

## SETTING BOUNDARIES

### PERSONAL SPACE BOUNDARIES

- **No means No.** If someone is not listening to you after you told them not to touch you, say "stop" or "back off" or "leave me alone" and tell someone you trust.
- **DO NOT** let anyone touch private body parts unless its showering or medical. Always tell an adult you trust if they do not listen.
- You can say "yes" or "no" to any physical contact, even if it's from someone you know. You do not need to give hugs, kisses, or be touched, if you don't want to be.



### EMOTIONAL BOUNDARIES

- You can express how you feel but don't share too much.
- Speak to someone you trust if somebody is making you feel sad, scared, unsafe or uncomfortable.



### BOUNDARIES WITH PEOPLE

- If someone asks you to keep a secret that doesn't feel right, you should tell a trusted adult or parent.
- Always ask for permission before leaving or talking to a stranger.
- Talk to the adults you trust and that make you feel safe. you are not alone. You can always ask questions.
- Do not take gifts from strangers or people that you know without permission.
- Online Boundaries
- Do not share photos, or videos online with people you don't know.
- Don't share personal information or personal stories to people you don't know online. It can be dangerous.



**GOD'S  
CHILDREN  
ARE NOT  
FOR SALE**



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## CHILDREN'S SAFETY

**THE CHILD LIBERATION FOUNDATION IS AN  
ORGANIZATION WITH THE VISION OF  
LIBERATING HUMANITY FROM THE PAINS OF  
CHILDHOOD TRAUMA.**

**SOUND OF  
FREEDOM**



## HOW TO STAY SAFE

### STRANGER DANGER

- Do not go home with strangers.
- Do not share your address and your information with people you do not know or trust, even if they say they know your parent.
- Do not accept gifts or favors from strangers unless your parents approve.
- Do not talk to strangers unless you have permission to from your parents.



### ONLINE SAFETY

- Do not give your information to people online.
- Do not post pictures or videos of your body, especially private parts to people on the internet.
- Do not meet up with people on the internet.
- **SAY NO** If somebody is making you uncomfortable on the internet and tell your parents or someone you trust.



### HOME SAFETY

- Do not open the door to strangers.
- Do not pick up the phone and talk to strangers.
- If you feel unsafe,
- call 9-11 or your parents.



### TRUST YOURSELF

- If you don't feel safe with someone, do not be alone with them. Tell your parents or a trusted guardian how you feel.
- If you don't feel safe at a location, tell your parents or someone you trust.
- Be confident in yelling "NO" to someone or screaming if you feel you are in danger.



### STREET SAFETY

- Take routes you know are safe and that are populated.
- Travel with a buddy or a sibling.
- Make sure your parents or someone you trust know where you are and where you are going.
- Don't go to dark places, empty streets or alleyways.
- Know what safe public places you can go to to ask for help or use a phone.



### SCHOOL SAFETY

- Make sure you only go home with your parents, guardian or trusted adult.
- If you see someone approaching you after school, find a teacher or trusted adult that you can stay with.
- Tell your parents if your teachers are asking you to keep secrets.



## GOOD TOUCH/ BAD TOUCH

### GOOD TOUCH

- Good touches are those that make you feel safe, happy, and comfortable.
- These touches are usually from people you know well, like family members, close friends, or caregivers.
- Examples of good touches includes hugs from loved ones, holding hands while crossing the street, getting a high-five, or receiving medical care from a doctor or nurse.
- Kissing your mommy and daddy in the lips is okay if that feels good and safe.



Private parts have an X mark

### BAD TOUCH

- Bad touches are those that make you feel uncomfortable, scared, or confused.
- These touches are usually from people you don't know well, or even from someone you know but in situations that don't feel right.
- Examples of bad touches include unwanted tickling, touching of private body parts, or any touch that you've said "no" to, but someone continues anyway.