

Take Home Activity #2

Body Signals: Go – Slow – No!

In class we learned that everyone owns their body, and no one should ever touch you in any way that feels unsafe. Look at the situations below with a trusted adult and discuss the body signal for each situation.

- Is the situation a “**go**” meaning it’s an example of safe or wanted touch?
- Is the situation a “**slow**” meaning it’s confusing, uncomfortable or feels like “something’s off”?
- Is it a “**no!**”? – You feel unsafe or a body part you would call a “private” part” is involved?

Color the traffic light green (go), yellow (slow) or red (no) for each situation, and talk with your adult about what you can do next for “slow” and “no” situations.

An adult you know and like asks you to look at their genitals (private parts) but they don’t ask to look at yours.



A friend gives you a hug and you’re fine with it.



A doctor’s check-up when a parent or caregiver is there, and you understand why your doctor needs to look in your underwear.



An adult in your building stands too close in the elevator, and touches your shoulder as they ask you how school is going.



Your coach gives you more attention than the other kids on the team, and gives you a birthday present and says not to tell anyone.



A babysitter asks if they can take a photo of you in a swimsuit for their school photography project.



If it’s a “slow” or “no!” situation, this is something I can do next...
