

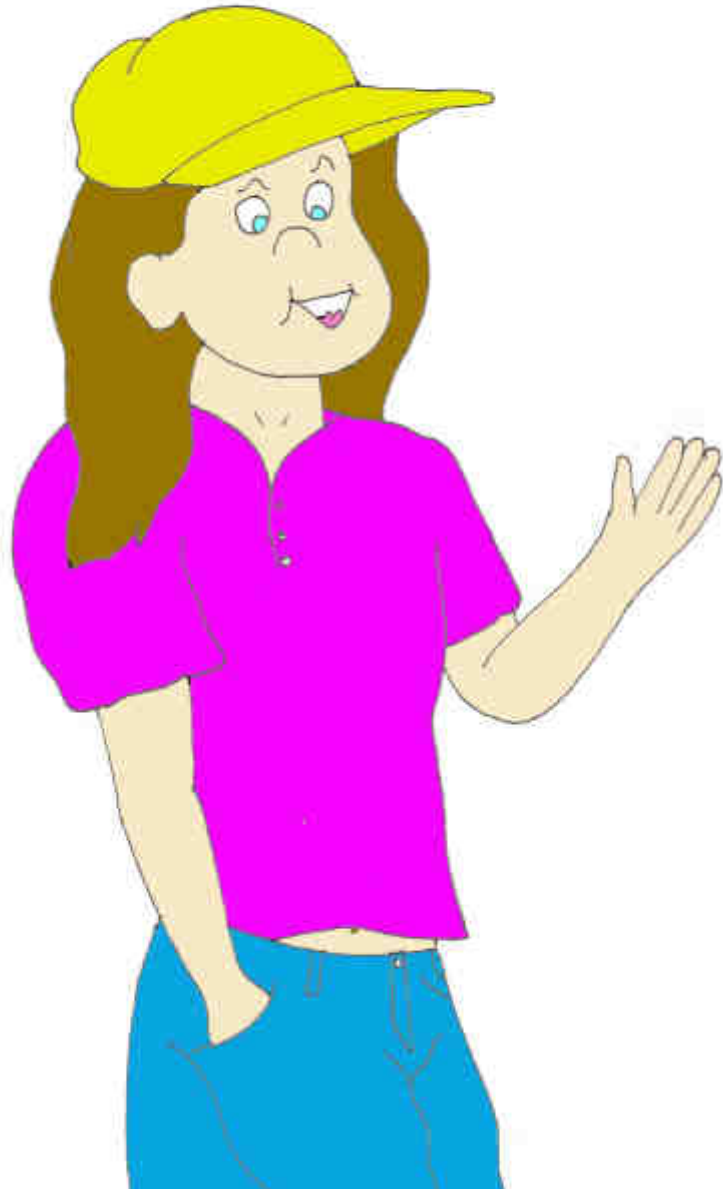
I
Just said



GLOBAL CHILDREN'S FUND
www.keepyourchildsafe.org



Copyright 2006

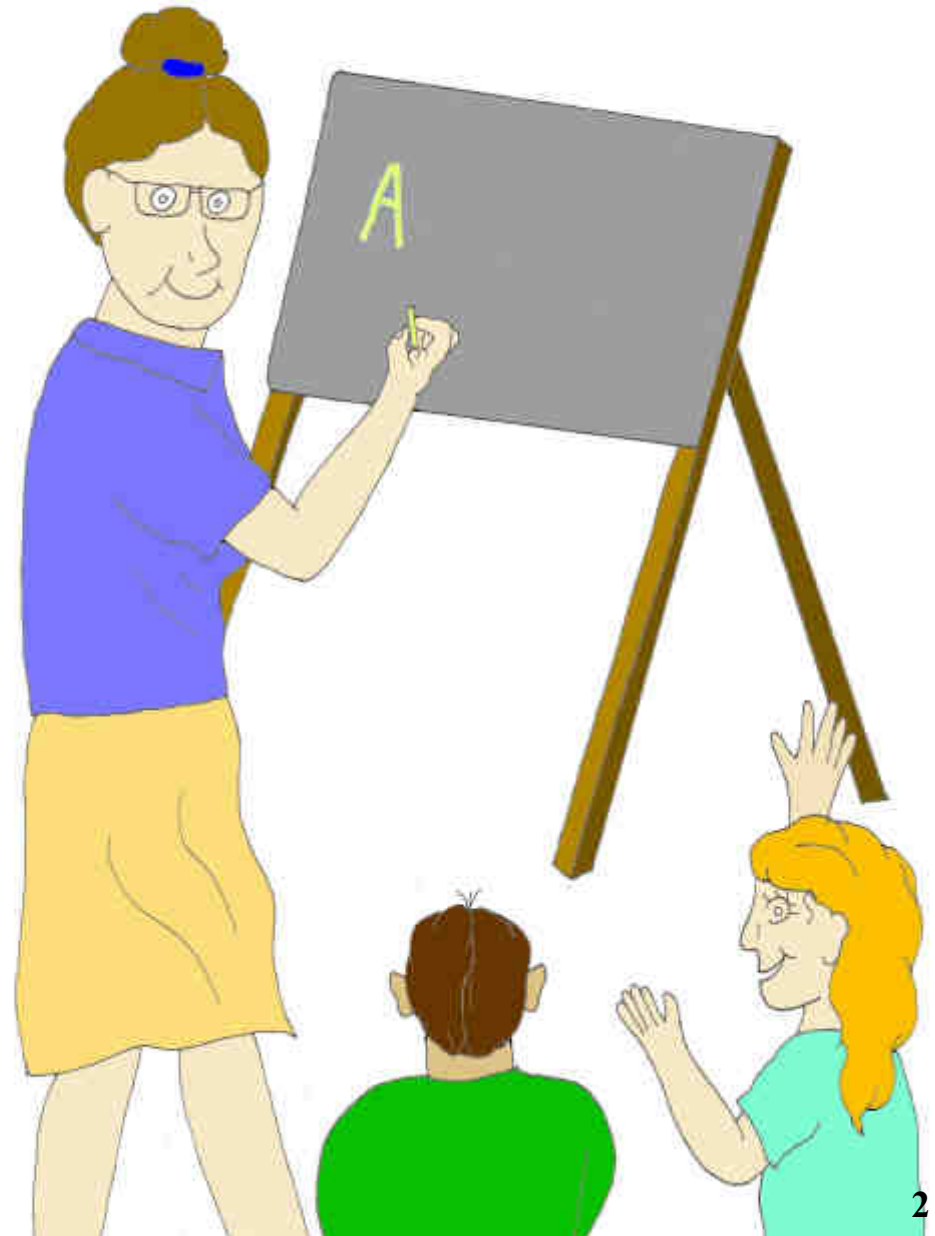


Hello there.
My Name is
Jenny.
I am a Kid.



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

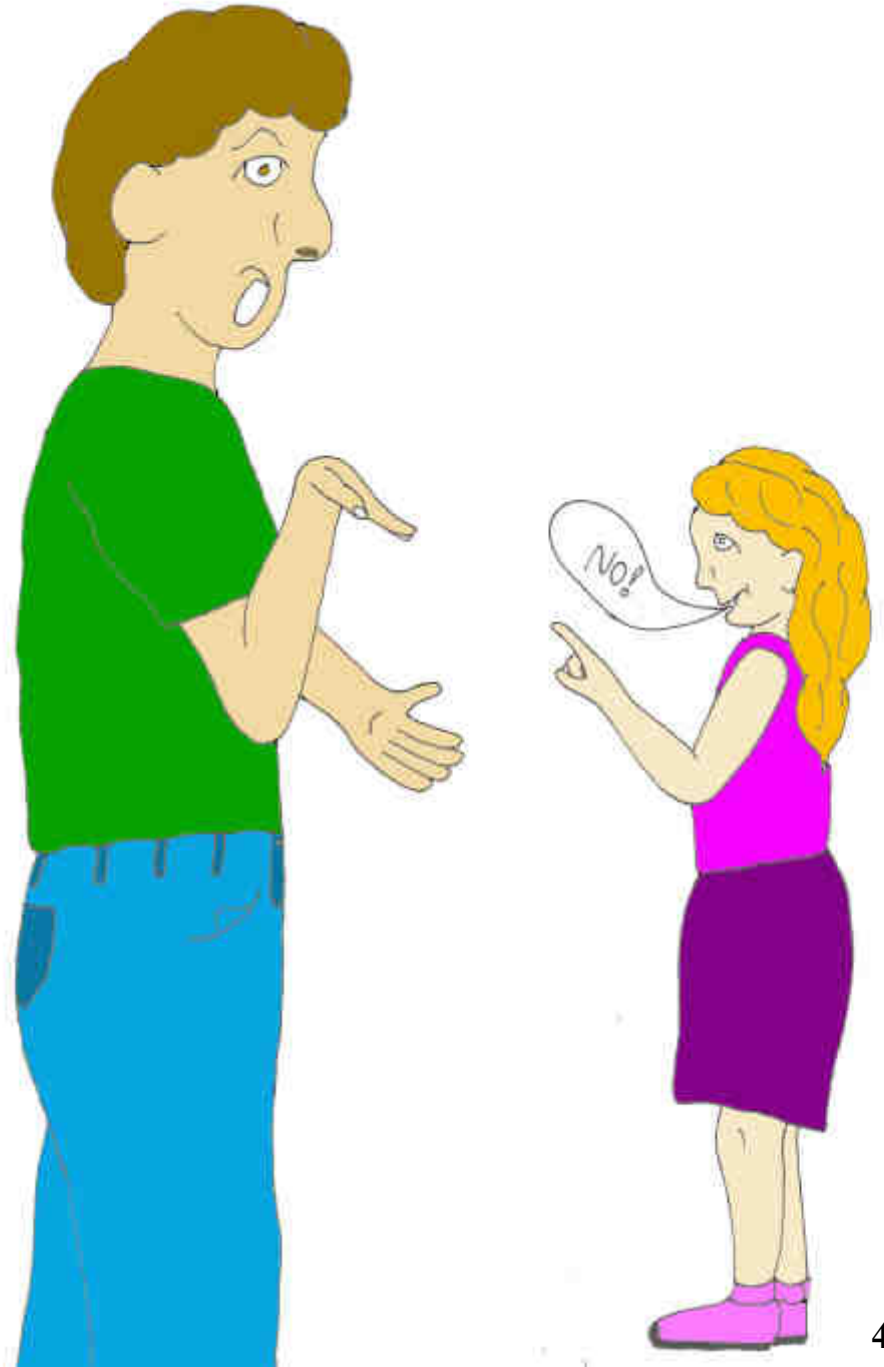
MY BODY,

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.

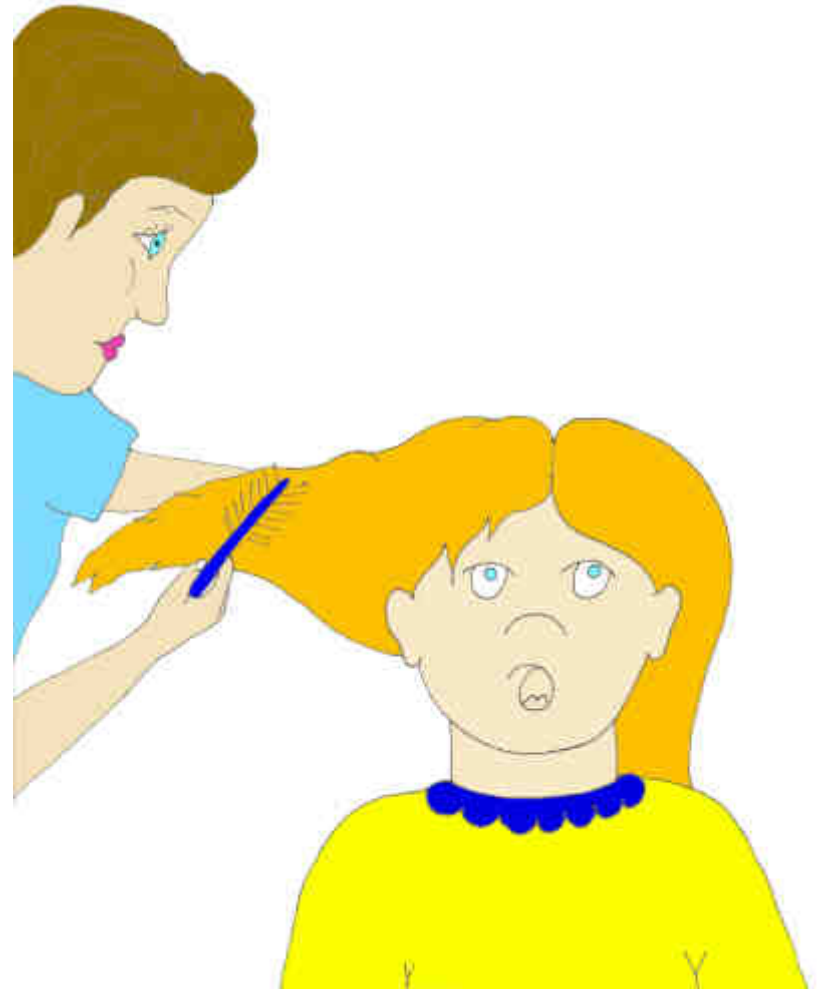
I should tell people
if something they are Doing
Does not feel good
to me, even to an adult. I can tell people
because only

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!"

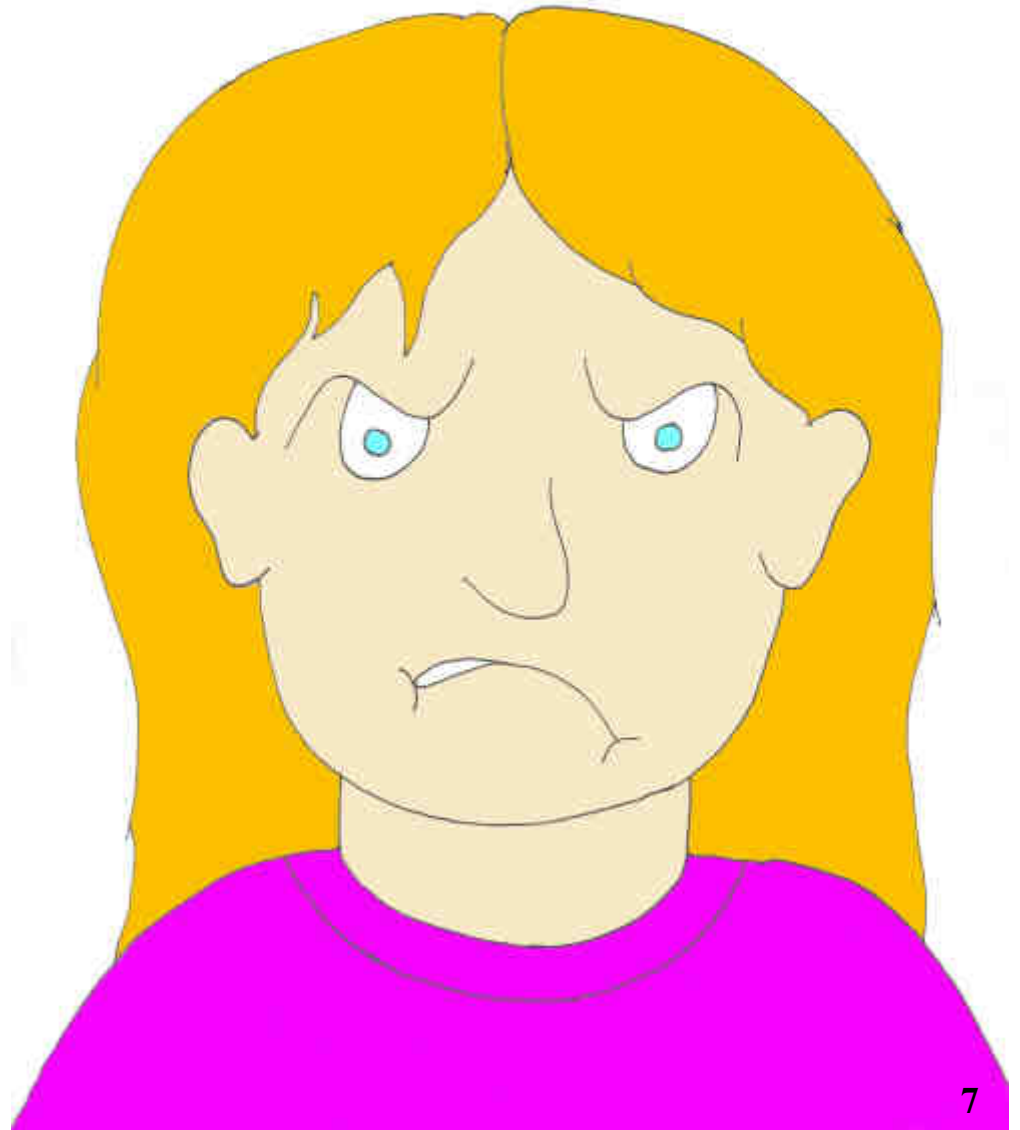
Or

"I don't like it!"

Or

"I told you No!"

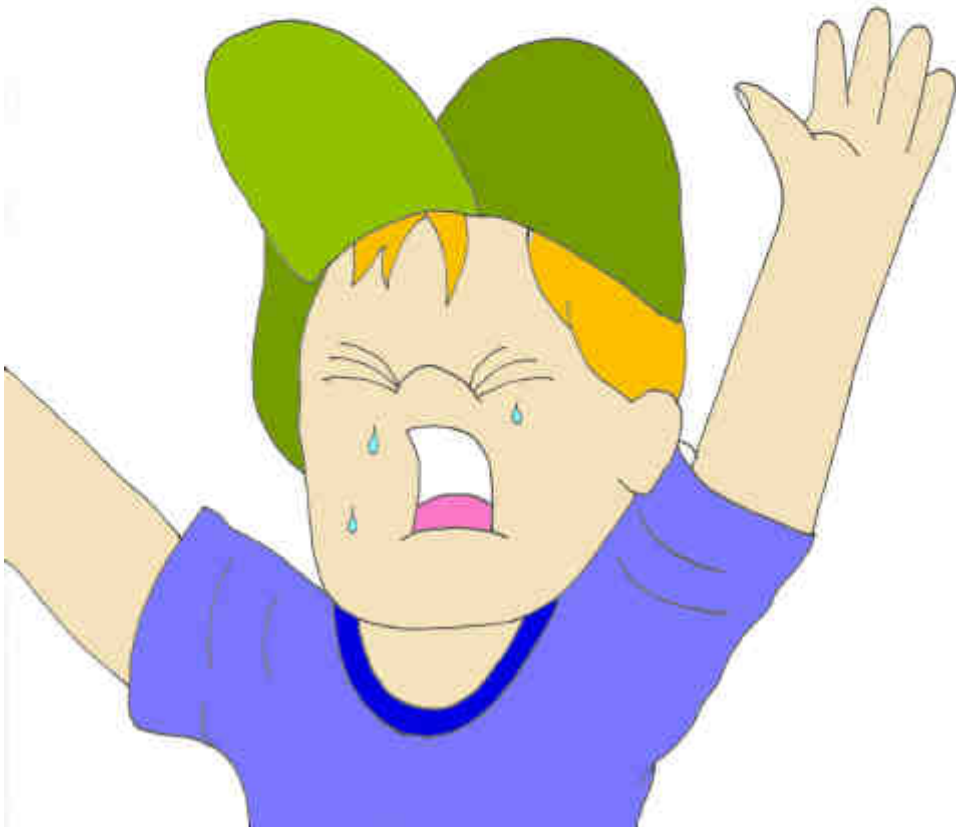
OK, now you try that with your serious face. Make sure you say it loud so they get the message.



Very good. Now after that, just about everybody will listen. If they *still* don't listen, then this is what I'll do:

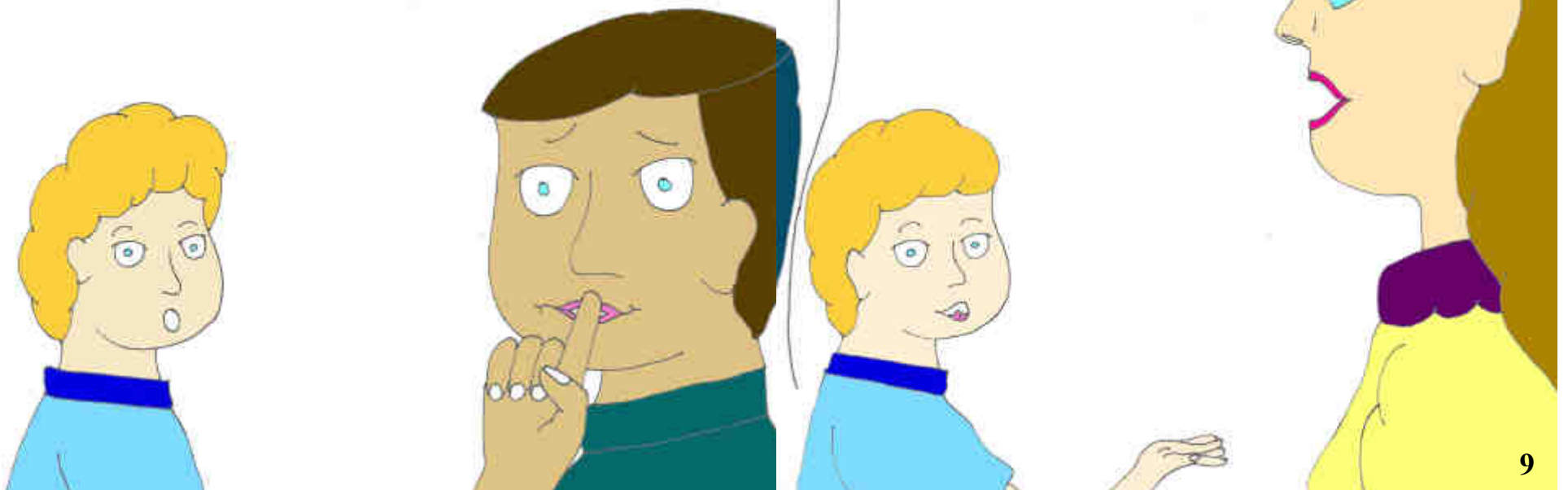
I start to cry. Boo hoo.
I throw a tantrum too.
I keep crying and keep telling them please don't do that until they stop.

(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.



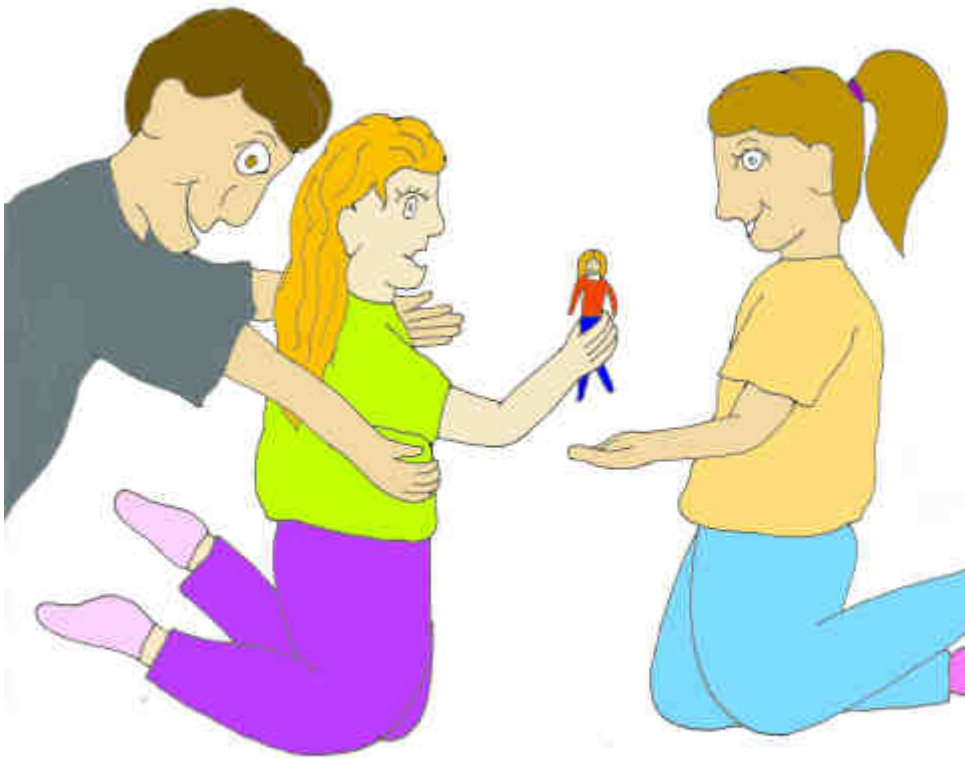
The other Day I was playing with my friend Jenny.

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.

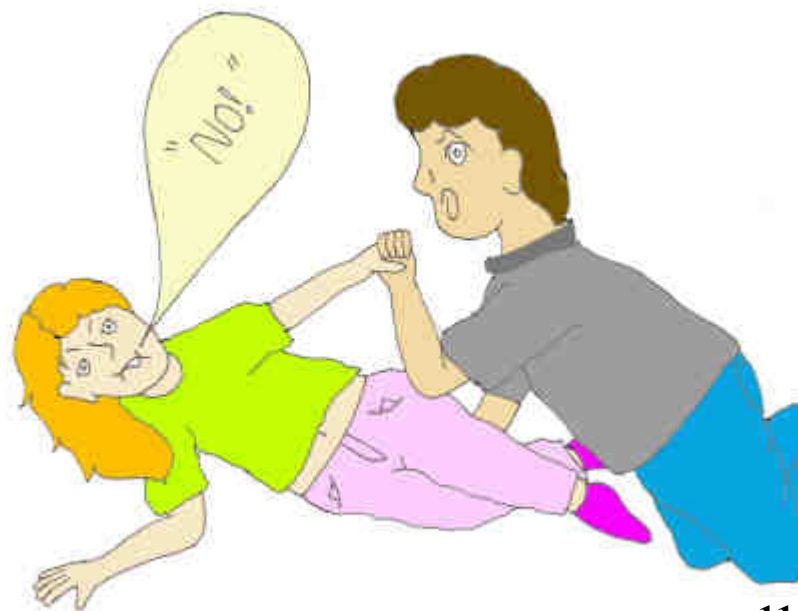


One time I was at my Uncles house.
We were playing a tickle game.

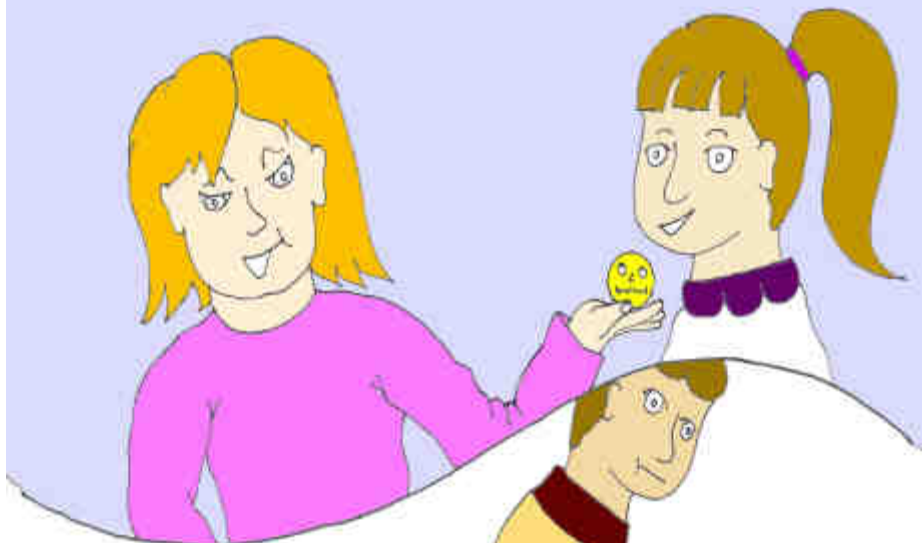
It was fun at first, but
then it got to be too much for me. I
told him to please stop,
but he did not listen. I think he
thought I was joking.



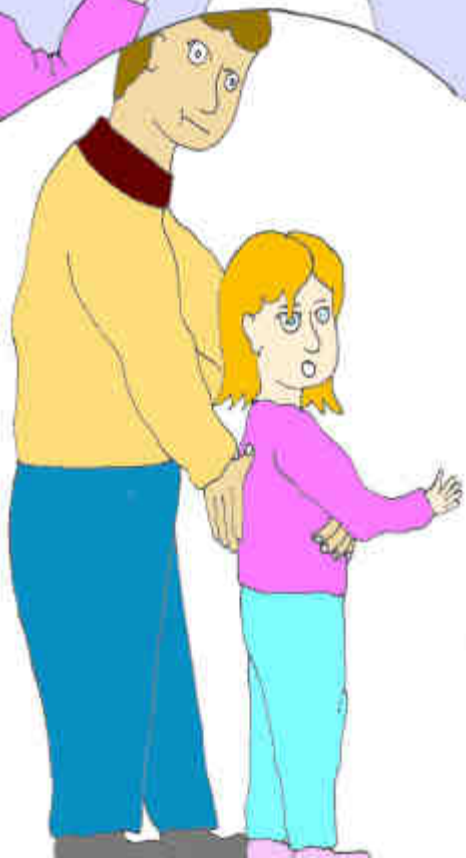
So I had to put on my serious face
and tell him "Stop It!"
When I did that, he listened.
He said "I'm sorry."
I told him "That's OK."
It was fun at first.
Let's play something else now."



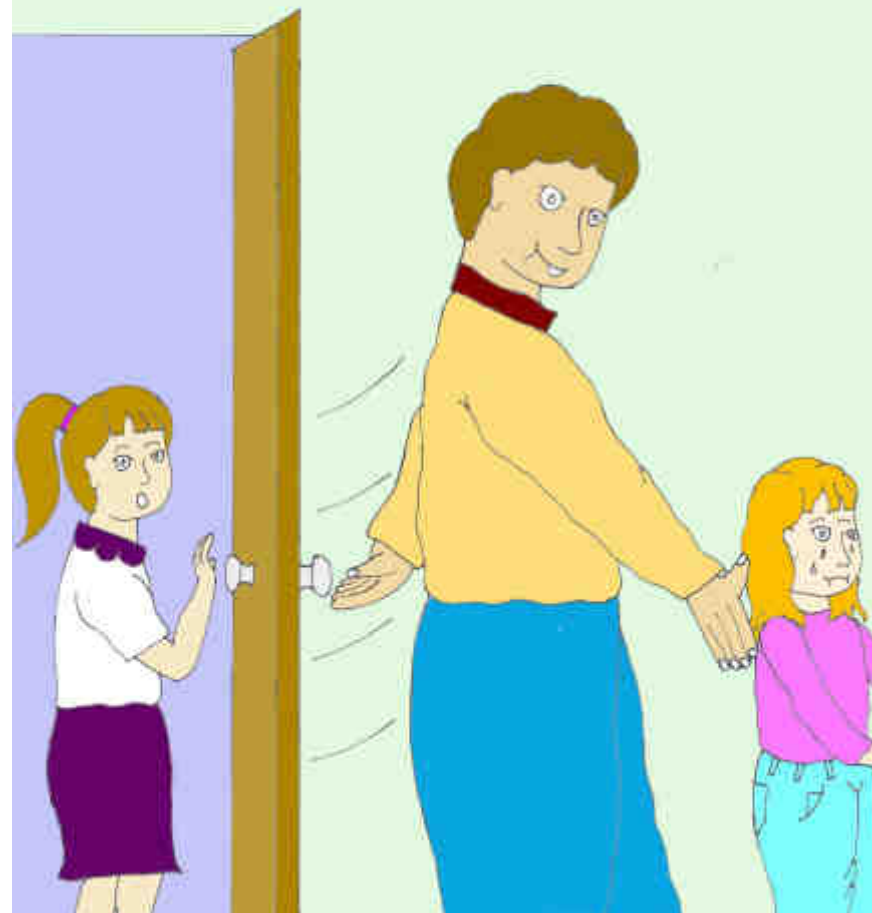
One time, I was playing at Jenny's house. Her Dad started to touch me in a way that nobody had touched me before.



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.

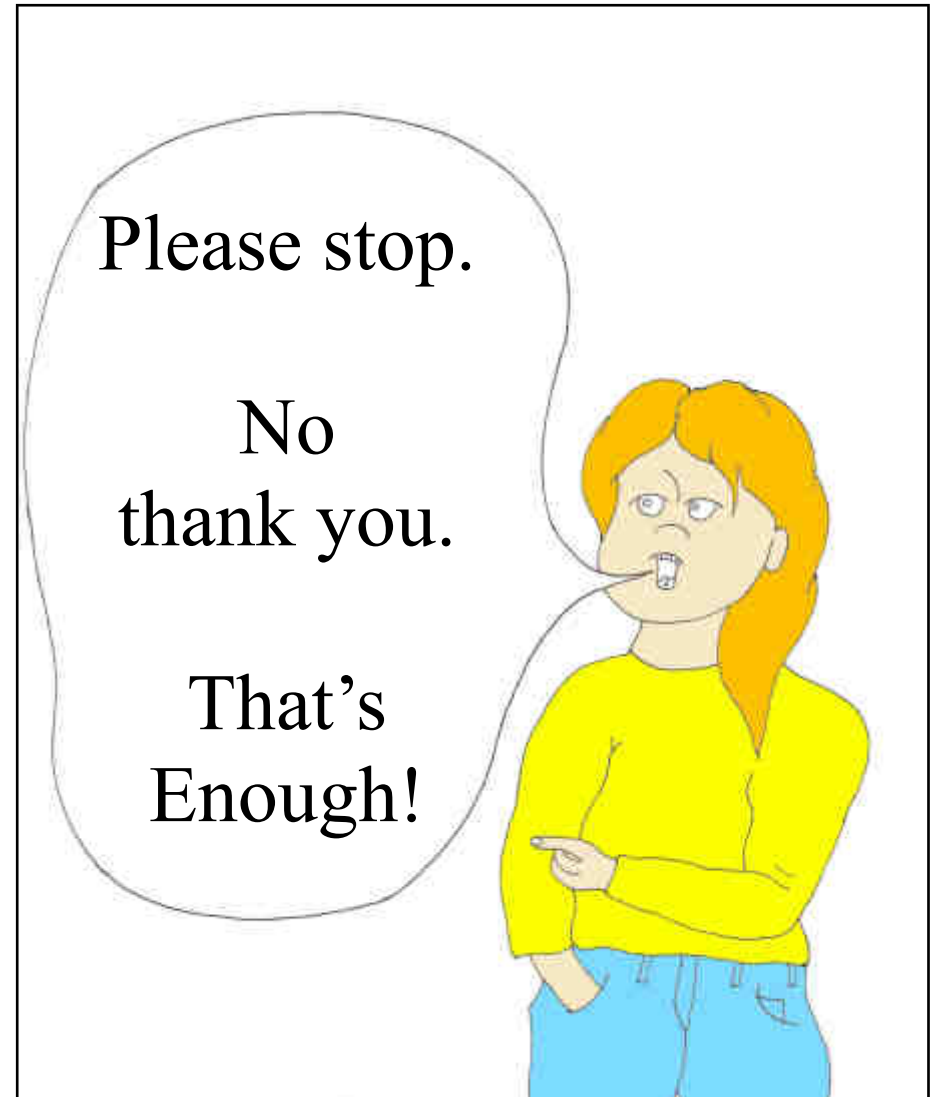


He didn't listen to me. After a while, he stopped, and told me to never tell anyone or he would hurt me.



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.

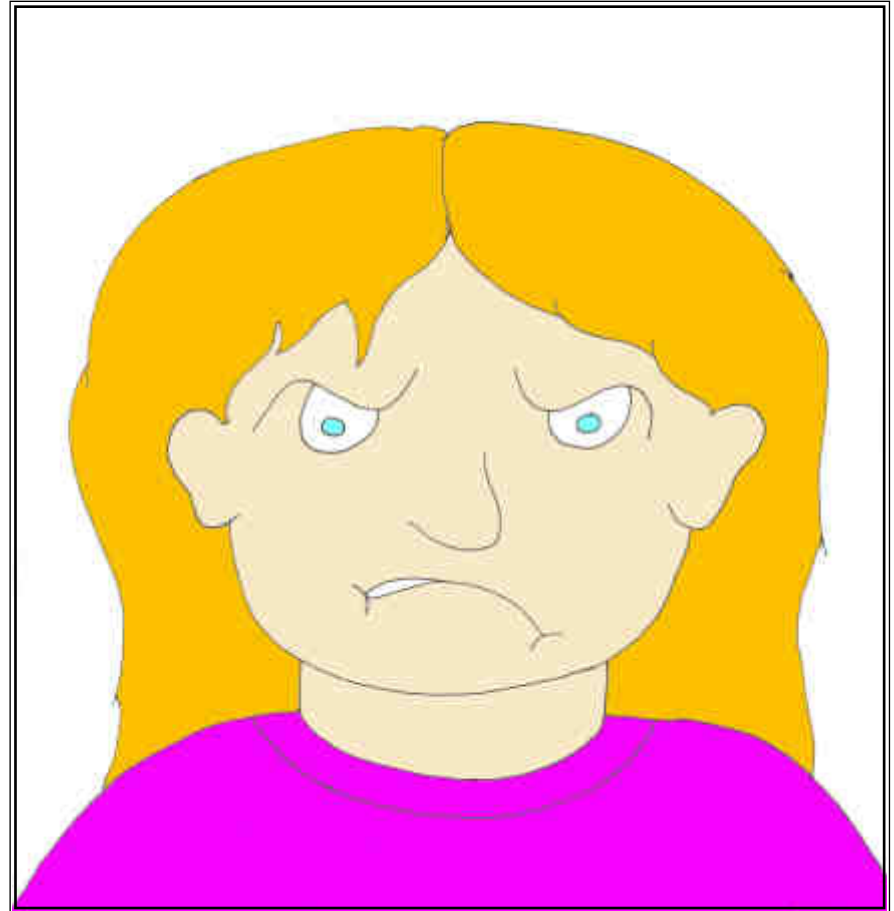
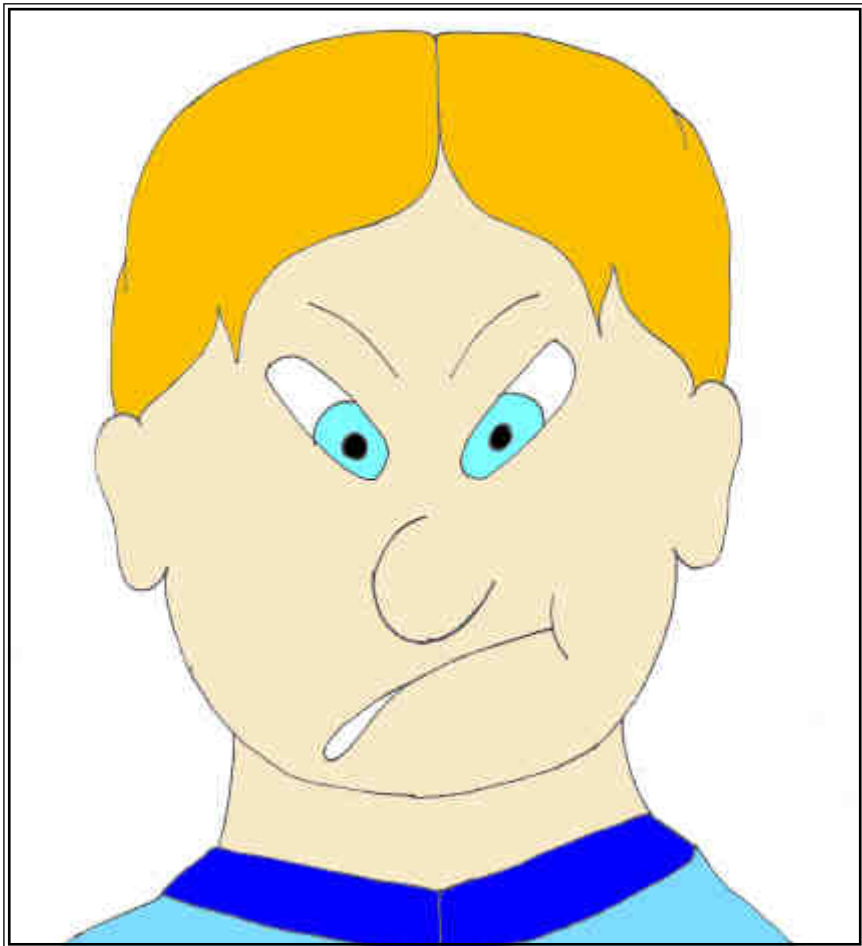
So now lets review, and I want you
to show me what you would Do.



If someone Does something that Does not
feel good to you, first lets tell them politely.
(Have child practice telling you
no politely)

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.

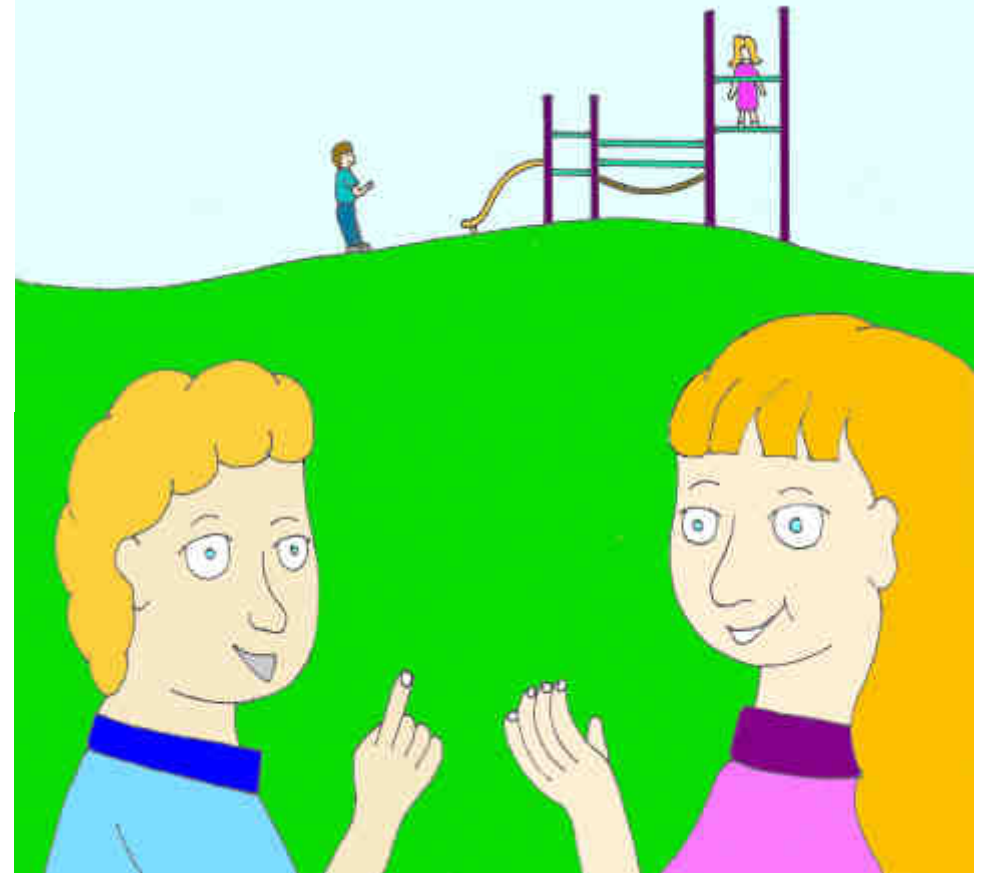
(Have child practice resistance by crying)



Very good.

Now you know how to voice your
Desires about your feelings and
your body to others.

Now lets go play and have
some fun!



The End