

My HAPPY Bear Personal Safety Chart

- My Name _____
- My Address _____
- My Phone Number _____

People I feel safe with:

Name:

Phone:



_____	_____
_____	_____
_____	_____
_____	_____

I can dial "911" for help.



Child Advocacy & Parenting Services, Inc.

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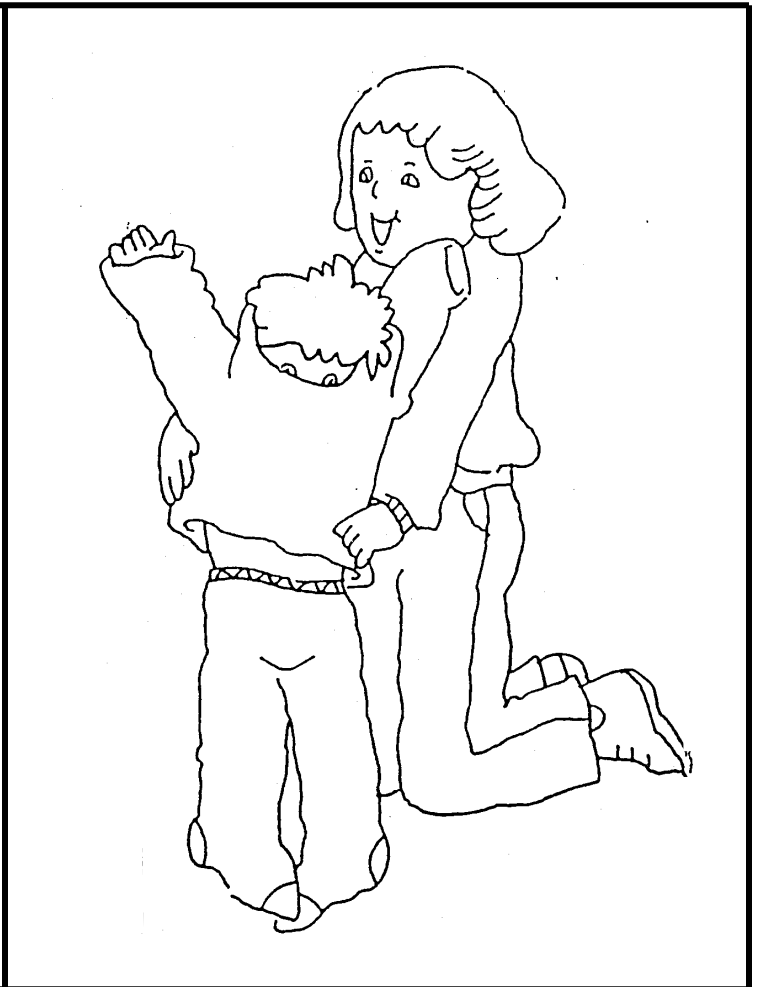
Website: www.capsosalina.org

Your body is private.

That means your body
Belongs to only you.



Sometimes people who take care of you need to see or touch your body.

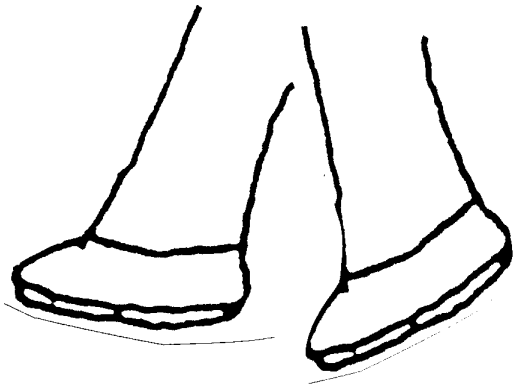


If someone gives you a bad touch

1.) Say



2.) Walk away



and . . .

3. Tell someone

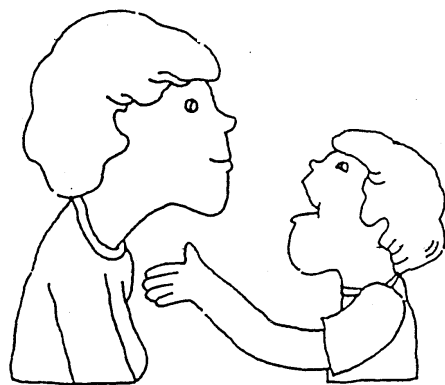


If someone gives you a bad touch, you didn't do anything wrong – someone else did.
Talk about your feelings with a person you trust.

1.) Don't hide your feelings inside.



2.) It's ok to get sad, or mad, or scared.



3.) Talk about the things that bother you.



4.) And you'll begin to feel better again.