

Staying Safe, Strong and Happy



Today we're learning how
to keep our bodies safe.



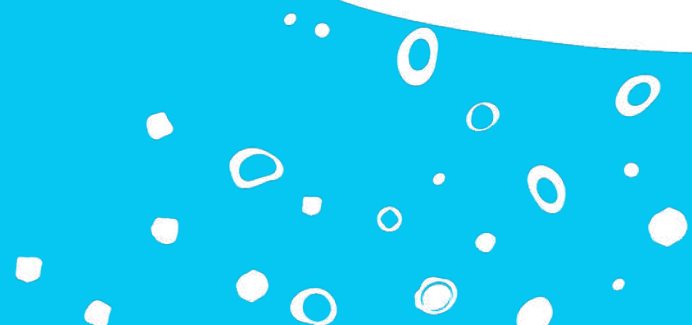
What Does 'Safe' Mean?

- Happy
- Protected
- Loved
- Not Scared
- Listened to
- Brave



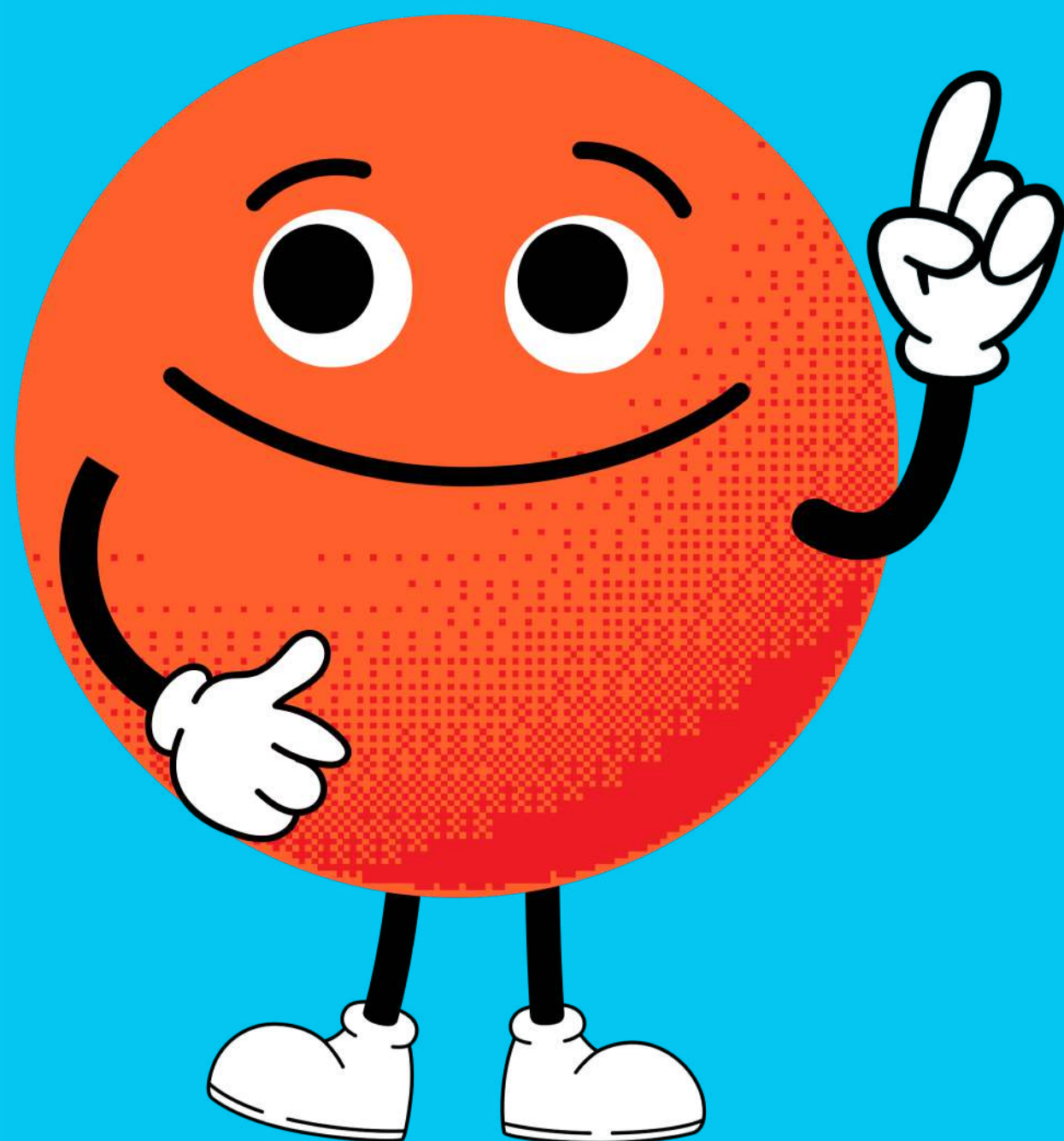


Lots of people keep us safe every day.

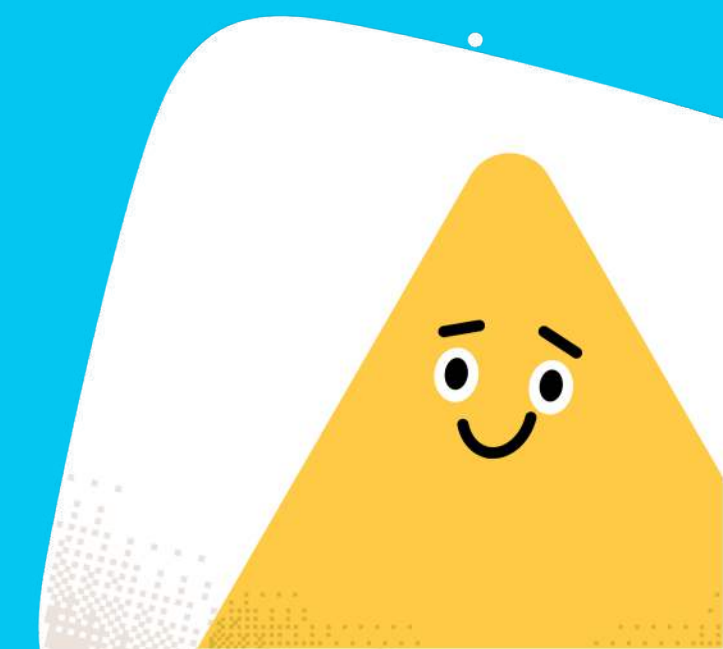
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- **Our Mum and Dad**
 - **Teachers**
 - **People In Our Family**
 - **Trusted Adults**
- 

Our Body Safe Rules

1



**Nobody should ever
hurt you – your body
is special and should
always be safe**



Our Body Safe Rules

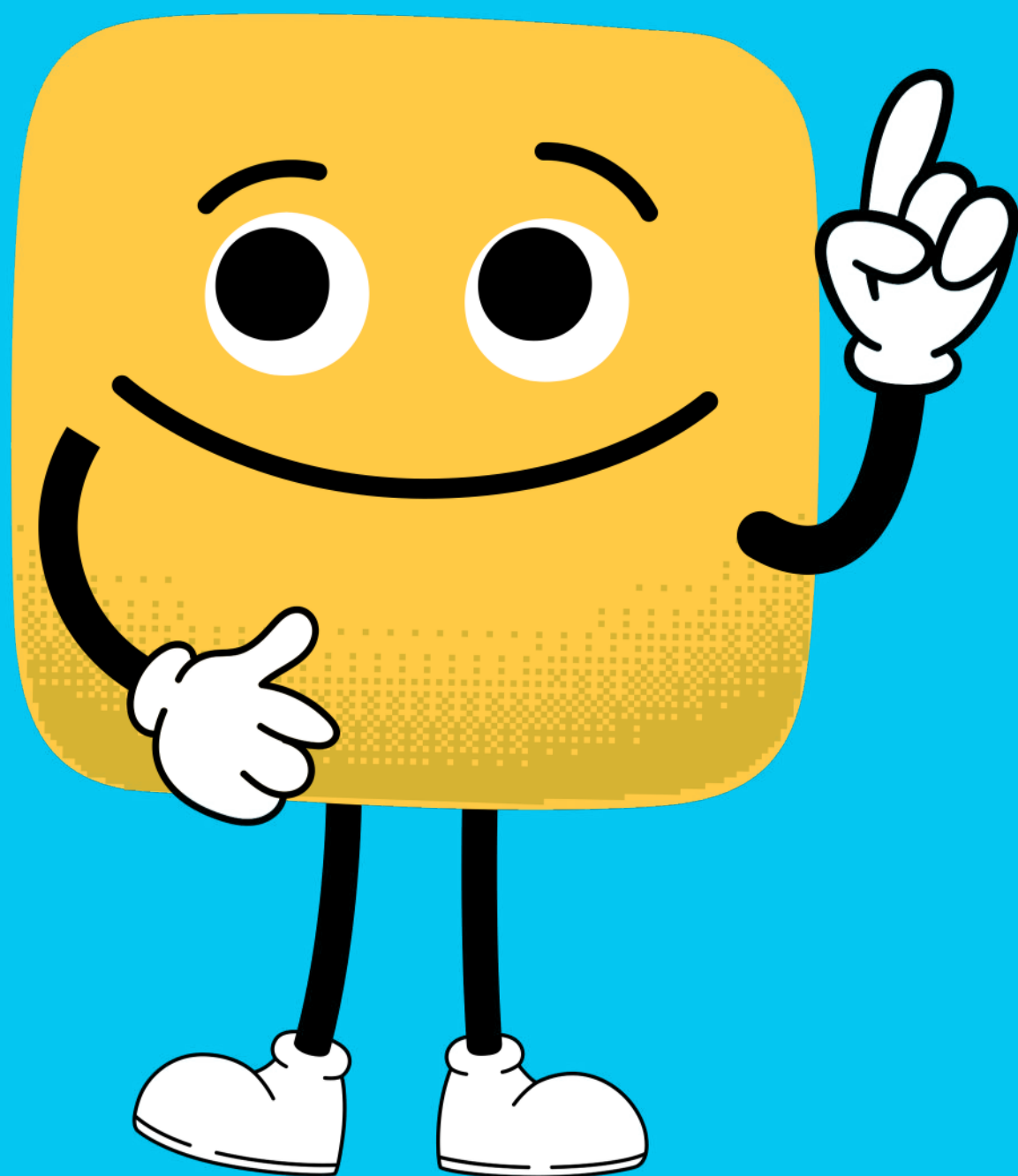
2

**Nobody should touch
your private parts –
the places covered by
your swimsuit.**

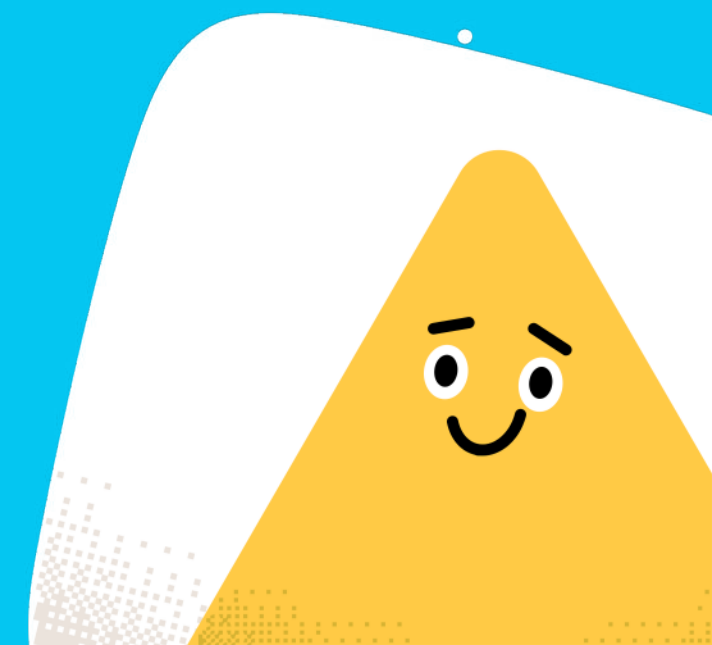


Our Body Safe Rules

3



**Nobody should take
photos of your private
parts – those are
private just for you.**

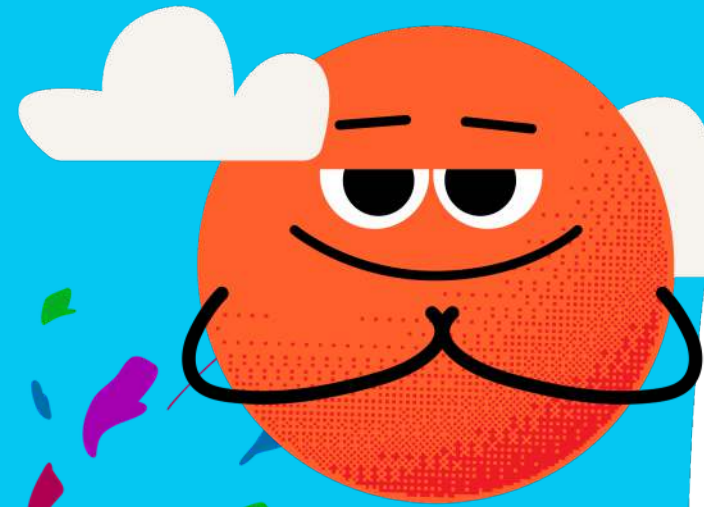


Our Body Safe Rules

**If something worries
you, always tell a
trusted adult like
Mum, Dad, or a teacher**

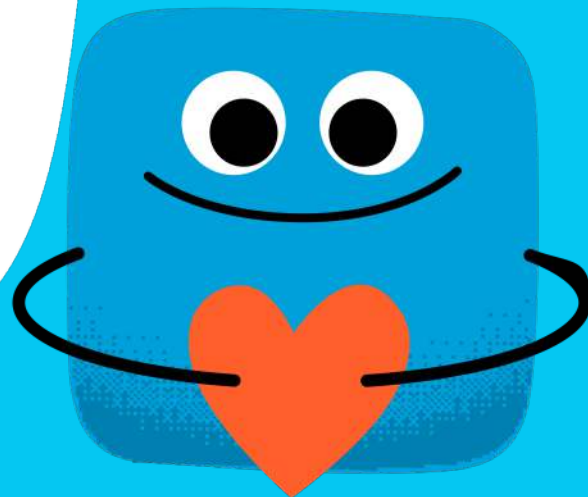


Secrets vs Surprises

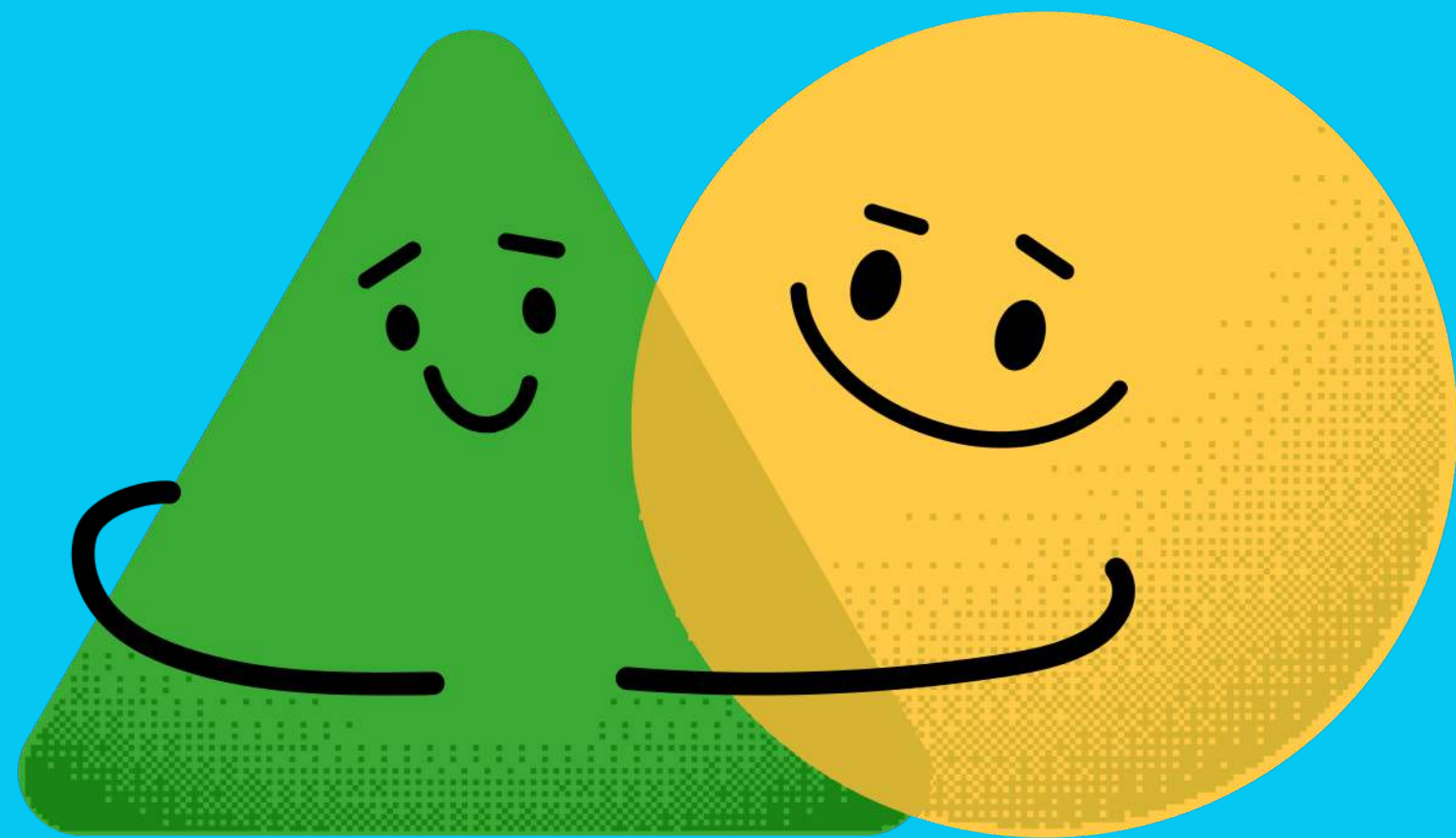


**We don't keep secrets,
only happy surprises! If
someone is hurting us or
making us feel
uncomfortable, we must
always tell.**

5



Kind or Unkind?



**Kind friends make us
feel happy and cared
for, but unkind
behaviour can make us
feel sad or worried.**



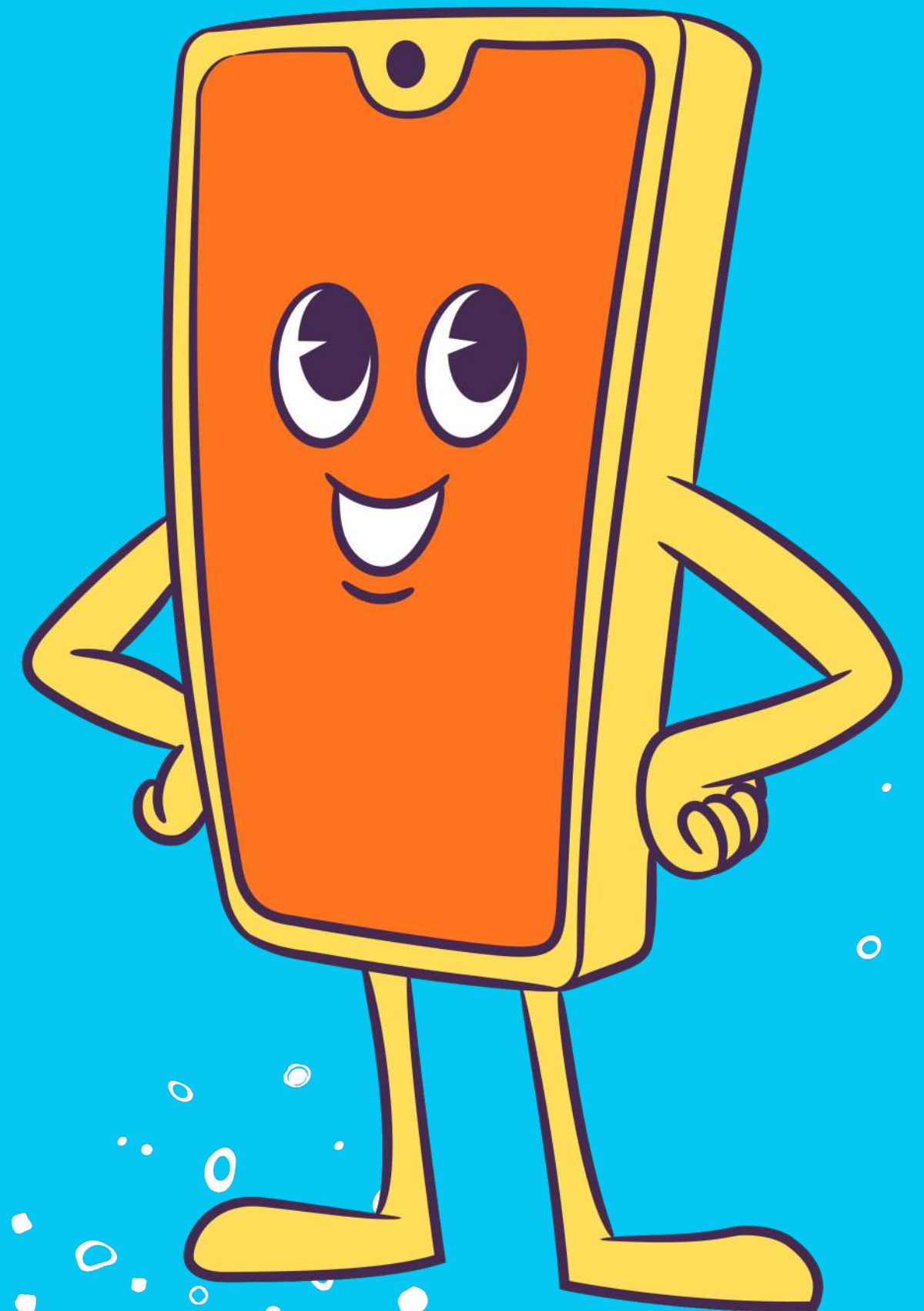
Bullying



**Bullying means
someone is unkind to
you again and again,
and it can make you
feel sad or worried
inside.**

Online Safety

Tell a trusted adult if...
Someone you don't know
asks for our name, school,
or where you live



Recap: Our Body Safety Rules



- Always tell a trusted adult if you have a problem.
- Say no to secrets – only keep happy surprises.
- Nobody should ever hurt you – your body is special and should always be safe.
- Nobody should touch your private parts or take photos
- If something makes you feel worried, sad, or uncomfortable – tell a trusted adult



I am Safe, Strong and Special

