

# Trust Your Feelings!



1. Circle the face that shows how you would feel after each touch.
2. Put an "x" by the sentence that tells what you would do after receiving the touch.



Your best friend gives you a high-five. You would feel:



Happy



Uncomfortable



Mad

I don't have to Tell a Safe Adult!

I would Tell a Safe Adult!



A kid on the school bus touches your private parts. You would feel:



Safe



Scared



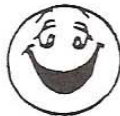
Angry

I don't have to Tell a Safe Adult!

I would Tell a Safe Adult!



Someone you like shows you pictures of people without clothes on. You would feel:



Loved



Not Safe



Weird

I don't have to Tell a Safe Adult!

I would Tell a Safe Adult!

Remember: Our bodies talk to us all the time. They tell us when we are sleepy or hungry or bored! They tell us how we feel when we receive touches!

**Trust your feelings!**

# Teaching Children to Trust their Feelings

1 Take the time to listen if your child talks about not liking or feeling uncomfortable/weird/nervous around someone (grown-up, teenager or kid).



2 Let your child know if anyone touches them in a way that makes them feel uncomfortable or scared, they can always tell you. Even if it is someone they know and like, they should still tell you.



3 Remind your child it is never too late to tell about touches they received and didn't like. Even if they forgot and remember later, they should always come to you. *Reassure them you will listen, you will believe them, and you will help them.*



4 Encourage your child to listen to their inner voice. If they get a weird feeling inside about something, it is *always* okay to tell one of their safe adults.



5 Help your child to notice and trust their feelings outside of body safety conversations. An example could be, if you see them feeling uncomfortable while being tickled, and they speak up, praise them for trusting their feelings.



## Parent and Child Activity

Work with your child to complete the sentence using each letter once: R S L F

T R U T Y O U  
E E I N G S