

The Protect Yourself Rules

Grades 4-6



Unsafe touches are any touch to a **private body part** or a part of our bodies that would be covered by a bathing suit, or any touch that makes us feel uncomfortable or unsafe in any way.



No one should ever hurt us, physically or emotionally. Hitting, kicking, pinching, biting, throwing things, and yelling hurtful words are not allowed. If someone does this to us, we have to tell an adult we trust to make it stop.



No one can ever touch us in an unsafe way, even people we know well. It doesn't matter if it's a friend, a relative, a teacher, or anyone else. We are allowed to tell people if we don't want to be touched, and they have to listen.



We have the power to protect ourselves by making smart choices for our own safety. If we find ourselves in an unsafe situation, or our friends participating in dangerous activities, it's time to leave. We protect ourselves online by keeping personal information private.



If someone makes us feel uncomfortable or unsafe, we have to tell them to stop, loudly and clearly. No matter who it is or where we are, if someone makes us feel unsafe, we have to assert our right to safety and privacy and make them stop.



We must always tell a trusted adult if someone hurts us, touches us on a private part of our bodies, asks us to touch them on a private body part, or makes us feel uncomfortable or unsafe in any way.

