

My Body is Mine



Created by



Supported by



★ My Body Belongs to Me ★

- ✓ This is my body.
- ✓ From my head to my toes.
- ✓ I am the boss of my body.
- ✓ No one owns my body but me.

It is important to understand that your body is yours.

You can decide what feels good and what doesn't.

Always remember, you have the right to speak up about your body.



Safe Touch and Not Safe Touch

✓ Safe Touch



- ✓ When I feel okay.
- ✓ When I am not scared.
- ✓ When I say yes.

✗ Not Safe Touch



- ✗ Touch that makes me feel scared.
- ✗ Touch that hurts.
- ✗ Touch I don't like.

If it feels bad, it is not okay.

★ I Can Say No ★

- ✓ I can say no.
- ✓ I can shout.
- ✓ I can move away.



Even if the person is older,



Even if the person is older,



Or the person is known.



Or giving food.



Or giving money.

It's important to know you can express your feelings. Saying no is a powerful way to protect your body and ensure your comfort in any situation.

Get Help from ★ **Someone You Trust!** ★

If someone touches me in a bad way:

- I will tell a safe adult.
- I will keep telling until someone listens.

I did nothing wrong.

It is NOT my fault.



It's important to talk to a trusted adult when you feel unsure or need help. They can listen, support you, and ensure you are safe and comfortable at all times.

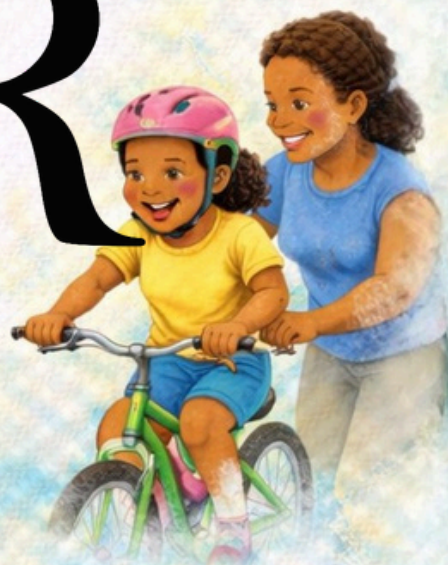
★ You Matter ★ Every Day

You are important.
You deserve to feel safe.
You matter.



It's important to remember that you are special and valued. Your feelings and your thoughts are important. It's always good to share them with someone you trust when you need support.

★ You Matter ★
Every Day



☎ 234-906-143-6602

☎ 234-707-115-3016



Capior Foundation

★ **Helping Children Stay** ★ **Safe and Confident**

This book helps children understand that their body belongs to them and that their feelings matter.

As a parent or caregiver, you play an important role in helping children understand safety, boundaries, and trust.



You can support your child by:

- Listening carefully when they share feelings
- Teaching them safe and unsafe touch
- Encouraging them to speak up when something feels wrong.
- Reminding them they will never get in trouble for telling the truth.
- Helping them identify trusted adults

Let your child know:

- They are safe to talk to you
- They are always believed
- They are always protected
- They always matter.



★ My Trusted Adults List ★

People Who Help Keep Me Safe

These are adults I can talk to when I need help, feel scared, or feel unsure.

I can tell them anything, and they will help me stay safe.

Name: _____

☎ Phone: _____

Name: _____

☎ Phone: _____

Name: _____

☎ Phone: _____

Name: _____

☎ Phone: _____



If one person cannot help,
I will keep telling another trusted adult.

★ My Safety Promise ★

My Body Safety Promise

These are adults I can talk to when I need help, feel scared, or feel unsure.

I can tell them anything, and they will help me stay safe.

- I know my body belongs to me.
- I will speak up if something feels wrong.
- I will say **no** if I feel uncomfortable.
- I will tell a trusted adult if I need help.
- I will keep telling until someone listens.

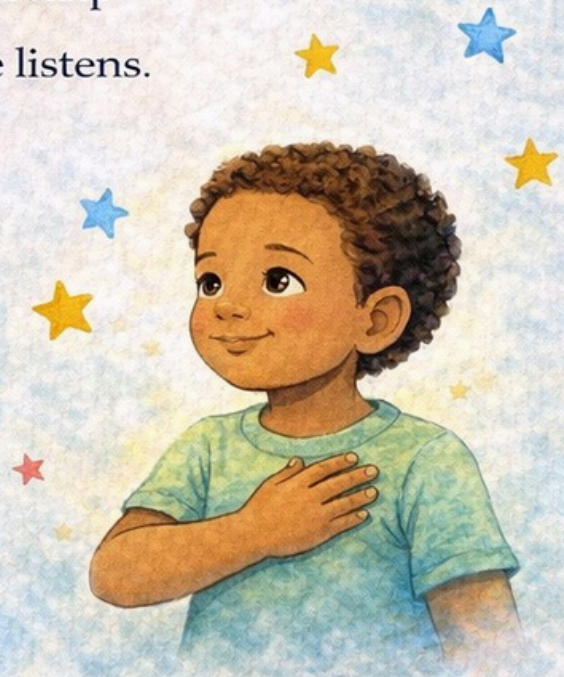
I am strong.

I am brave.

I matter.

My Name: _____

Date: _____



If one person cannot help,
I will keep telling another trusted adult. ★

★ Certificate of ★ **Safety** and Empowerment

This certificate is proudly given to:

For completing the program with courage and understanding
of how to stay safe and advocate for their wellbeing.

Signed: _____

Date: _____



Presented by: Capior Children's Haven Foundation

My Notes

This image shows a full page of blank, lined notebook paper. The paper has a light green background with a subtle, repeating pattern of small, stylized leaves or flowers. Overlaid on this background are horizontal blue lines, which are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

 234-906-143-6602



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