



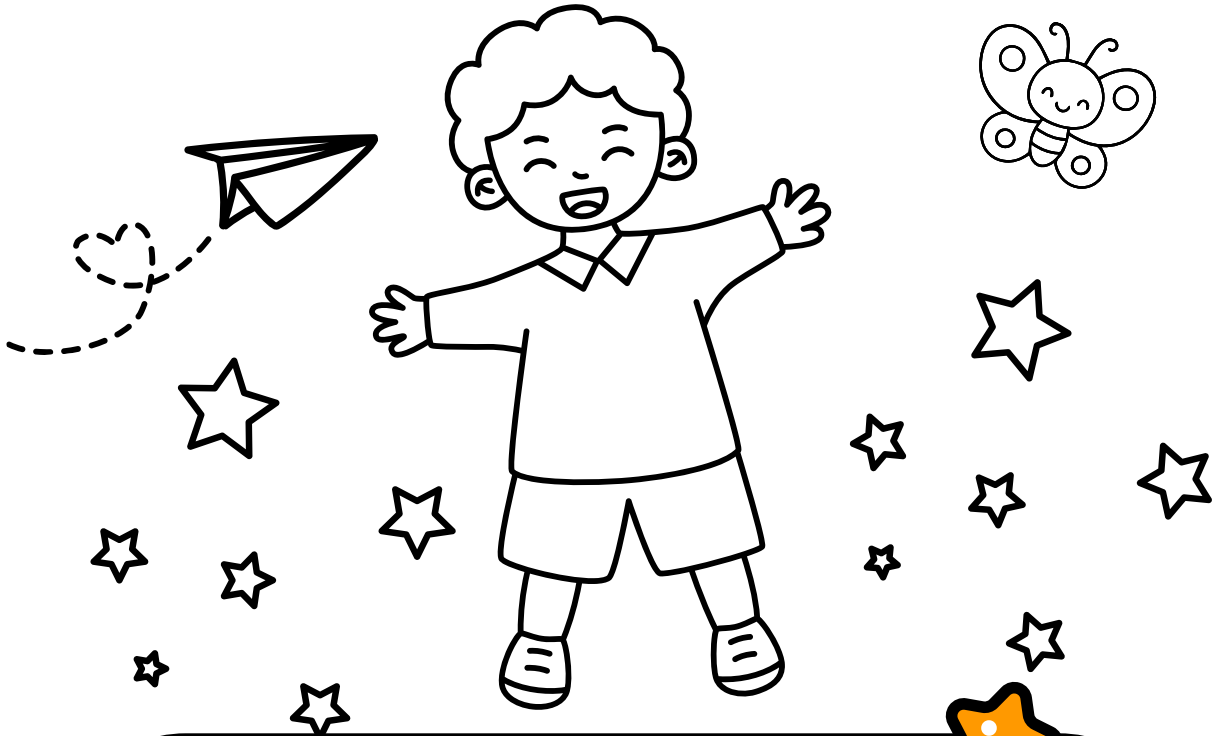
ChildSafe®

CARDBOARD®



My Body Safety Rules

Ages 3-7 Years Old



Safety Starts Here!

This fun activity book helps you learn all about how to keep your body safe and how to know your personal space boundaries (what you get to say 'yes' or 'no' to)! It was made by ChildSafe, a special place that helps kids in Bexar County safe.



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

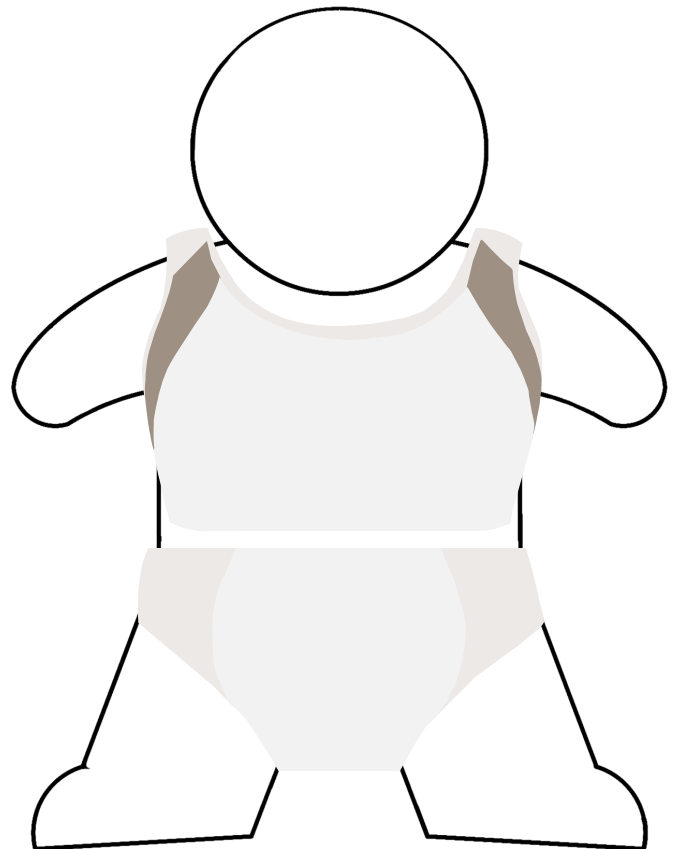
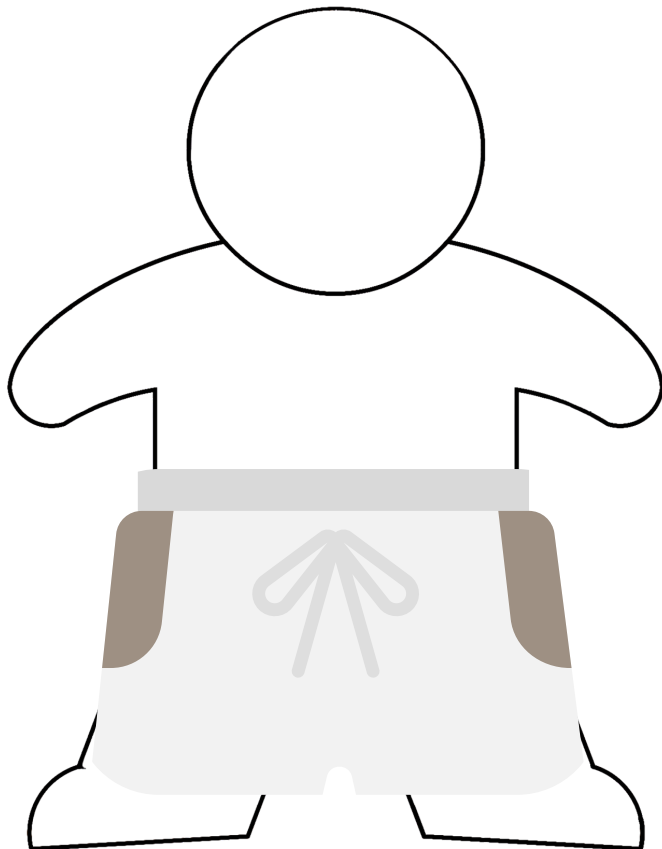
Your body belongs to you and no one else!

The parts of your body that a bathing suit covers are private.

No one is allowed to touch, look at, or ask you to touch their private parts.

If someone breaks these rules, it is never your fault, and you should tell a trusted adult right away.

ACTIVITY: Find the bathing suits in the pictures below. Decorate and color the bathing suits to show the parts of your body to keep private.



2. I Have The Right To Say No



You are an important, strong and confident kid!

As an important kid, that means your safety matters.

As a strong kid, that means you have tools and rules to help keep you safe.

As a confident kid, that means you have a voice to stand up for yourself.

There are many things that make you an important, strong, and confident kid!

ACTIVITY: Think about all things that make you special (smart, funny, caring, kind etc.).

Pick your favorite thing about yourself and finish this sentence below.

1

I AM:

important!

To keep our bodies and minds strong, we use tools (like helmets or seatbelts) and rules (like holding a grown-up's hand).

Think of one thing that keeps you safe and finish this sentence:

rules to keep me safe!



I HAVE:

Your voice is like a secret superpower! You can use it to speak up, set a "space bubble," and tell people what you need to feel okay.

Think of the words you can say when you want to stand up for yourself or say no.

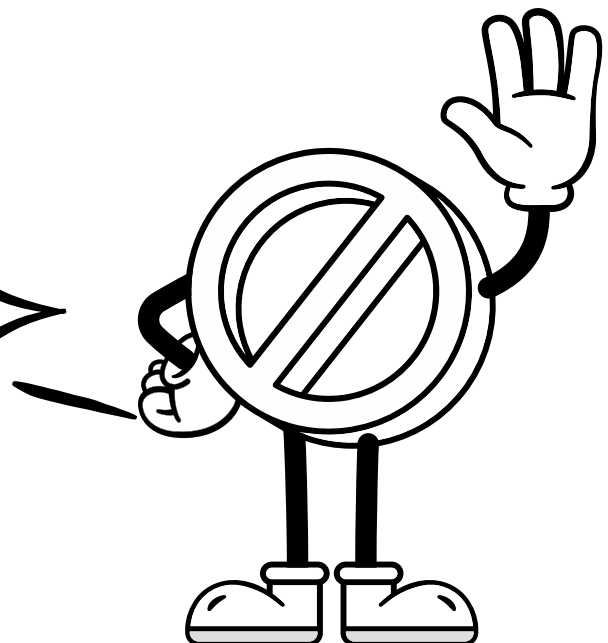
Finish this sentence with your powerful words

say no!



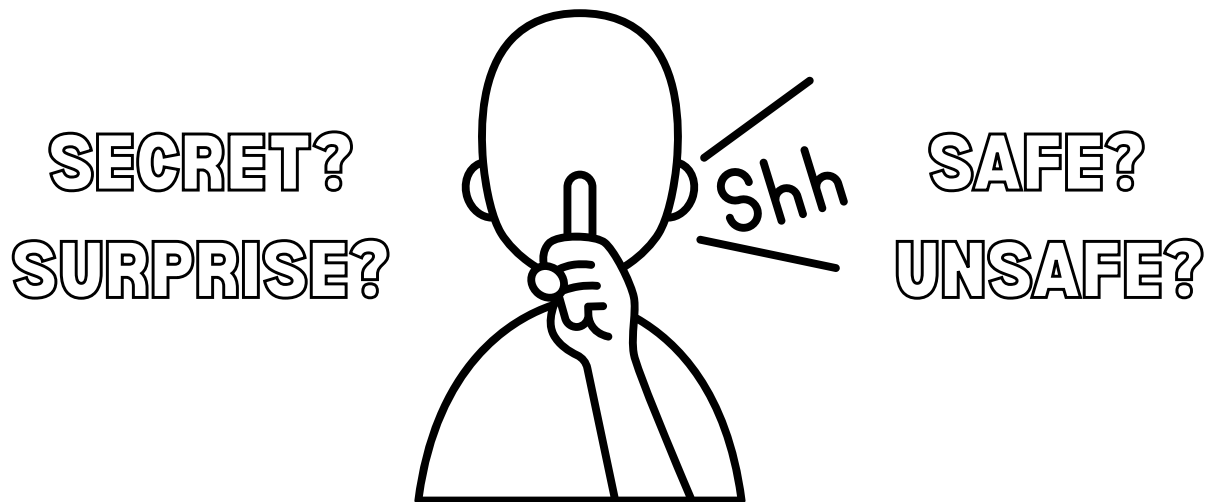
I CAN:

If someone hurts me or makes me feel unsafe with their words or actions, I can say things like NO! or STOP!



3. No One Should Ask Me To Keep A Secret

Do you know the difference between a safe and unsafe secret or surprise?



An unsafe secret is something you are told to keep hidden that makes you feel worried or scared.

If someone is being hurt, bullying, or touching you in a way that doesn't feel right, that is not a secret to keep. You should always tell a trusted adult.

A safe secret or surprise is something fun that will be shared soon, like a birthday surprise. Safe surprises make you feel happy and excited, not scared or upset.

If you ever feel unsure, it's okay to ask a trusted adult for help!



No one should ask you to keep any unsafe secrets or surprises. If someone asks you to keep a secret, you can tell a trusted adult.

ACTIVITY: Safe or Unsafe?:

The cards below show safe and unsafe secrets or surprises.

Color the unsafe secrets to tell a trusted adult red. Color the safe secrets to share with others green.

(Answers on Pg. 10)

1

**Hiding a special gift
you bought for your
teacher until the last
day of school.**

**A friend showed me a
picture of someone
else's private parts
and asked me to keep it
a secret.**

3

**Someone tells you to
keep quiet about
touching you in a way
that feels wrong.**

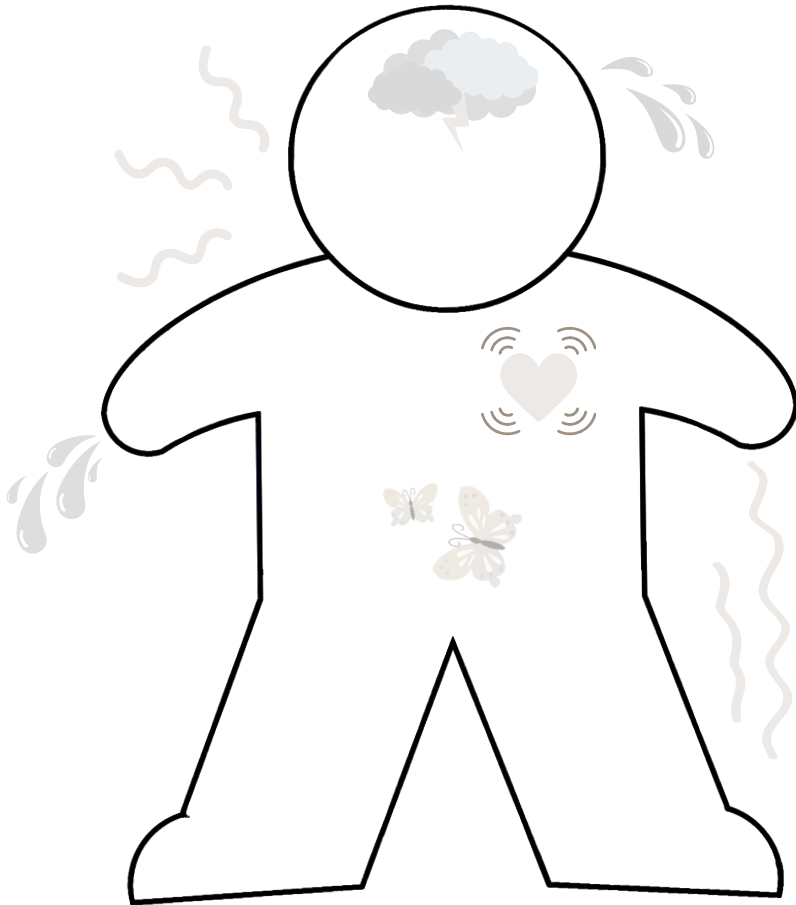
4

**A secret handshake
you share with your
best friend.**

5

**Someone told me to
keep a secret about
showing me their
private parts.**

4. I Know My Body's Warning Signs



Your body is always working to keep you safe!

Your body gives you signals when you feel happy, safe, and calm.

Your body also gives you signals when you're upset, worried, or scared.

It's important to know your body's signals and warning signs!

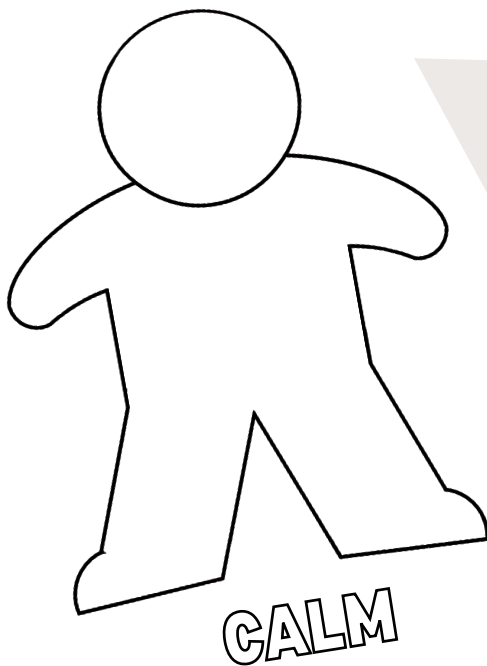


How does your body let you know that you are feeling worried or unsafe? Do your palms sweat or does your heart beat faster?

ACTIVITY: Think about how your face and body feel when you are calm, worried, and scared.

Draw, color, and decorate the Cardboard Kid to show your body's warning signs when you're calm, worried, and scared.

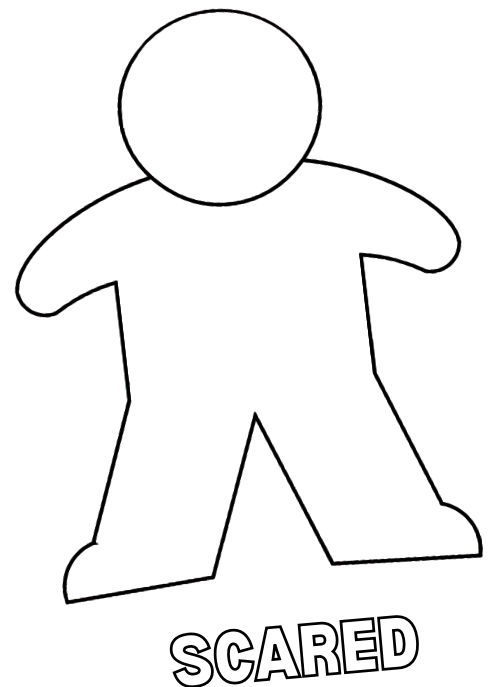
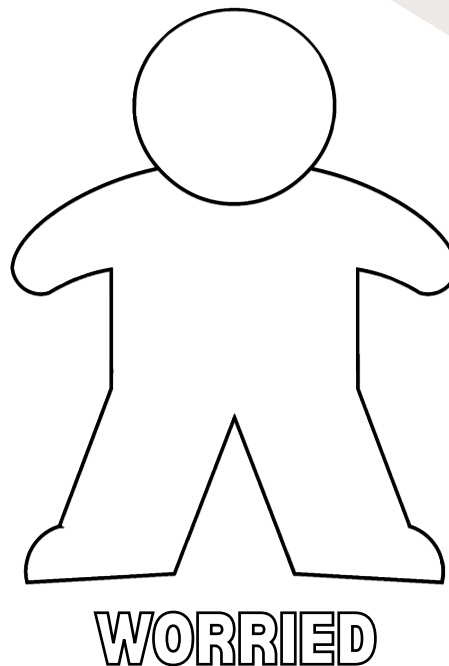
Some questions are provided to help you!



What sensations do you feel when you're worried or scared? Do you sweat, feel butterflies, or get a racing heart?

What colors do calm, worried, or scared feel like?

Where does calm show up in your body? Your tummy, head, arms?



! Listen to your body's signals! If something feels scary or unsafe, you can say NO and GO!

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

A trusted adult is a grown-up who truly cares about you and wants to keep you safe. Think of them as your personal "Safety Team."

They are the people you can go to whenever you feel confused, scared, or even just want to know more about something.

If you feel like one of your trusted adults is not really listening to you, you can always go to another one of your trusted adults who can take action to keep you safe.



Think of the trusted adults in your life who you feel listen to you and will take action to keep you safe!

ACTIVITY: Think about the grown-ups at home, at your school, and in your community (at your church, on your sports teams, etc.)

Write in the spaces below the name and phone numbers of grown-ups who are trusted adults in your life.



HOME:

Name: _____ Phone #: _____

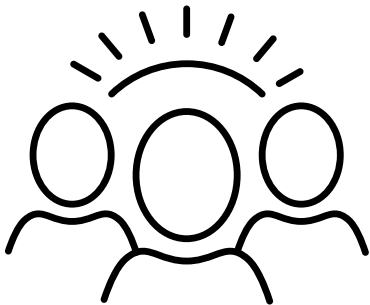
Name: _____ Phone #: _____



SCHOOL:

Name: _____ Phone #: _____

Name: _____ Phone #: _____

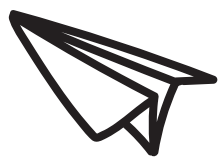
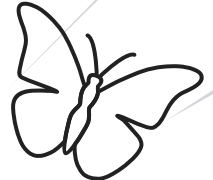
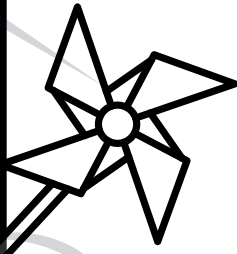
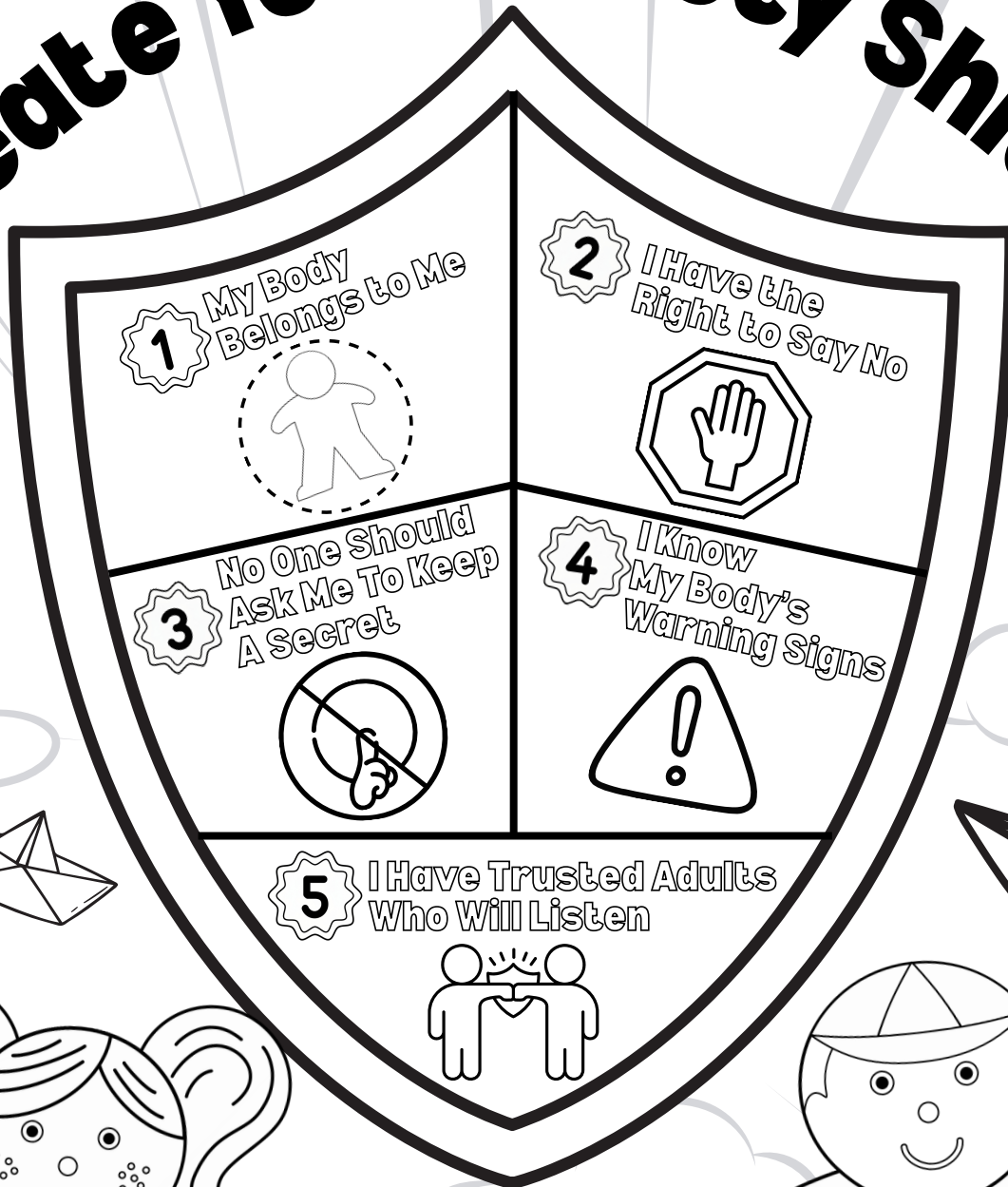


COMMUNITY:

Name: _____ Phone #: _____

! Come back to this page when you need to talk to your Safe Adult!

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.

REMINDER

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

I deserve to feel safe and loved.

It is never too late to tell a trusted adult if a rule is broken or if I feel unsafe.



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: _____