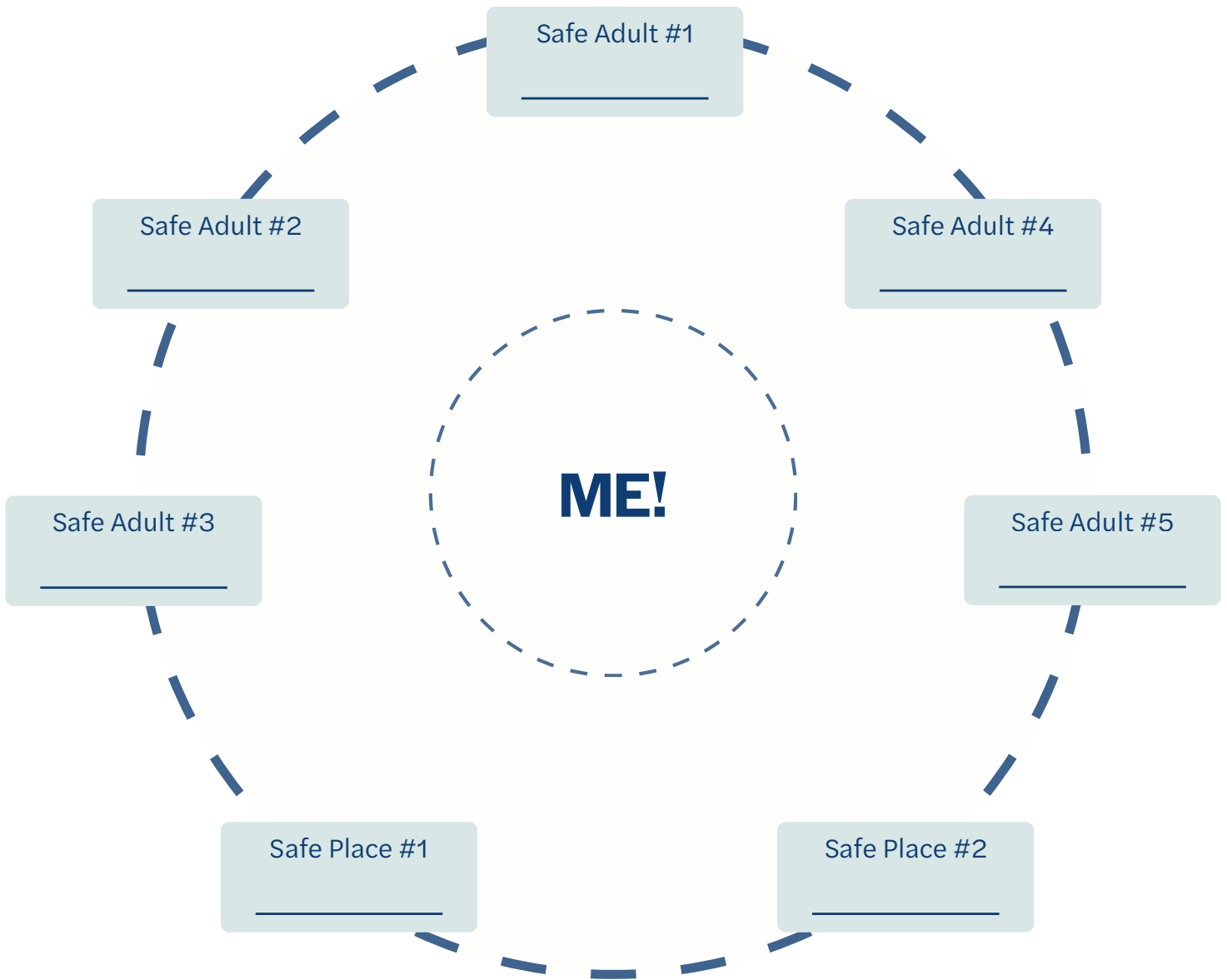


# My Safe Circle

My body belongs to **me**. Safe, trusted adults **listen, believe me, respect my space, and help me stay safe.**



**Draw or write your safe people in the circles above!**



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## My body belongs to me:

- 1 My body belongs to me
- 2 I can say "no" to touch I don't want — even from adults or people I know.
- 3 I don't have to hug, kiss, or touch anyone just to be polite.
- 4 I can use correct names for all parts of my body when I need help.
- 5 If something doesn't feel right, I can tell a safe adult

## I'm the boss of my body

You choose how to say hello and you can change your mind anytime:

Fist bump

High five

Wave

Hug (if YOU want)

Just say hi!

## Surprises vs. Secrets:

- **Surprises (safe)**  
Something happy that will be shared soon - like a gift or party!
- **Secrets (not safe)**  
Secrets about your body, touch, or things you're shown that make you feel confused, uncomfortable, unsafe, or scared.

*Safe adults never ask children to keep secrets about their body or a special relationship.*

## If something feels wrong:

- 1 Try to say "no" or move away if you can
- 2 Go to a safe adult as soon as possible
- 3 Tell what happened in your own words
- 4 Keep telling until someone helps you

## Online safety matters too:

If anything online makes you feel uncomfortable, confused, or unsafe — **tell a safe adult.**

### For example, if someone:

- Asks you to keep a secret from your parents or caregivers
- Asks where you live, go to school, or other personal details
- Wants to be your "special friend"
- Sends or shows you something that feels wrong or upsetting
- Asks you to move the chat somewhere private

## My body belongs to me.

I deserve respect, can trust my feelings, and can always speak up to a safe adult who will listen and help.



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