

How can I keep my body safe?

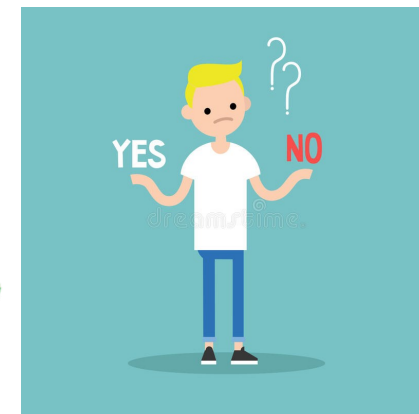
Word	Definition
privacy/private	Something you would not normally show or share openly with everyone.
safety	Being free from danger
secret	Something that you do not tell someone else

Key Knowledge and Concepts

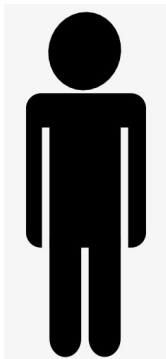


There are lots of ways to stay safe. This might be wearing a seat belt in the car or waiting for the green man before crossing a road. There are also ways to keep your body safe and having trusted adults to talk to if you are unsure of anything.

Sometimes you can get a feeling when things are wrong. People call this their 'sixth sense' or a 'gut feeling'. It can give us a 'yes' or 'no' feeling about situations, things or people and these feelings are like a warning sign; we can trust them and they can help keep us safer.



No-one should touch your 'private areas' unless there is a health and hygiene reason. There are 'yes and no touches' which means touches you are happy with and ones you are not. Remember you have control of your body and no means no. If you are unsure about anything, you should tell a trusted adult.



A trusted adult is someone you can talk to if you are worried about something. This may include your parents, a teacher, another family member or a doctor.

Sometimes keeping a secret is fun like a surprise birthday present. A bad secret is one that could hurt you or someone else. It is important not to keep these secrets and tell an adult. This includes online as when you post something online, it is difficult to delete forever.

