



# My Body Safety Rules

**Ages 15-18 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 personal limit or rule you create to show others how you want to be treated.**

**Physical boundaries protect your body and personal space, like who can touch you or how close someone can stand.**

**Emotional boundaries protect your feelings and mental well-being, like what topics you're comfortable talking about or how you want to be spoken to.**



## Tips for Setting Boundaries:

### Speak with confidence:

Say what you mean clearly so others understand your limits.

### Stand your ground:

Don't let anyone pressure you into changing or ignoring your boundaries.

### Get help when needed:

If someone keeps crossing your boundaries after you've told them, reach out to a trusted adult for support.

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

## **ACTIVITY: Setting Boundaries Takes Practice!**

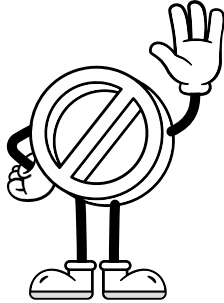
**In the spaces below, write out what you could say if someone crosses one of your boundaries or makes you feel uncomfortable.**

“  
A friend keeps making a joke that hurts your feelings.  
”

“  
Someone stands too close when talking to you.  
”

“  
Create your own scenario:  
”

## 2. I Have The Right To Say No



**Remember:** You are in charge of your own boundaries. No one, someone your age or an adult, has the authority to pressure you into anything that makes you feel uncomfortable, confused, or unsafe. Your safety and comfort matters.

**ACTIVITY:** Match the term to the correct definition.

(Answers on Pg. 6)

☆ **BOUNDARY**

**1**  
Speaking up for yourself and standing firm on your boundaries and needs, especially when others are pushing back.

☆ **CONSENT**

**2**  
A gut feeling or strong, immediate sense that something is right or wrong, often serving as your body's first warning of danger.

☆ **INTUITION**

**3**  
A physical or emotional limit that you set to protect your safety and comfort. It defines what you are and are not okay with.

☆ **SELF-ADVOCACY**

**4**  
Being in control of your actions and decisions, having the power to choose how you act and what happens to you.

☆ **AGENCY**

**5**  
Permission for something to happen or agreement to do something. Must be enthusiastic, without pressure, and can be taken back at any time.

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

**ACTIVITY: Should I Keep This Secret?:**

Take a look at the scenarios below. Decide if the secret is **SAFE** (okay to keep) or **UNSAFE** (should be told). Then, name the **Trusted Adult** who you would talk to in each scenario. (Answers on Pg. 7)

SCENARIO	SAFE OR UNSAFE?	TRUSTED ADULT I CAN TELL
<p><b>You have a crush on someone in your class and start to talk to them a lot more. You tell your best friend about it and ask them not to tell anyone about it because you aren't ready for others to know.</b></p>		
<p><b>A close friend tells you they are really struggling with their mental health and have started self-harming. They make you promise not to tell anyone.</b></p>		
<p><b>Your coach always shows you favoritism and starts to cross your personal boundaries. One day they get really affectionate and touch you in a way that makes you clearly uncomfortable, but they say it was "just a mistake or they got carried away".</b></p>		
<p><b>You get a new follower request from someone you don't know, who starts asking you personal questions about your dating life or your life at home. They start suggesting you should meet up in person.</b></p>		



**If a secret fills you with anxiety, guilt or fear, tell a trusted adult immediately. Your safety is more important than keeping a promise!**

# 4. I Know My Body's Warning Signs

**ACTIVITY:** Read the following physical and emotional responses. Check off the ones you have personally felt when a situation felt wrong, scary, or uncomfortable.

## Physical Signs:

- My heart pounds
- I feel nauseous
- My palms get sweaty
- My throat feels tight
- I feel dizzy or shaky
- My breath gets shallow
- My muscles get tense
- I feel flushed or hot
- I stutter or mix my words



## Emotional Signs:

- I get defensive or irritable
- I feel frozen or stuck
- I feel an urge to run or hide
- I just feel off or unsettled
- My thoughts start racing
- I feel a sinking dread
- I feel small or helpless
- I start doubting myself
- My mind goes blank



**If your gut is screaming 'danger,' or if you get that strong feeling that something is just wrong, you have the right to leave the situation immediately.**

**Remember: Your safety is more important than anyone else's comfort or feelings. You have the right to leave without making excuses.**

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

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



Someone keeps sending you private messages that make you feel extremely uncomfortable and/or asking for private personal details or pictures you do not want to share.

Trusted Adult(s):



You are at a party where people are pressuring you to drink or try something you don't want to do. You feel stuck and unsafe, and you need a way out immediately.

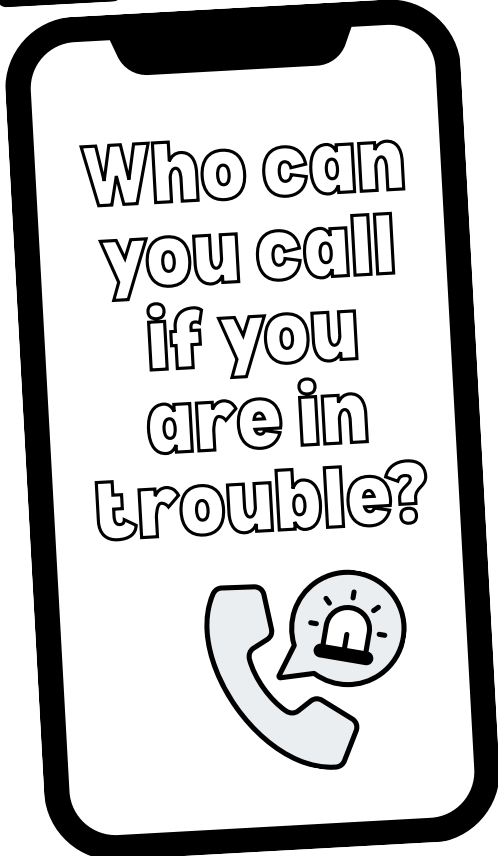
Trusted Adult(s):



You've been feeling really down out of nowhere, losing interest in things you used to enjoy, and just pulling away from everyone.

Trusted Adult(s):

It's always best to memorize or save emergency phone numbers in a safe and easily accessible place.



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.

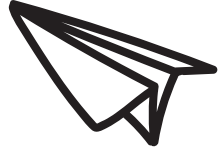
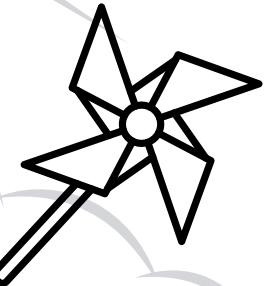
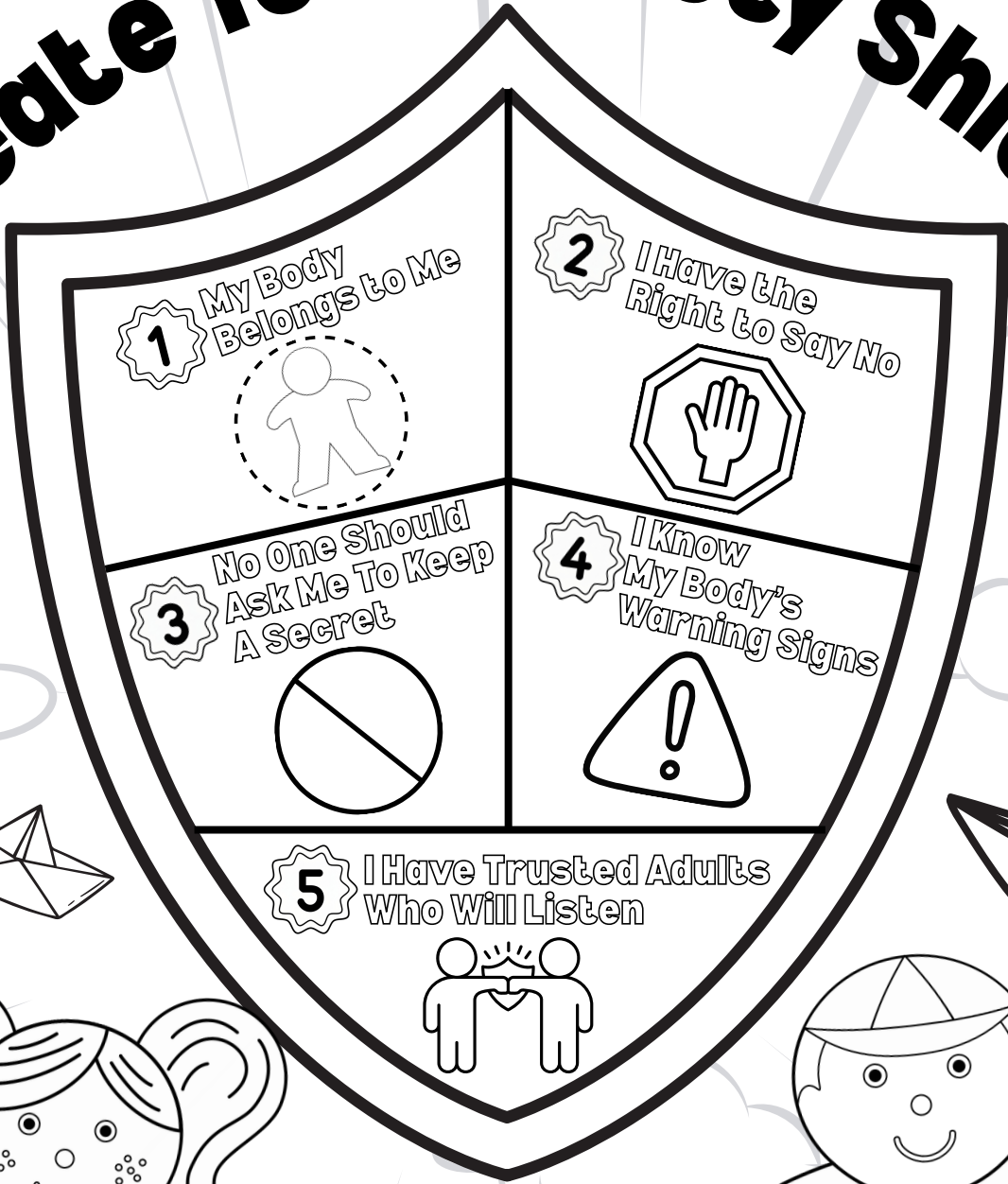
It is never  
my fault if a  
safety rule is  
broken!

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 or if I feel unsafe.**

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

