

What You Need to Know About Body Safety and Consent

You have the right to be safe while you are here

Every child deserves to be in an environment where they feel safe and secure at all times. That means we will report every allegation of sexual abuse or harassment and provide services to every child.

It can happen to anybody, and it is **never** your fault!



What is sexual abuse or harassment?

Unwanted attention and behavior that makes you feel uncomfortable and unsafe. It can include many different things like:

- Comments or advances that make you feel unsafe and uncomfortable
- Threats to harm you and/or your loved ones unless you do what they say. Threats to keep you here longer. Threats to make a report about you
- Touching private parts of your body or forcing you to touch the private parts of another person's body
- Showing you the private parts of their body or someone else's body
- Making you take or look at pictures and/or videos of private parts
- Giving you gifts, food, or special items in exchange for touching your private parts or showing them your private parts
- Asking you to lie or keep a secret

What are private parts?

All parts of your body under your bathing suit and your mouth. No one can touch your private parts. No one should ask you to touch their private parts and no one should show you pictures of private parts.

What is consent?

Consent is your permission for something to happen or an agreement to do something. No one should touch you without your permission. Telling someone not to touch you is NOT rude!

How to ask for consent or permission?

- Can I please...?
- May I please...?
- Would you like to...?
- Do you want to...?

How do you know that you feel unsafe?

Feeling unsafe when you are with someone or near someone can include any of these symptoms:

- Wanting to cry
- Getting goosebumps
- Heart beating fast
- Feeling sick in your tummy
- Feeling shaky
- Having wobbly legs
- Wanting to go to the toilet
- Feeling afraid



What can you do if someone makes you feel unsafe?

- You have the right to say **“NO,” “STOP IT,”** or **“DON’T TOUCH ME!”**
- Tell a trusted adult (counselor, teacher, or family member) immediately.
- Your body is your body. You get to say what is acceptable and not acceptable.

Never keep a secret that makes you feel bad, uncomfortable, or unsafe



How to report sexual abuse and harassment

If you have experienced sexual abuse or harassment or suspect someone else has been sexually abused or harassed, you need to report it. Tell a trusted adult or call:

Emergency

Dial **9-1-1** from any phone

If you are experiencing any type of abuse or have questions—please feel free to reach out to the **Childhelp National Child Abuse Hotline** by calling or texting **1-800-422-4453**. Whatever you are feeling is valid and we want to help.