Hello there.
My Name is Jenny.
I am a Kid.
Like most other kids, I like to do normal kid stuff. I like to play with my friends. I go to school to learn. Like most normal kids, I have to listen to adults.

Well most of the time.
There are some things I should always listen to and shouldn’t say no to.

I should not say no if my teacher tells me to behave, or if my mom asks me to clean my room.

I should not say no when my Dad tells me I need to do my Homework. I shouldn’t throw fits just because my friends want to play a different game. I should try hard to listen and get along with people as best as I can.
But when it comes to how people treat **MY BODY**, things are different. My body belongs to me, and I can say No if someone wants to use my body in a way I don’t like.

I **can** say no, even to an adult. I should tell people if something they are doing does not feel good to me, even to an adult. I can tell people because only I am in charge of my body, and only I know how it feels to me. Nobody else will know unless I tell them.
Every day, people do things that might not feel good to me. Sometimes on purpose, like when a friend gets angry and pushes me down. Most of the time on accident, like when my mom brushes my hair too hard, or when someone runs into me. Sometimes while playing, like if my dad and I are wrestling and it gets to be too much.
When someone does something that I don't like, I need to make sure I tell them politely to stop. Like this:

"Please stop, I don't like that."
Or I can say:
"No more please"
Or
"That doesn't feel good for me, so please stop."

Ok, now you give it a try. Practice telling someone politely to stop.
(Have children practice)
Very good. Now, most of the time that works. When I ask people politely, most of the time they will listen. If I tell someone and they don’t listen, then this is what I do:

First, I get a real serious look on my face, like this. Why don’t you try making that face. Very good. Then, I use my serious face, and in a real serious voice yell at them.

“Stop It!”
Or
“I don’t like it!”
Or
“I told you No!”

OK, now you try that with your serious face. Make sure you say it loud so they get the message.
Very good. Now after that, just about everybody will listen. If they still don’t listen, then this is what I’ll do:

I start to cry. Boo hoo. I throw a tantrum too. I keep crying and keep telling them please don’t do that until they stop.

(Can you try that?)
Very good. I keep doing this until I can get away and tell my mom and dad. If the person wants me to promise not to tell mom and dad, I will tell them “OK” so that I can get away. But as soon as I am safe with them, I will tell my mom and dad everything.

My mom and dad protect me, and they need to know if someone does something on purpose that doesn’t feel good to me. I should never keep secrets from them.
The other day I was playing with my friend Jenny. We were playing house in my room. My Daddy came over and wanted to give me hugs and kisses. I told him in a nice voice “Not right now daddy, I’m playing.” and he listened. After I was done playing I went downstairs and gave him hugs and kisses.
So I had to put on my serious face and tell him “Stop It!”
When I did that, he listened.
He said “I’m sorry.”
I told him “That’s OK.
It was fun at first.
Let’s play something else now.”

One time I was at my Uncle’s house.
We were playing a tickle game.
It was fun at first, but then it got to be too much for me. I told him to please stop,
but he did not listen. I think he thought I was joking.
I told him that touch confused me, and I didn’t like him to do it. He still kept doing it. I started to cry and kept telling him “No!” He brought me into another room and kept doing it.

He didn’t listen to me. After a while, he stopped, and told me to never tell anyone or he would hurt me.

But I told my mom as soon as I got home, because I knew it was the right thing to do. Jenny can only play at my house from now on, but we still have fun.

One time, I was playing at Jenny’s house. Her dad started to touch me in a way that nobody had touched me before.
So now let's review, and I want **you** to show **me** what you would do.

If someone does something that does not feel good to you, first let's tell them politely. (Have child practice telling you no politely)

Please stop.

No thank you.

That's Enough!
Very Good.

Then, do you remember what we do if that doesn’t work?

We need to put on our real serious face, and in a real serious voice, tell them “No!” or “Stop it!”

Now you try.

(Have child practice saying “NO!”)
Then, if that doesn’t work, start to cry. Throw a tantrum. Keep crying and asking the person to please stop. Now you try. (Have child practice resistance by crying)

Very good. Now you know how to voice your desires about your feelings and your body to others. Now let’s go play and have some fun!

The End