

*I am created in the image of God. God loves me, I am unique and special.*

*God loves me and created me.  
I am unique and special.  
There is no one in the world exactly like me.*

*Because God loves me and made me, God never wants anyone to hurt me.  
No one has the right to hurt me and I do not have the right to hurt anyone else.*

*If anyone touches the private parts of my body (those covered by my swimsuit)  
in a way that makes me feel weird, or uncomfortable or worried or scared*

*If anyone threatens me or tells me they will hurt me or a member of my family*

*If anyone asks me to keep secrets about my body from my parents or teachers*

*I will use the*

**No—Go—Tell Rule.**

I will say words that mean no:

**NO**

- Stop it
- Cut it out
- Leave me alone
- Quit it
- Don't do that to me

I will YELL if I am really scared

I will get away from the person as soon as it is safe:

**GO**

- I will go to a room with other people
- I will go home
- I will go to another adult
- I will try and call my parents

**TELL**

I will tell what happened to a trusted adult

- My mom or dad
- My grandparent
- My teacher

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