

Do you feel my pain?



Children naturally expect everyone around them to know exactly how they feel. They act under the assumption that if they feel it, it must be the feelings of everyone else around them. The concept that others don't feel the same ways they do is something that develops as they grow.

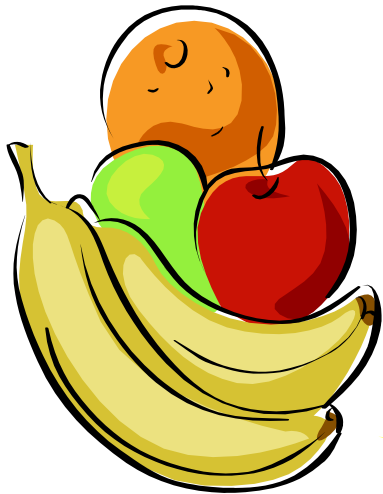
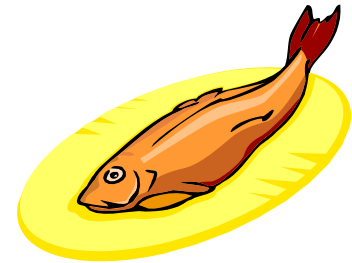
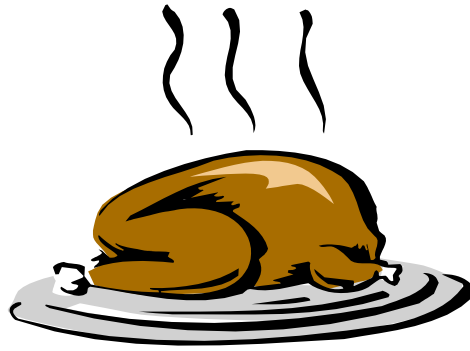
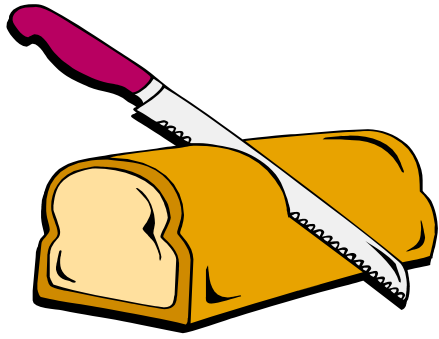
Children need to get in the habit of voicing their opinions and feelings efficiently. Being in the habit of voicing their feelings, and sticking up for them, is key to abuse prevention.

This book is an enjoyable book to help children understand that their feelings are not necessarily the feelings of others around them, and that it is important to let others know about our feelings. It goes over many different scenarios, where children need to make sure they speak up and voice their opinions. While mixing in some basics for preventing abuse along the way, this book helps to build up a child defences
defenses in an area of vulnerability that often times leads to them making easy targets.

Enjoy the book.

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What foods do you like? What foods do your parents like? Does your mom or dad like foods you don't? Do you like foods that they don't?

What touches feel good to you? What touches feel bad to you? Do others like things that might not feel good to you? Do you like things that might not feel good to others? What feels good to one person might not feel good to another person.

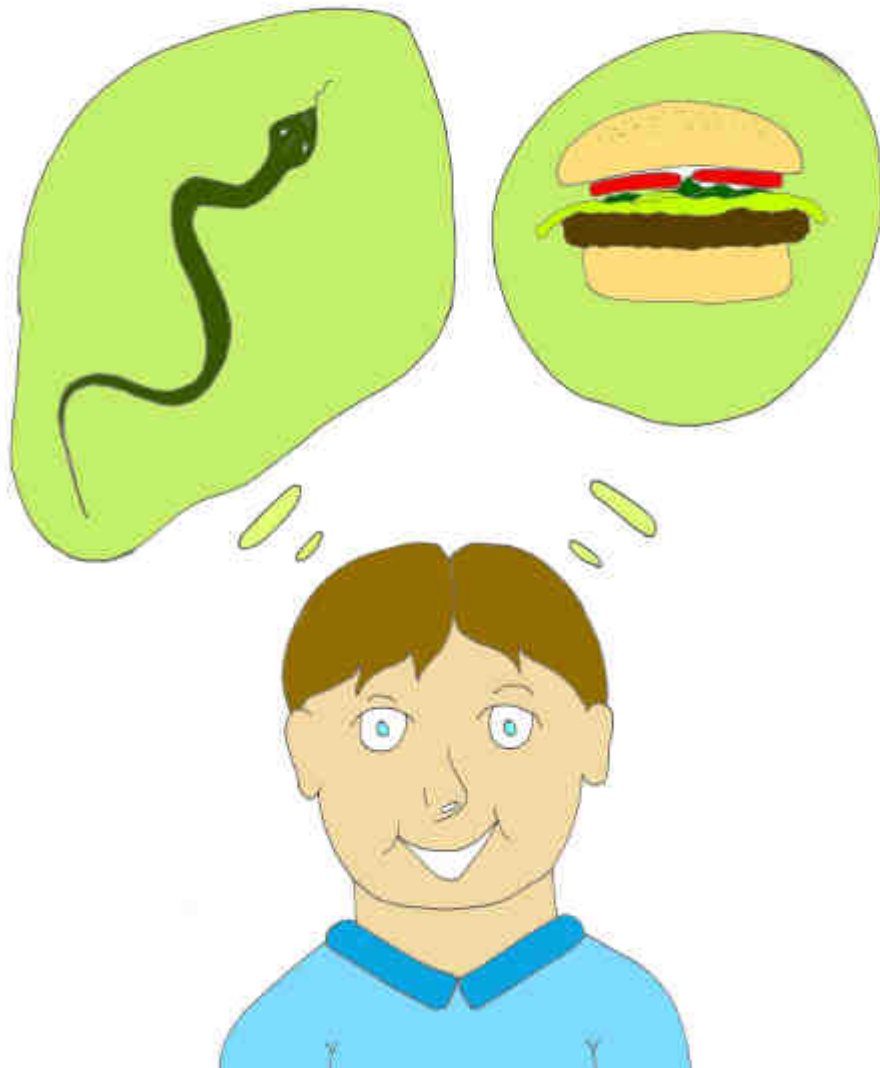


What do you like to play?
I like to play soccer, golf,
baseball, and football.
These are my favorites.



Do you like to play these too,
or do you have different games
that are your favorites?

My feelings are not your feelings,
and your feelings are not my feelings.
What you like may be different from
what I like, and what I like may be
different than what you like.



Each person is different.
Each person is unique.
Each person has different things that
they like, and don't like.
Each person has their own body.
Because of this, it is important
that children always tell others
how they feel.

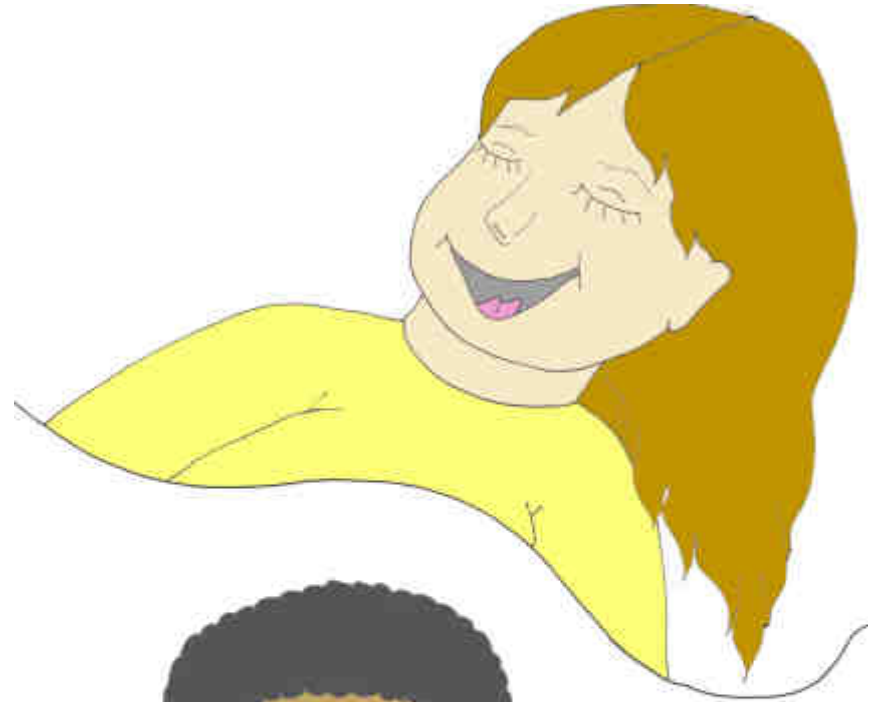
You need to tell someone if you are
hurting. You need to
tell someone if you feel sick.
You need to tell someone if
you do not like the
touches they are giving you.



Sometimes other people can tell
if we are sad or happy,
but not all the time. If you fall down
and scrape your knee,
do I feel your pain,
or do you feel the pain?

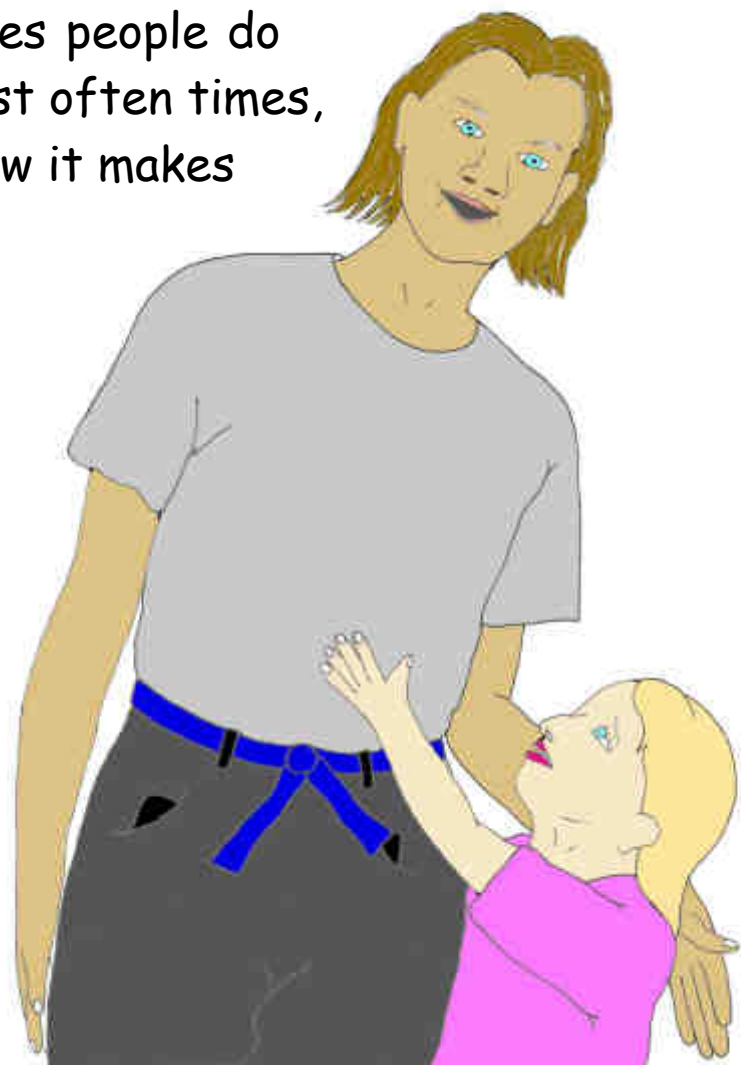


There are many different ways we can let our feelings known to others. Most of the time, we talk about our feelings. We *te//* someone if we are hungry, or if we don't feel good. We *te//* someone if we do not like what they are doing. We *tell* someone if they are hurting us. We voice our opinions about what we like and don't like.



We can smile and laugh when we are happy. Smiling and laughing lets others know we are enjoying ourselves. We can cry when we are sad. Crying lets others know that we are hurting.

Sometimes, other people can tell by our behavior what we like and don't like. But often times, they can't. Sometimes people do things to us that we don't like on purpose. But most often times, they do it on accident, because they don't know how it makes you feel. Sometimes, someone might be having fun themselves and think you are having fun too.

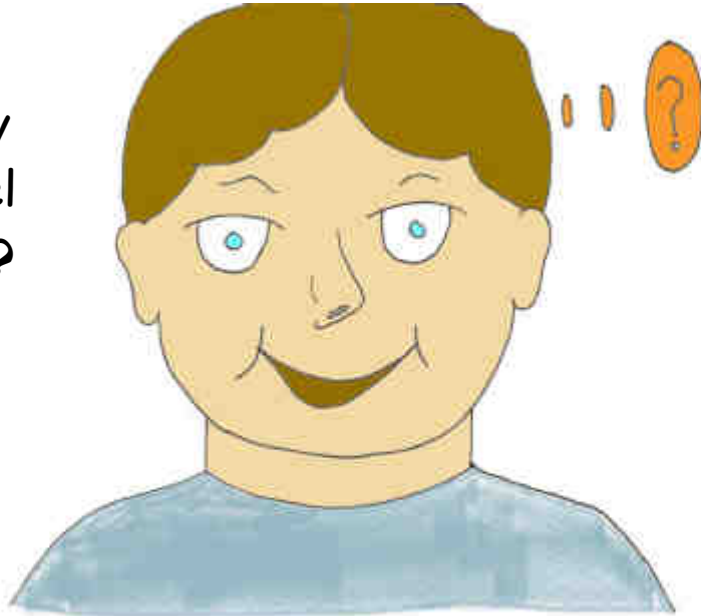


Because of this, we need to **always** be sure to tell others how we feel. If we don't tell them how we feel, they won't know.



I was hiking in the mountains with my mom and dad. I stepped on a rock and twisted my ankle. It didn't hurt at first, but the longer we walked, the more it started to hurt. What should I do?

Does my
Dad feel
my pain?



Does my dog Ralph
feel my pain?



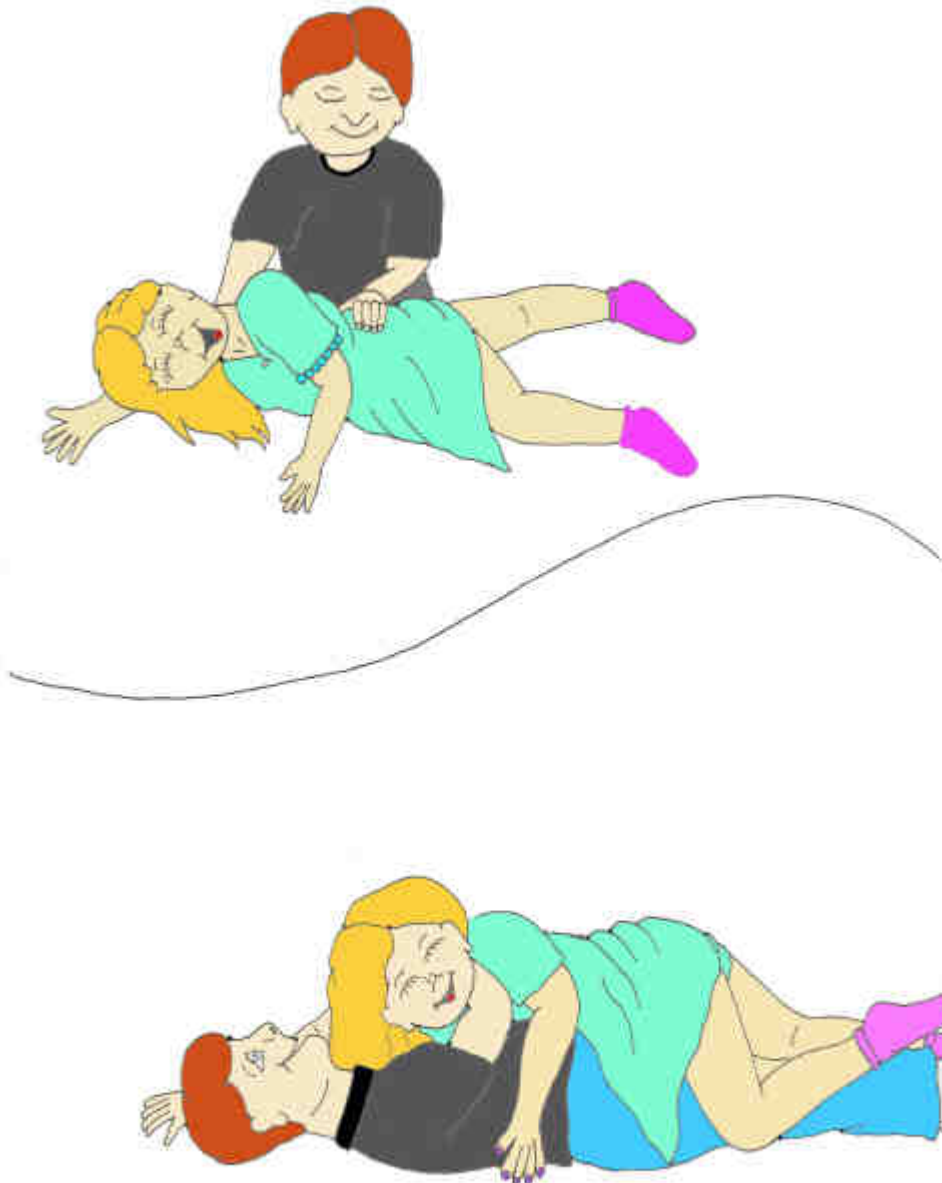
Does my
Mom feel
my pain?



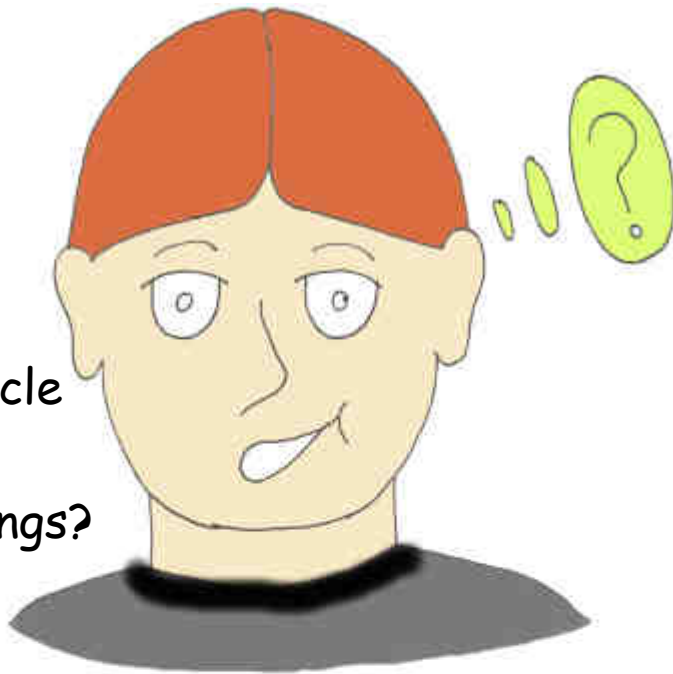
No. Only I can feel it, so I tell my mom
and dad that it is hurting me. I show
them where it hurts, and they help me
to make it feel better.



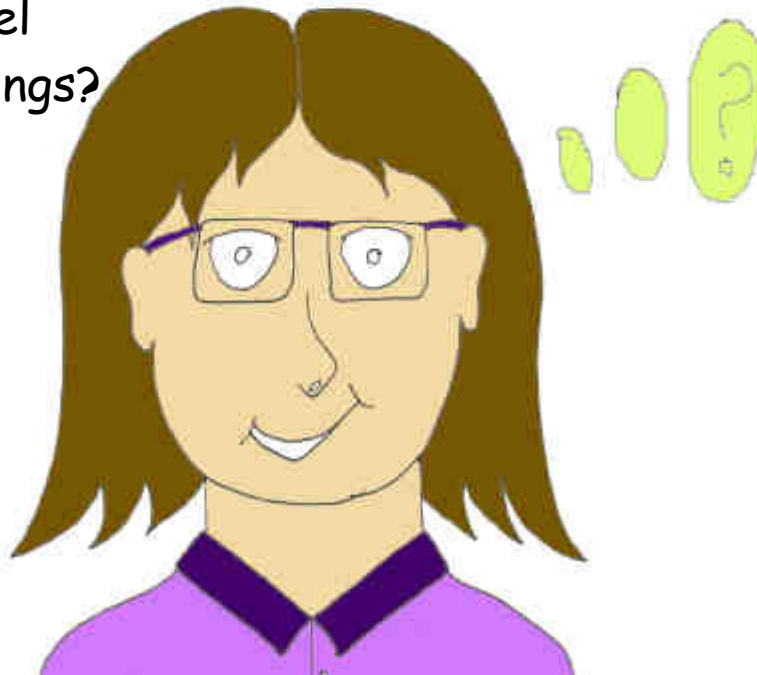
I was wrestling with my uncle Tim.
We were having lots of fun,
but then he was sitting on me
and I didn't like it.
It squished my belly.
What should I do?



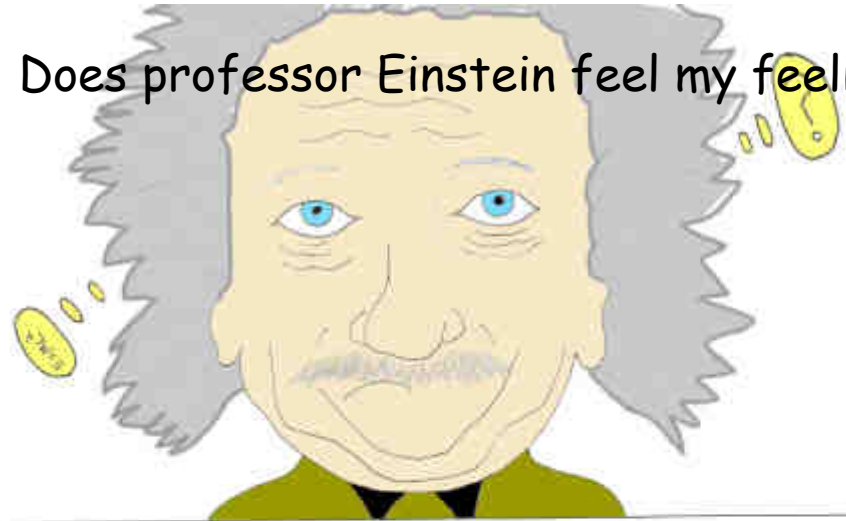
Does Uncle
Tim feel
my feelings?



Does my
Mom feel
my feelings?



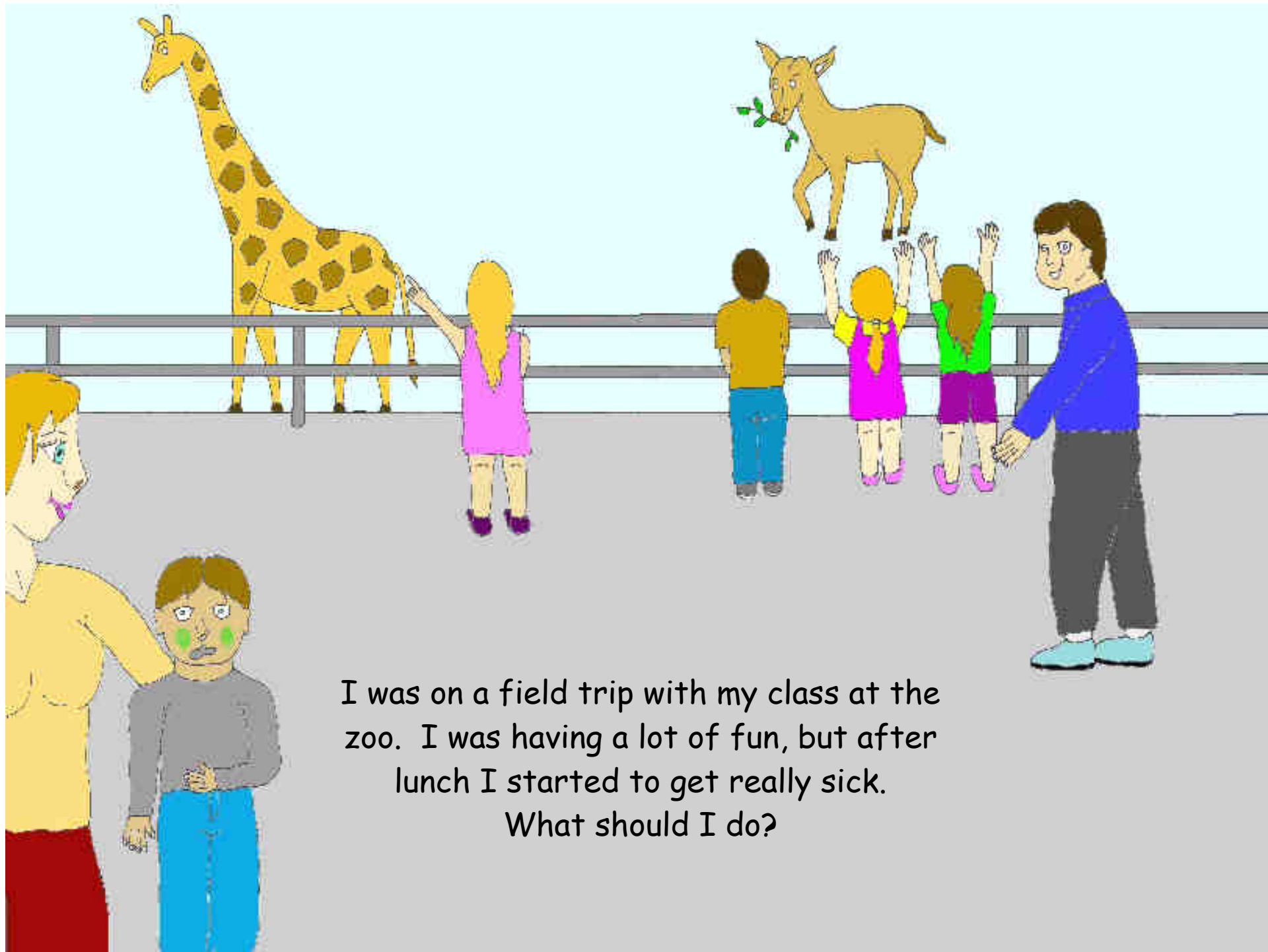
Does professor Einstein feel my feelings?



No. Only I feel this way, so I need to
speak up and tell him that I *really* don't
like what he is doing.



If I don't tell him, he can't know and
won't stop. I tell him my feelings, and he
gets off. We have fun playing a board
game instead.

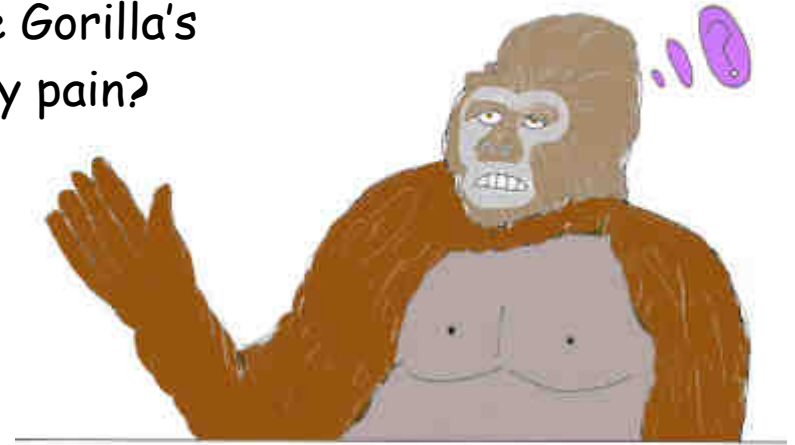


I was on a field trip with my class at the zoo. I was having a lot of fun, but after lunch I started to get really sick. What should I do?

Does teacher
Jane feel
my pain?



Do the Gorilla's
feel my pain?



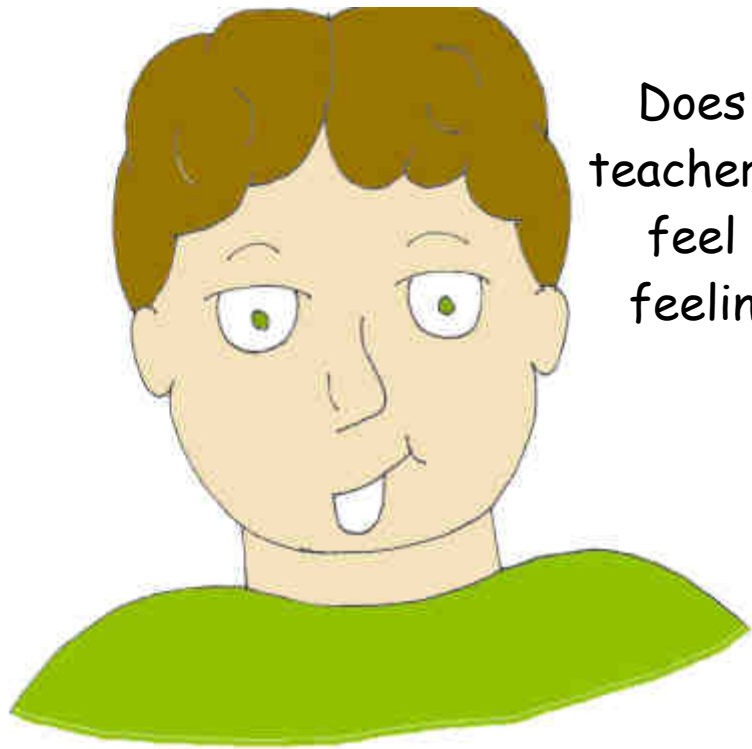
Does my
friend Timmy
feel my pain?



No. Only I feel my pain. I tell my teacher that I feel sick. She asks me how I feel sick. I tell her my head and tummy hurts. She walks with me and gives me some water. She stays close to me to keep me company and tries to help me feel better.



I was on the playground with my teacher Tom. Tom is my friend and likes to give lots of hugs and touches. Normally I like his touches, but these touches feel different. They make me feel weird. They make me feel funny. So what should I do?



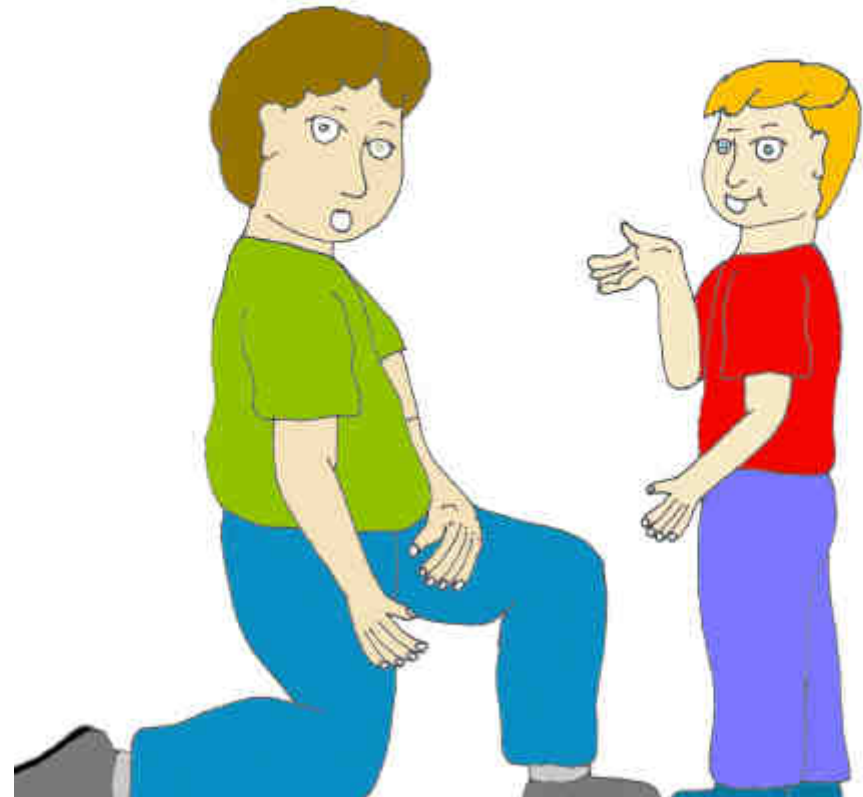
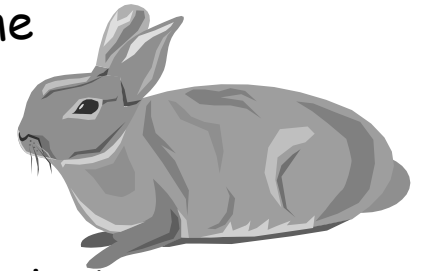
Does my
teacher Tom
feel my
feelings?



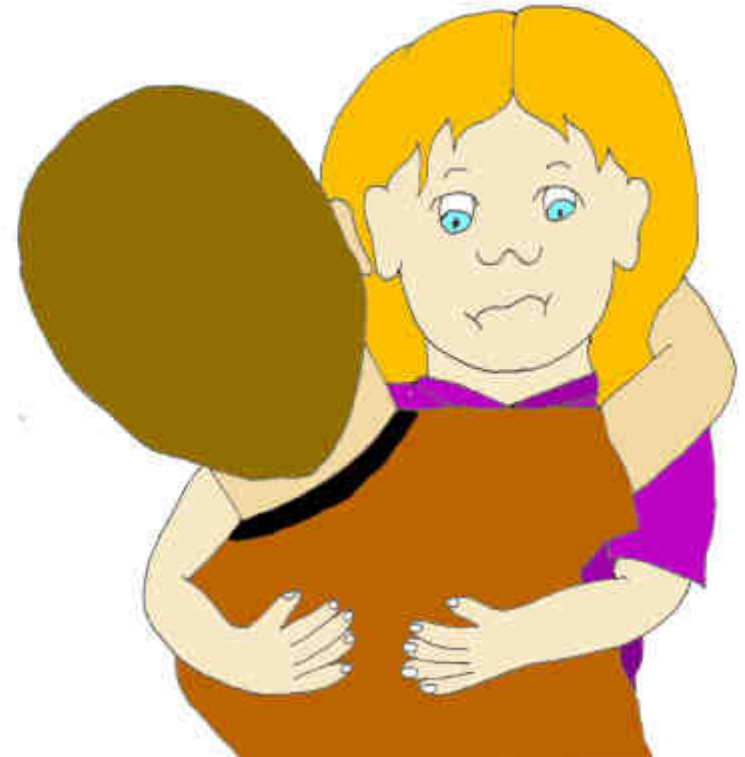
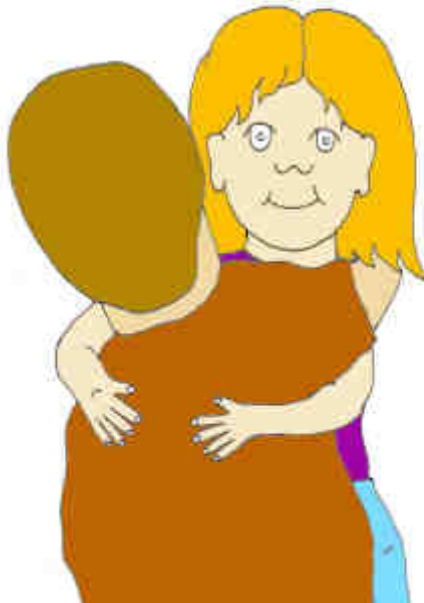
Does my
friend Sara
feel my
feelings?

Does our pet bunny feel my feelings?

No. Only I know how it feels to me,
so I need to tell Tom that the
touches he is giving me
do not feel good.
I tell him, and he
Says he is sorry. We
go to slide on the big climber.



My camp counselor likes to give hugs *all* the time. I like hugs too, but not too much. I give him hugs because I want to. Sometimes I give him extra hugs because I know he likes them, and I want to be nice. But today, he is giving me too many hugs. What should I do?



Does my
camp
counselor
Ron feel
my feelings?



Does the Oak tree
feel my feelings?



No. Only I feel
my feelings. I tell
him that's enough hugs
for today. He says OK.
Later in the day he
forgets, but I put my hand out to
remind him and then he remembers.
We have a lot of fun playing in the
lake at camp.

Does leader
Jane feel
my feelings?



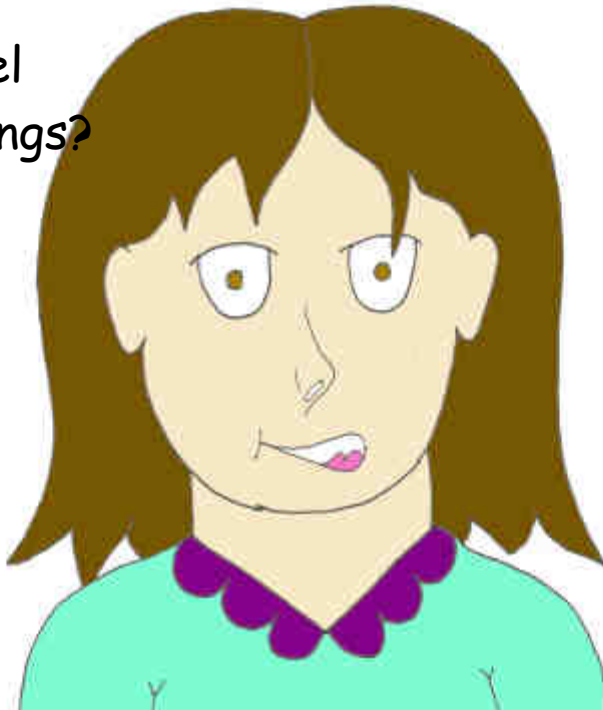
I was at my cousin Vinny's house. He is grown up. I like to play at Vinny's. We were playing house and having lots of fun. Then we went upstairs to his bedroom. He started giving me touches with the door shut. I like hugs and touches, but he did not want to do anything else besides touch. The way he is touching me gives me weird tickles. I don't like these kind of tickles. What should I do?



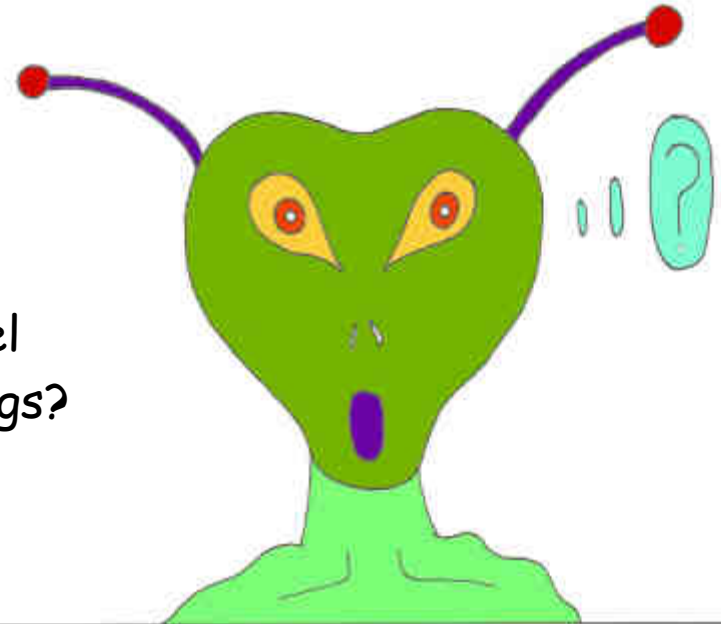
Does Cousin
Vinny feel
my feelings?



Can my
Mom feel
my feelings?



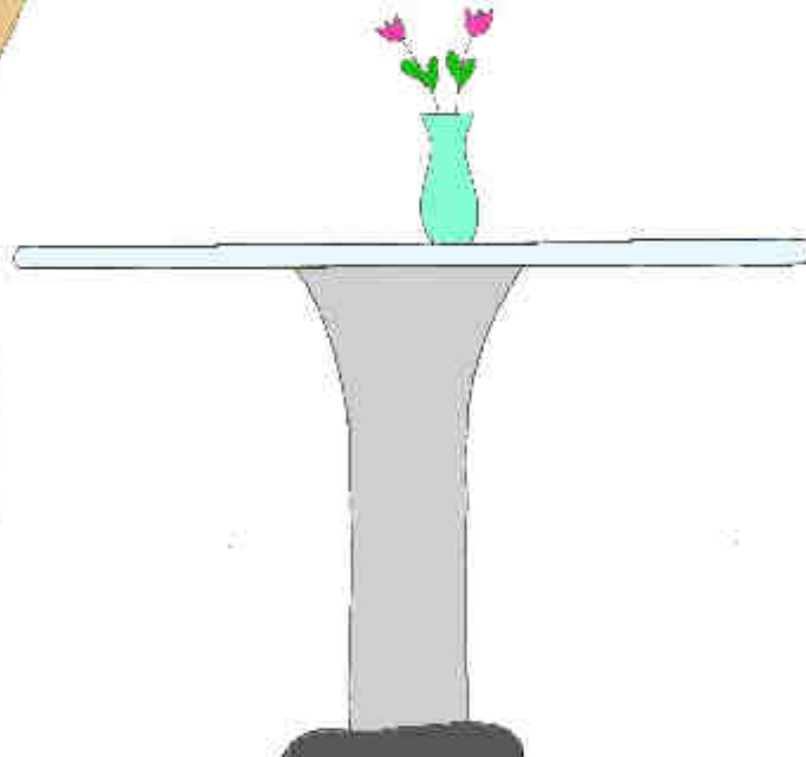
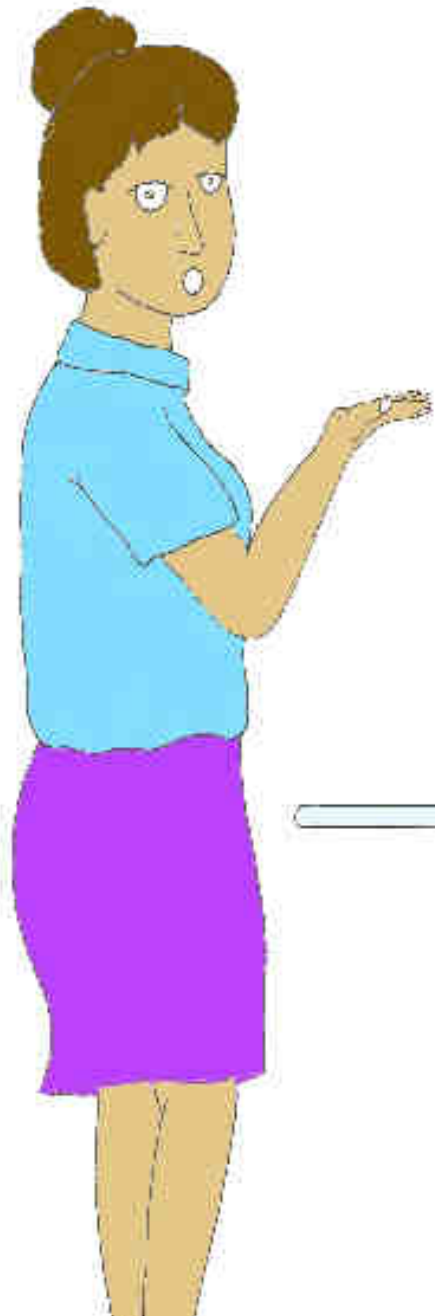
Do the
aliens feel
my feelings?



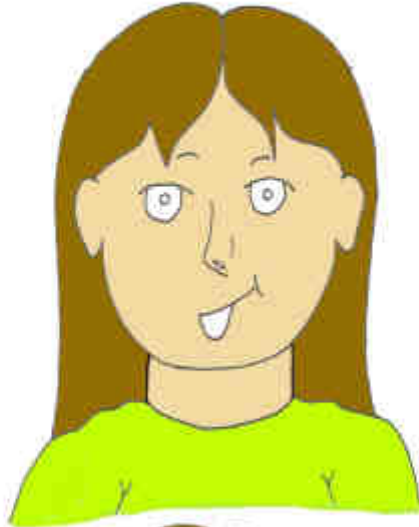
No. Only I feel my feelings. I tell
him how these touches make me
feel. He wants to keep going,
But when I tell him in a firm
voice "**NO!**" he
stops.



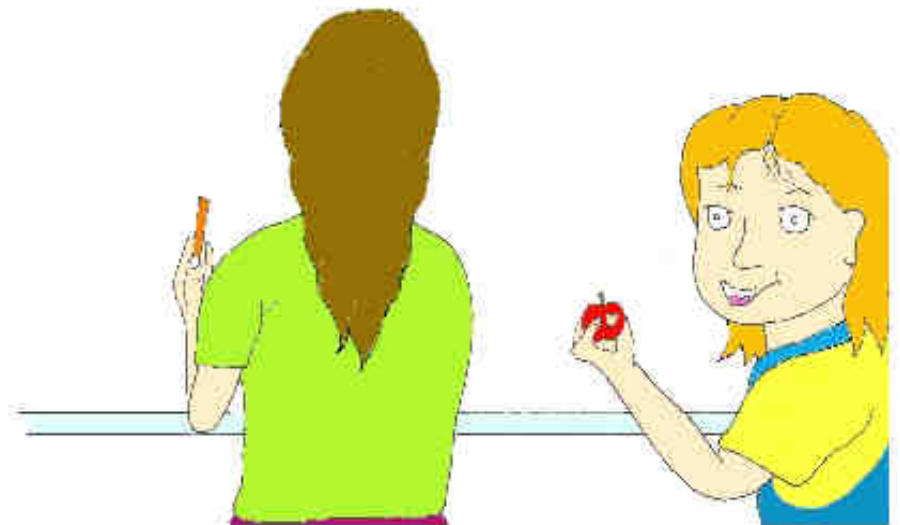
I went over to play at my friend Laura's house. I forgot to eat breakfast. After a while I started to get really hungry, and I got weak and felt like I was going to fall over. What should I do?



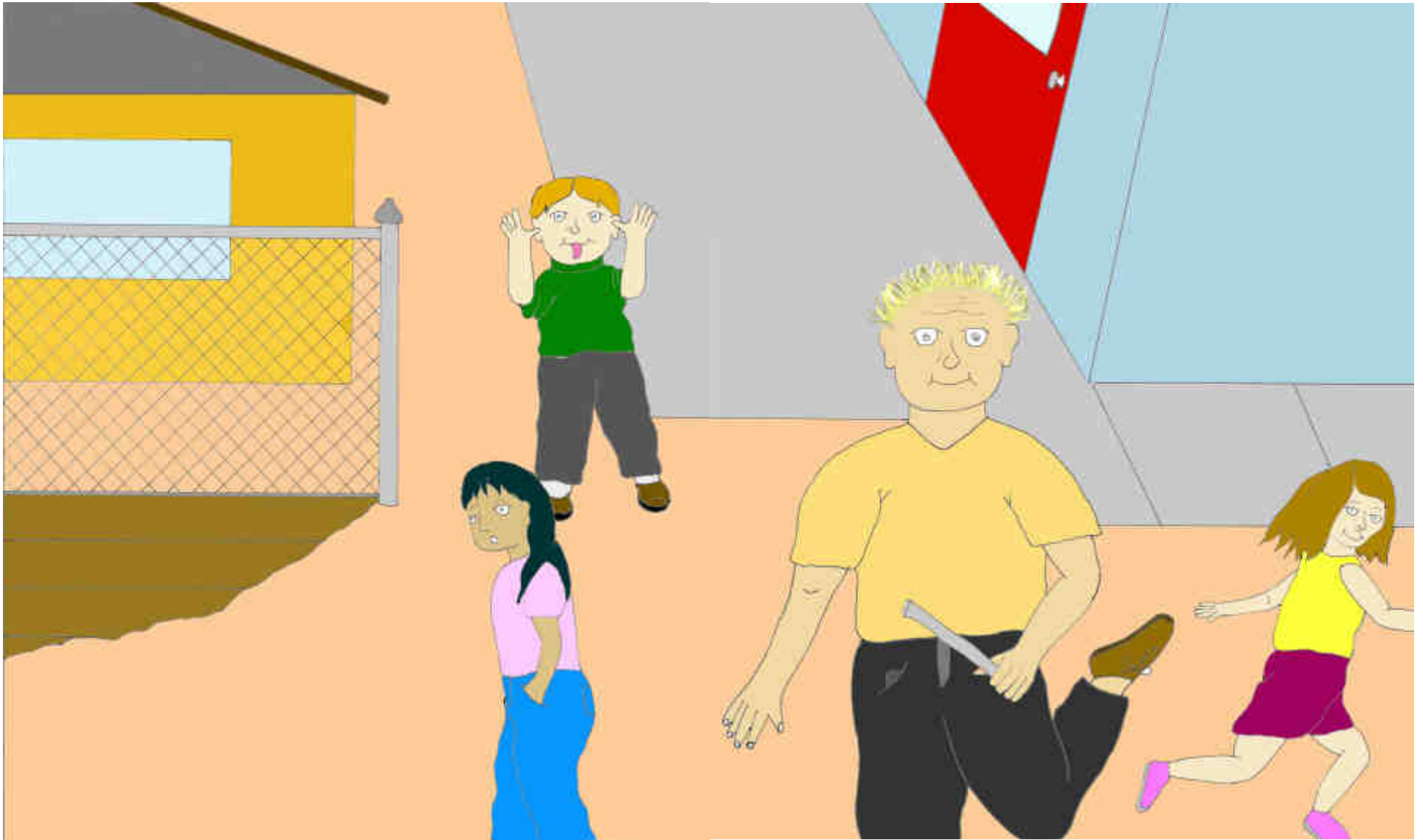
Does Laura feel my feelings?



Does the car feel my feelings?
No. Only I feel my feelings.

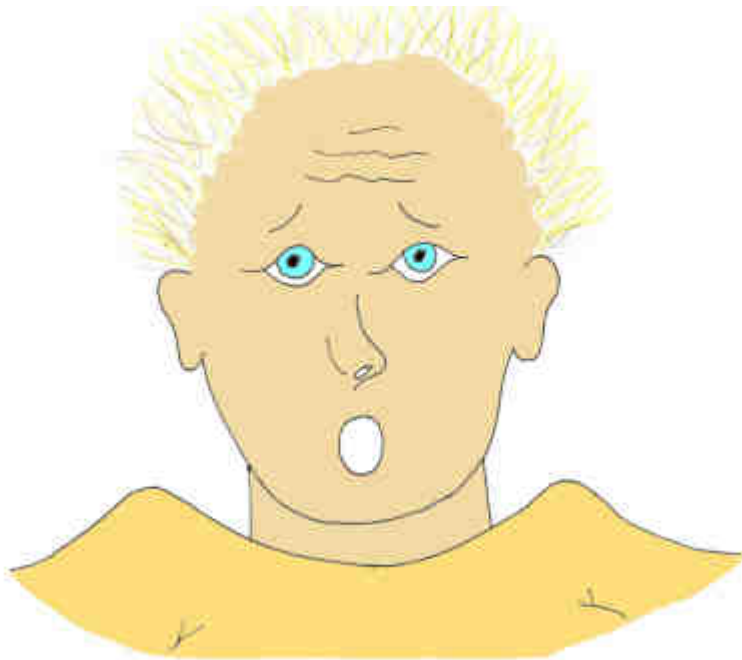


I tell her mom that I feel really weak
and she gets me something to eat. That
makes me feel better.

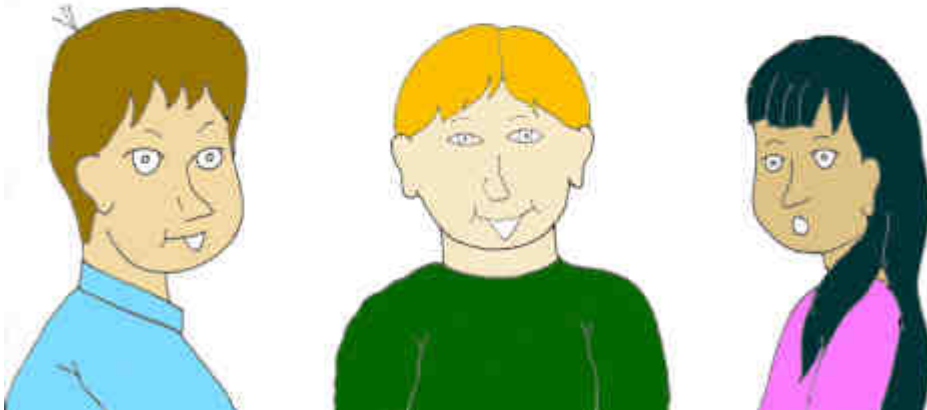


I was at day care. My teacher Joe plays a game where he chases the kids around the playground and pretends to bonk them on the head. All of the other kids like it, but I don't. It makes me scared. So what should I do?

Does my teacher Joe feel my feelings?



Do my friends feel my feelings?



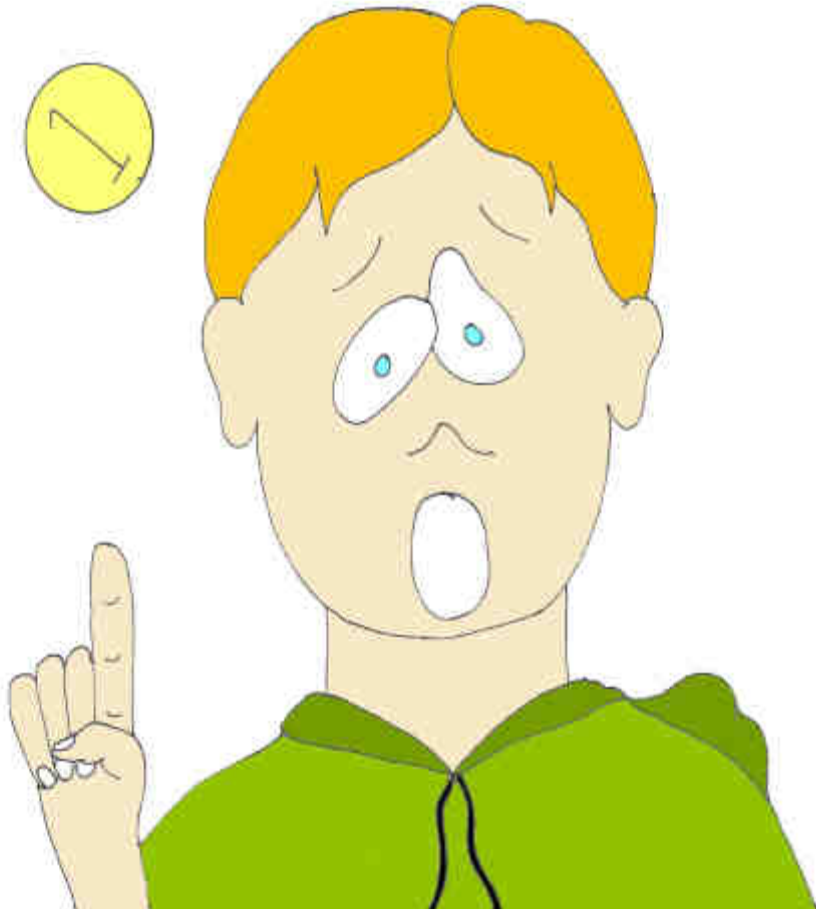
Does the moon feel
my feelings?

No. Only I feel my feelings. I tell my
teacher that I don't like to play
that game.



He tells me OK, that he will only play it with
the other children. We have fun playing
other games that I like another time.

When we tell our feelings once,
people usually understand.
If they don't understand, we might
have to do it twice. Sometimes the
other person might think we are
joking. They may not take our
feelings seriously.



If this happens, we need to get a
stern look on our face, and tell them in
a firm voice "Stop it! I don't like that!"
If they still don't listen, then we cry
because our feelings are hurt. We
keep telling people our feelings until
they listen to them.



So who feels your feelings?
Who feels your pain?



Do your mom and dad feel your feelings?
Do they feel your pain?



Does your goldfish feel your feelings?

Do your friends feel your feelings?
Do they feel your pain?



How about your toothbrush.
Does it feel your feelings?
Does it feel your pain?



No! Only you feel your feelings. Only you feel your pain.

So be sure to let everyone know how you feel!



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