

Child Personal Safety Program - SEVEN SIGNALS

Each signal gives you the right to say “NO!”, GET AWAY, and TELL a Trusted Adult Helper.



1. Swimming Suit covered areas (Private Parts)

It is NOT OK for someone to touch your private parts or make you touch the private parts of someone else. Your private parts are the parts of your body that you cover up when you go swimming or go to the beach.



2. Say “Ouch!”

Touches that hurt your body or make you say, “Ouch!” can be unsafe. If someone hurts your body or says they are going to hurt you, get away from them and ask a trusted adult for help.



3. Scary

A touch that is scary to YOU, even if it is not scary to anyone else. If someone says or does something that scares you, you can talk to trusted adults about how you feel.



4. Secret

A secret touch is when someone tells you to keep a touch a secret. For example, if someone touches your body and says, “You better not tell anyone!” That is NOT OK. You can always talk about touches to your body; your body belongs to you!



5. Simply don't like

- A touch (any touch at all) that you simply don't like or want. If you don't like a touch, you can always say, “No, thank you” or “I don't like that.”



6. Shocked or Confused

A touch that makes you feel shocked or confused, or gives you an “Uh, Oh” feeling inside. Even if you see something on TV or on the internet that makes you feel this way, you can say, “NO”, turn it off or walk away.



7. Self-Talk

If you feel like you might touch someone else in a way that is NOT OK, you can say “NO!” to yourself before you make a choice that is not safe. You can **GET AWAY** from that person if you need space or time to think, and you can **TELL** or ask a Trusted Adult for help. You **CAN** make a safe choice because you have a thinking brain and it belongs to you. **YOU CAN MAKE THE RIGHT CHOICE!**