

Body Safety for you & for me

Circle the feelings you may have in a relationship and explain to a class mate what these feelings mean to you.

I do not like that	Thank you	How does this make me feel?	I am not to blame if I am hurt	I can talk to _____.
That is not nice	I feel happy	I can talk to _____	I deserve to be safe	That is not respectful
I feel comfortable	I deserve respect	Someone who can help	I have the right to feel safe	It is okay to get help
This is fun	I can say no	This makes me feel protected	I trust this person	I feel special
I can get help	I am confident	How do I feel?	Words should not hurt	I deserve to be happy!

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Now answer these questions and make a list of some of the things that might help you if someone were hurting you or someone you know in any way:

1. **Who could you talk to?**

2. **What would you tell them? Circle your answer:**

- a. How I was feeling
- b. What happened
- c. Nothing, I would be afraid
- d. a, b, and c

3. **When would you tell?**

4. **Where could you go for help?**

5. **How do you think you might feel if someone hurt your body?**

How do you think you might feel if a friend told you they were being hurt?

6. **Why would it be important to get help from a grown-up you trust?**

La Piñon

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Circle five qualities you look for in a relationship. Find at least five people who have at least three things in common with you, listed, discuss why these qualities matter to you in a relationship or friendship.

Pinches my arm	Hugs that feel nice	Kisses my cheek	It Is NEVER Your Fault if someone hurts you	Pulls my hair
Calls me names	Sings to me	Tells me mean things about my body	I can become Aware	Tells dirty jokes
Calls me on the phone	Body safety Education	La Piñon	Says bad things about me to others	Speak Out
Asks me to play a safe game	Offers me candy to keep secrets	Telling a grown up	Tells me to ask my parents	Shares with me
Asks me to keep a bad secret for them	Says I am a good friend	Tells me I am special	Gossiping	Makes me feel happy