I am very worried or
scared feelings**



SAFE



Fun to be scared

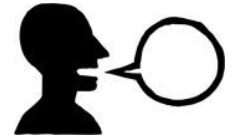


NOT SAFE

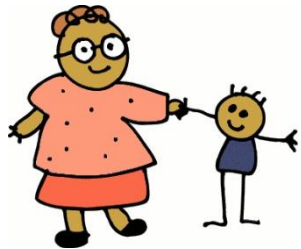
Not fun to be scared



At school we have a worries box



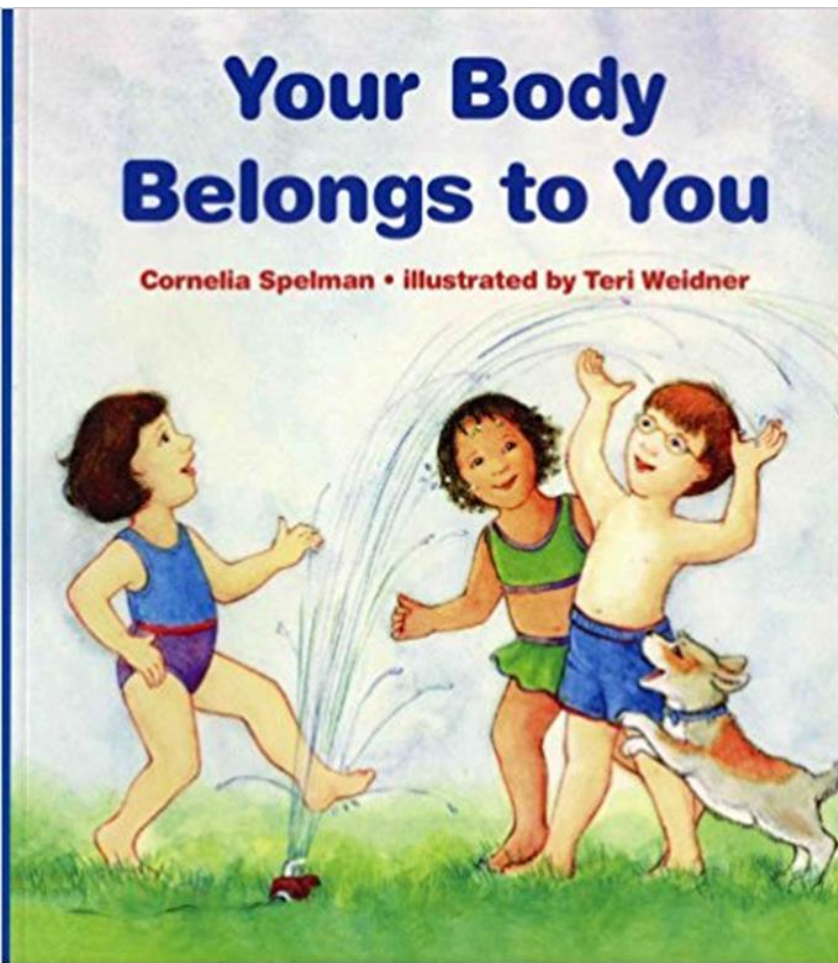
**Write your name and your
worry
and put it into the box**



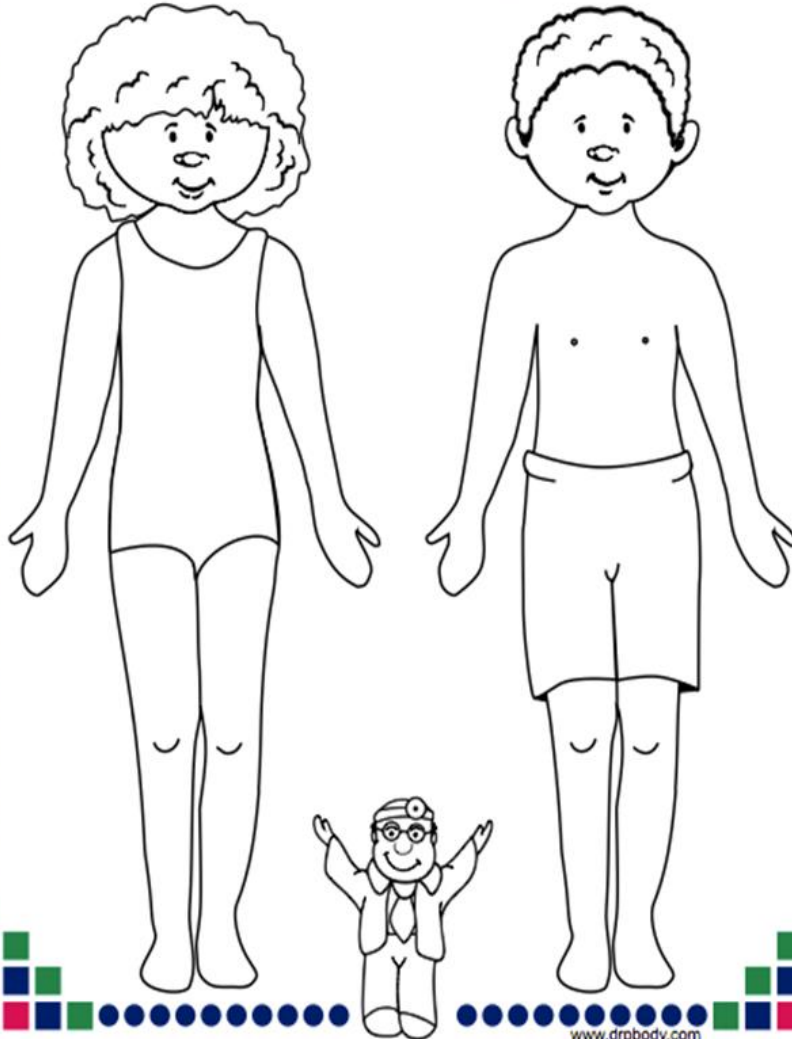
**Little and BIG worries
BOX**

Your Body Belongs to You

Cornelia Spelman • illustrated by Teri Weidner



Bathing suits cover the parts of your body that are private. People should keep these parts of their body to themselves. You should not touch someone else's private parts and they should not touch yours. Find the bathing suits in the picture below and color them your favorite color.



You Are the Boss of Your Body!

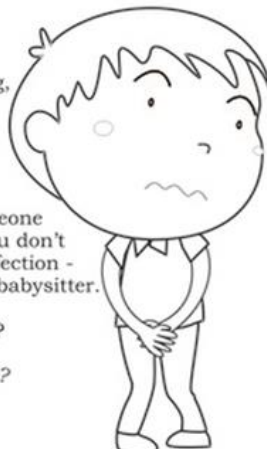
© The Mama Bear Effect, Inc.

Meet Emma and Ethan

They are learning what it means to be the boss of their body.



Auntie Heather is coming to visit.
Emma can't wait to give her a big hug,
but Ethan is feeling a bit shy.
Does Ethan have to give
his aunt a hug?



Nope!

Hugging and kissing, sitting next to someone
or on their lap, are always up to you - if you don't
feel comfortable, you don't have to show affection -
even for family or big people, like a teacher or babysitter.

What could Ethan do instead of hug?

Wave? Shake hands? Give a high five?

Ethan and Emma were playing around and
tickling each other. After a little while, though,
Emma didn't want to play anymore -
even though Ethan did.

Does Ethan have to stop
tickling Emma?

Yes.

If someone doesn't like how
their body is being treated - even if they
were ok with it at first, that is their right,
and the other person needs to stop.

"No" and "stop" are very important words,
that need to be listened to and respected.
It is best to ask before a first hug or kiss,
so that we know the person is ok
with being touched.

Even big people need to follow this rule.



What about a doctor's visit?

At a checkup, the doctor will have to look and touch your body to make sure you are healthy.
Your mom or dad is with you to watch and make sure the doctor is respecting your body.
If you ever have a concern about how someone is touching or treating you - you should go
to a parent or other trusted adult like _____, and tell them about it.

For more information visit TheMamaBearEffect.org



INSTINCTS

THE 'ICKY FEELING'

Our bodies are capable of doing some pretty amazing things.

We all have something called an 'instinct' - it's when our body gets a feeling that something may be unsafe.

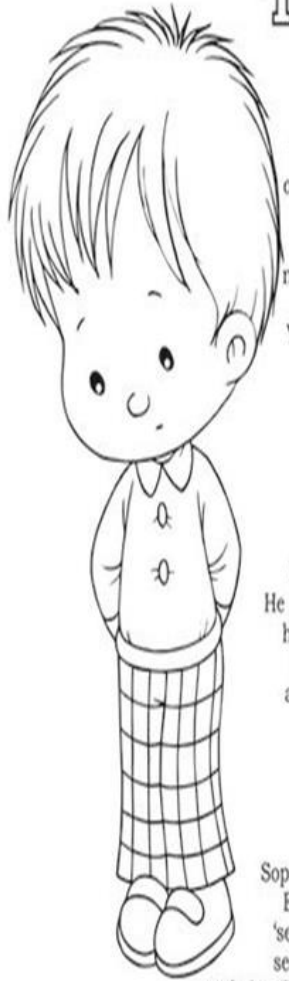
Sometimes, your body 'talks' to you when it feels nervous by making your stomach or chest feel "yucky."

You might feel it when you see a strange dog running toward you, a big ride at an amusement park, or even from another person.

It's your body's way of warning you that this person or thing may not be safe.

Noah met his daddy's friend, Peter, for the first time. He got an icky feeling from the way Peter talked to him and how he poked Noah in the belly. He stayed close to his parents. After Peter was gone, Noah told his parents about the icky feeling. A few weeks later, Peter offered to take Noah to a car museum, since he saw how many toy cars Noah had. Noah didn't want to go, so his parents told Peter they had already made plans as a family to go.

Sophia always loved playing with her friend, Emily. One day Emily's cousin was visiting and wanted them to play a 'secret' game in the closet. Sophia felt nervous, she knew secrets weren't allowed and said she would rather do the craft that Emily's mom was preparing downstairs. At home, Sophia told her mom about the icky feeling she got about the 'secret' game. Her mom was proud of her for being brave and telling her - it was the right thing to do.



What can we do if we do not feel safe and have worry feelings?



Who can you tell if you feel worried about something?



Lunch time
adult?

A teacher?

An aunty
or uncle?

Another
person?

Your mum
or dad?

