

# The body safety

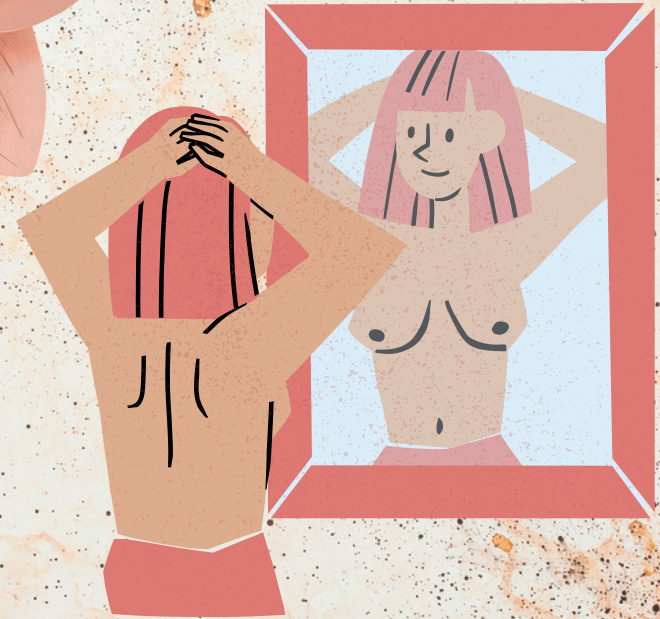


What you need to know about your body and  
about other people so that they do not harm  
you

1

# Know what your organs are called

This is important  
- these are your  
intimate places.



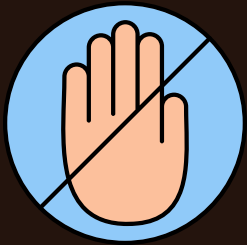
Your female organs are  
called the vulva. You also  
have mammary glands -  
breasts.



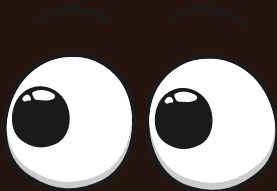
# The “panties” rule



Everything that is hidden under panties is only yours!



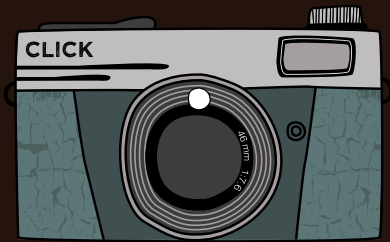
No one can touch your vulva, butt and breasts. Only mother and doctor if necessary.



No one can demand that you show yourself or force you to look at some other’s organs. For a man, it's a penis.

# 3

## The “panties” rule



No one can take pictures or video of your intimate parts or how you take care of your body



No one should spy on you in the toilet, shower or when changing clothes



No one should force you to undress

# Touches

4



A handshake, hugs with loved ones, a pat on the shoulder, touching hands, soft touches on the areas of the hands, backs are good touches. Of course, if they are pleasant.

There are good and bad touches. It is important to be able to distinguish and know which are acceptable and which are not.

# Touches



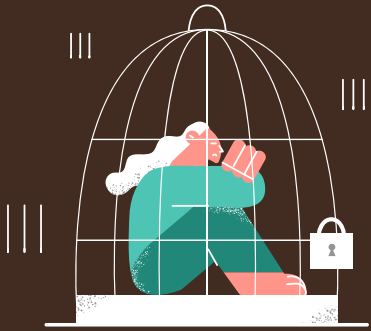
Touching intimate areas, holding the hand, rough touches and blows, grips that hinder movement and everything that causes discomfort are bad touches. They need to be stopped.

5

If you feel uncomfortable, any acceptable touch becomes bad!

# 6

## Bad actions



It is dangerous if someone tries to take you to a closed place and stay alone together



It is dangerous if someone tells you to be quiet and don't tell anyone, calling it a secret.



It is dangerous if someone offers you sweets, games or other rewards without the consent of your trusted adults.

# 7

## Who can be bad?!

You can expect danger from different people



- a volunteer or someone who provides assistance

- distant relative or acquaintance/family friend

- doctor or nurse

- another child

- strangers

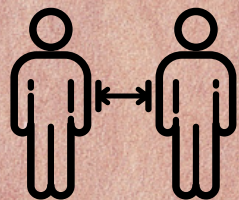
- representatives of different services



It is important to be careful always!



# What to do?!



Move to a safe distance



Put your hand in front with your palm and say "stop"



Call someone loudly or make noise - knock and rattle something



Call actions as it's are if you can - "don't touch my breasts"

Don't be silent!!!

# What to do?!

## 9



Tell your mom or an adult you trust.



Do not be afraid. You have nothing to be ashamed of. It is not your fault.



Be direct about who did and what. Show offender or describe him.

Your family and other adults will protect you and punish the offender!