



# My Body Safety Rules

**Ages 12-14 Years Old**



**Level Up Your Safety Skills!**

**This activity book offers engaging ways to explore the importance of physical safety and setting your personal boundaries. Created by ChildSafe, Bexar County's Children's Advocacy Center.**



[www.childsafe-sa.org](http://www.childsafe-sa.org)



(210) 675-9000



# Welcome to My Body Safety Rules Activity Book!



This activity book is designed to help caregivers begin age-appropriate, meaningful conversations with children about personal safety, body boundaries, and speaking up. Through simple activities and shared moments, caregivers can create a safe space for youth to ask questions, build confidence, and learn that their bodies belong to them.

The My Body Safety Rules Activity Book is part of ChildSafe’s Cardboard Kids Campaign, which reminds our community that every child deserves to be safe, cared for, and heard. Each Cardboard Kid represents a child in our community and helps spark important conversations about safety and protection. By engaging in this activity book and participating in the Cardboard Kids campaign, caregivers help reinforce a powerful message: **every child matters and deserves to feel protected, valued, and loved.**



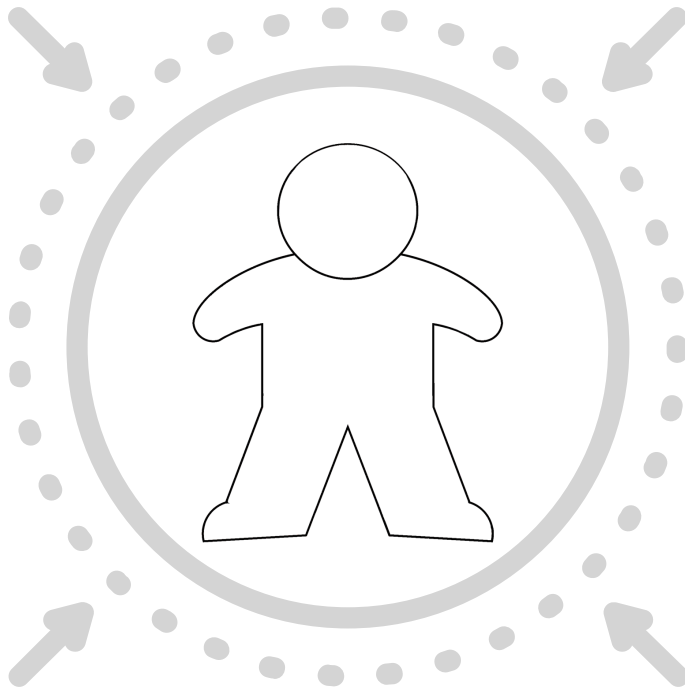
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# 1. My Body Belongs to Me

**Everyone has the right to set their own boundaries. A boundary is a rule or limit you set for yourself that shows others how you want to be treated. Boundaries help protect your body, feelings, and personal space.**



## Tips for Setting Boundaries:

- **Say what you mean in a strong, confident voice so that the listener understands.**
- **Don't let others pressure you to change or ignore your boundaries.**
- **If you have told someone of your boundaries and they ignore you, get a trusted adult involved!**

### **ACTIVITY: Let's Practice Setting Boundaries!**

**Write in some responses you can say to someone crossing your boundary or making you uncomfortable in the text boxes below.**

**EX: I don't like it when you talk to me that way. It makes me uncomfortable.**

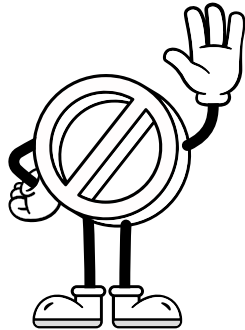
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**SCENARIO: A friend keeps making a joke that hurts your feelings.**

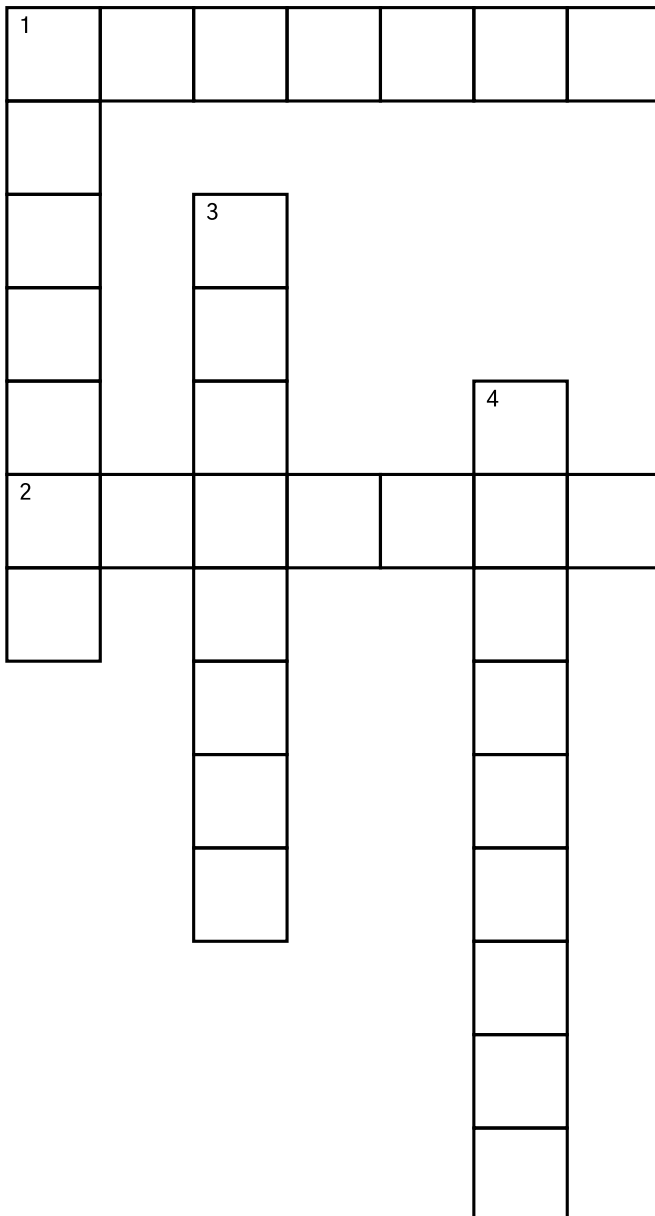
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**SCENARIO: Someone you know wants a hug and it's making you feel awkward.**

## 2. I Have The Right To Say No



**You always have the right to say "NO!" or "STOP!" if ANYONE –kid or adult–talks or acts in a way that makes you feel uncomfortable, confused, or unsafe. Remember: Clearly stating your boundary is not rude or wrong.**



**ACTIVITY:** Using the word bank at the bottom, fill in the correct body safety vocabulary word in the correct row diagonally or horizontally. (Answers on Pg. 6)

### **Down:**

- Treating yourself and others with high regard, valuing their feelings, space, and choices, and honoring their right to be different from you.
- An invisible line you set that separates what you are comfortable with from what you are not. Can be physical (personal space) or emotional (what you share).
- Your inner alarm or gut feeling that gives you an immediate sense of whether a person, place, or situation is safe or unsafe, without you needing to logically think it through.

### **Across:**

- Any behavior or situation that feels wrong, unsafe, or uncomfortable, like pressure, secrets, boundary-pushing, or anything that doesn't feel respectful to you or your body.
- Permission for something to happen or agreement to do something. Must be enthusiastic, without pressure.

**BOUNDARY    CONSENT    RED FLAG**  
**RESPECT        INTUITION**

# 3. No One Should Ask Me To Keep A Secret

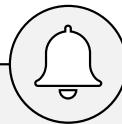
**Understanding the difference between a fun surprise and a heavy secret is a major part of staying safe. As you get older, people might expect you to handle more "grown-up" information, but there are some things no one—not a friend, a teacher, or even a relative—should ever ask you to hide.**

**If someone tells you, "Don't tell your parents," or "This is our special secret," that is a huge red flag. Safe adults will never ask you to hide things from the people who care for you.**

**ACTIVITY: Should I Keep This Secret?: Take a look at the list of secrets below.**

**Color the flag green if the secret is safe to keep and color the flag red if the secret is unsafe.**

(Answers on Pg. 7)



**If a secret makes you feel worried, anxious, guilty, or pressured, tell a trusted adult immediately. Your safety is more important than keeping a promise!**



# 4. I Know My Body's Warning Signs



**When I feel Scared, Worried, or Uncomfortable, my body often tells me by...  
(Check all that apply to you)**

- My heart beats faster
- I feel dizzy or shaky
- My palms get sweaty
- I feel nauseous
- My throat feels tight
- My breath gets faster



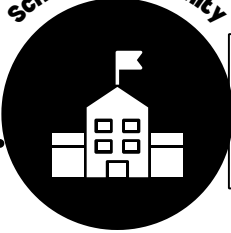
**If your body's alarm goes off or if you have a gut feeling, you have the right to hit the emergency exit button and leave the situation immediately, no questions asked and no need to apologize.**

# 5. I Have Trusted Adults Who Will Listen If I Have A Problem

Name some adults you would feel comfortable talking to or asking for help in each setting:



School & Community

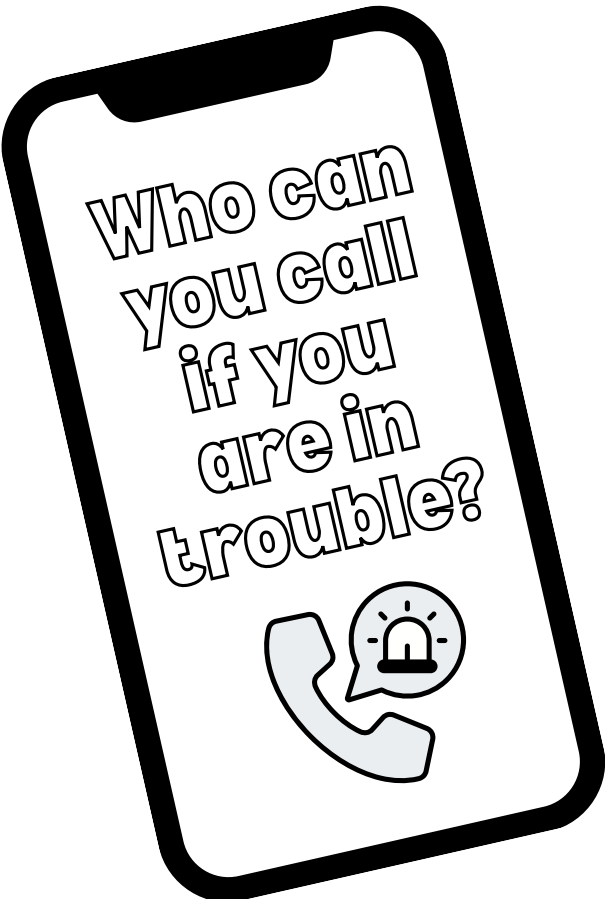


.....  
.....  
.....

Home



.....  
.....  
.....



**?**  
List below your trusted adults who you can call or text in an emergency. Be sure to include their cellphone number!

Trusted Adult #1:  .....

Trusted Adult #2:  .....

Trusted Adult #3:  .....

# REMINDER

Trust  
Your  
Gut

It is never too  
late to talk to a  
trusted adult if  
a safety rule is  
broken.

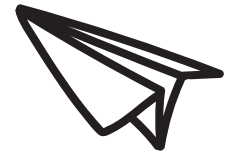
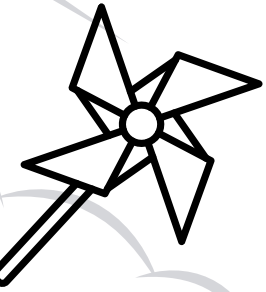
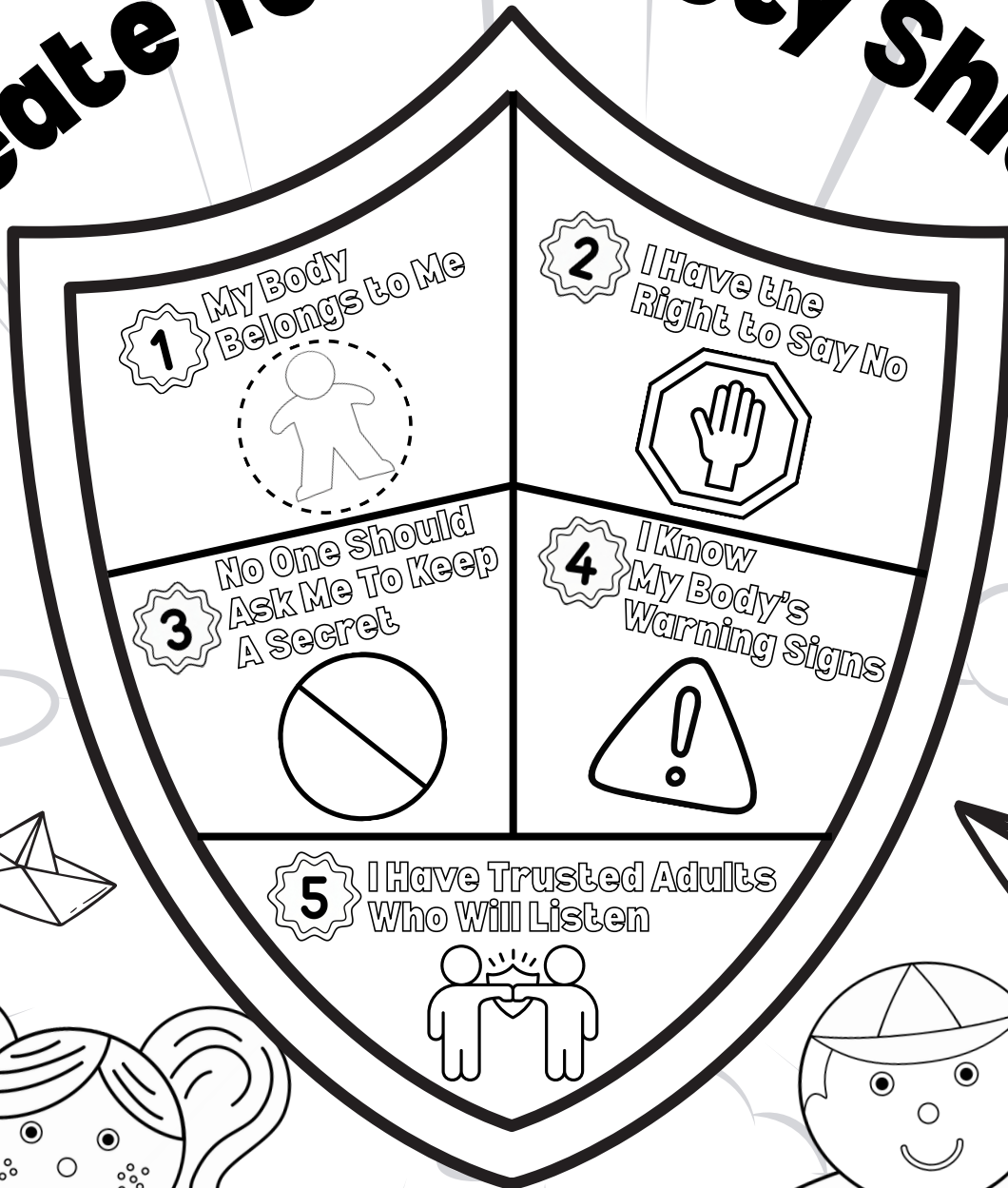
It is never  
my fault if a  
safety rule is  
broken!

My Body,  
My Choice,  
My Pace.

"No" is a  
complete  
sentence.

I deserve  
to feel  
safe and  
loved.

# Create Your Safety Shield!



**Your Body Belongs to You!**  
**Just like a shield protects a hero, these rules belong to you to help keep your body safe, happy, and respected.**



# My Body Safety Pledge

- 1 My Body Belongs to Me**
- 2 I Have the Right to Say No**
- 3 No One Should Ask Me to Keep A Secret**
- 4 I Know My Body's Warning Signs**
- 5 I Have Trusted Adults Who Will Listen**

**I pledge to use my voice and tell a trusted adult if any of my Body Safety Rules are broken.**

**NAME:** \_\_\_\_\_