

Remember, your body is yours!

Inappropriate touches may include:

- A hug or kiss that makes you feel uncomfortable
- A pat on the behind
- Touching a person's private parts
- Hitting, kicking, pulling hair

Appropriate touches may include:

- A high five
- A handshake
- A pat on the shoulder
- Treatment by a doctor, nurse, or parents when you have a cut or something hurts



You **never** have to do anything you don't want to do if it makes you feel strange or uncomfortable.

- This includes touching someone else in an inappropriate way.
- This also includes sharing any information on the Internet.
- If someone asks for your private information like your address, phone number, or any pictures of you

What can you do if you feel uncomfortable or are in a dangerous situation?

- You have the right to say "no" whenever anyone puts you in danger or makes you feel uncomfortable.
- Try and get away from the situation and go to a safe place
- Go to an adult you can trust and tell them what happened
- Keep telling until someone believes you and does something about it
- If a friend shares that they are being abused, tell a trusted adult. Do not keep it a secret.



Call for help - you can always call 9-1-1 or 780-423-4567.

The Catholic Archdiocese of Edmonton | www.caedm.ca | Toll Free: 1-844-469-1010



Keeping Yourself Safe



There are many children who don't feel safe all the time...

- Because they are being abused
- Many are being abused by someone they know, like family, neighbours, babysitters, teachers, coaches, and pastors

A person who abuses children may be:

- Male or female
- Rich or Poor
- Of any race or background
- Of any religion
- Of any job
- Of any age, it could even be someone your age or an older child



This can sound scary, but you can learn how to protect yourself.



You have a right to feel safe all of the time!

This means everywhere you are. At home, at school, at camp, at a friend's house EVERYWHERE



Listen to your body and to your feelings.

- When you are feeling scared or anxious, your body will warn you.

Find people you **trust**.

- Name 5 adults you know and feel safe with.
- These are people who you trust and will listen to you when you need to talk to them.



**Remember:
Abuse is not your fault!**

Do not keep secrets.



- Abusers may say things to keep you from telling others.
- They may say things like:
 - "What we do together is our special secret."
 - "Nobody will believe you if you tell."
 - "If you tell, people will get mad."
 - "You tell anyone, I'll hurt you or someone you love."
- They may even buy you a gift and ask you not to tell anyone.

Remember, no matter what, it's important that you **do not keep it a secret**. You need to **tell** a trusted adult. Abuse is **not** your fault.

