



All Children Deserve to be Safe, Strong and Free.

My name is: _____

**Today we read *My Body Belongs to Me* from *My Head to My Toes*.
I learned I decide when I would like to be touched and by whom.**

Here's a picture of how I say "No" when someone makes me feel uncomfortable.

Then, I can tell these five people I trust and they will help me:

Adult Guide: Help the child think of trusted adults in their family and out.