

## My Rights: The right to my body.

Your body is a beautiful part of you, and there is nothing about it that you should be ashamed of. From your head to your toes and everything in-between, you were made perfectly-just the way you are.

Like the creatures of the forest or the flowers in the field, you're a majestic and wonderful work of art. There's not a thing about you that you should be embarrassed about. Just know that when it comes to your body, you're the boss of you. It's your castle, and you're the king. You have the right to let others know how you want it treated, even adults. People should treat your body in ways that make you feel good inside.

