

YOU SHOULD ALWAYS FEEL LIKE THE BOSS OF YOUR BODY.

Early signs of being scared can include:

- butterflies in your stomach
 - sweaty palms
- your heart beating faster
- wobbly or shaky legs.



If you feel something is wrong, speak up to someone you trust or someone who will listen to you at:

Kids Helpline number **1800 551 800**

Webchat [kidshelpline.com.au](https://www.kidshelpline.com.au)

Phone or text **0438 320 218**

Email speakup@lca.org.au

Here at church:

**WHEREVER YOU ARE,
YOU SHOULD FEEL SAFE
FROM BEING HURT
BY ANYONE.**



I AM THE BOSS OF MY BODY!



**YOU DECIDE WHAT
HAPPENS TO YOUR BODY.
IT'S OKAY TO SAY NO!**

'No, thank you.'

'I don't feel like it.'

'I don't want to.'

'STOP!'



**NO ONE SHOULD TOUCH
YOU IN A WAY YOU'RE
NOT OKAY WITH.
NOT EVEN YOUR
FAMILY OR FRIENDS.**

**IF SOMEONE DOES NOT
LISTEN WHEN YOU SAY NO,
TALK TO AN ADULT.**

They can help you say no.
If they don't, keep asking until
you get the help you need.



**EVERYONE SHOULD TRY
TO LISTEN AND ACCEPT
WHEN PEOPLE SAY NO.**

**GOD HAS MADE YOU
SPECIAL, AND HE
PROVIDES YOU WITH
PEOPLE TO HELP YOU.**

IT IS WRONG IF SOMEONE:

- touches you in a way that makes you feel angry, sad or hurt
- asks you to keep secrets that feel wrong
- forces you to do something that scares you.

IT SHOULD STOP NOW!

