

The Protect Yourself Rules

Grades K-3



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 a Grown-Up 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. If they don't, we have to Shout, Run, and Tell.



We should never talk to strangers without a trusted grown-up present and should never go anywhere with a person we don't know if they ask us to. A strange grown-up will never need help from a child, and they should never offer us anything like a ride, candy, or presents.



If someone makes us feel uncomfortable or unsafe, we should shout for them to stop, run away, and tell a trusted grown-up what happened. No matter who it is or where we are, if someone makes us feel unsafe, we Shout, Run, and Tell.



We must always tell a trusted grown-up 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.

