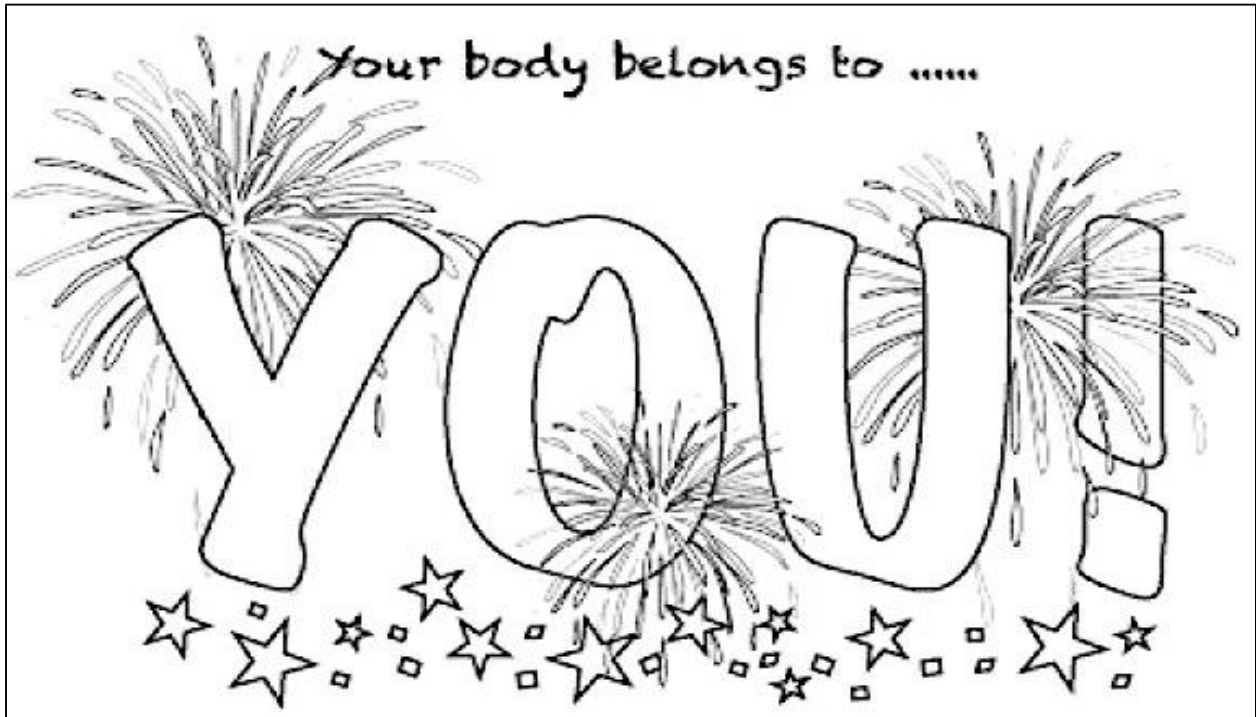


Games and Activities



Say:

NO in a loud voice

If you feel uncomfortable about what someone is doing . . .

GO to a safe place with other people

Be Safe!

and **TELL** an adult you trust

This section contains instructions for a safety drill. It starts with "Say:" followed by the word "NO" in large outlined letters, with the instruction "in a loud voice" next to it. To the right is an octagonal sign with the text "If you feel uncomfortable about what someone is doing . . .". Below this is the word "GO" in large outlined letters, with the instruction "to a safe place with other people" next to it. At the bottom left is a starburst shape containing the text "Be Safe!". To the right of this is the word "and" followed by the word "TELL" in large outlined letters, with the instruction "an adult you trust" next to it.



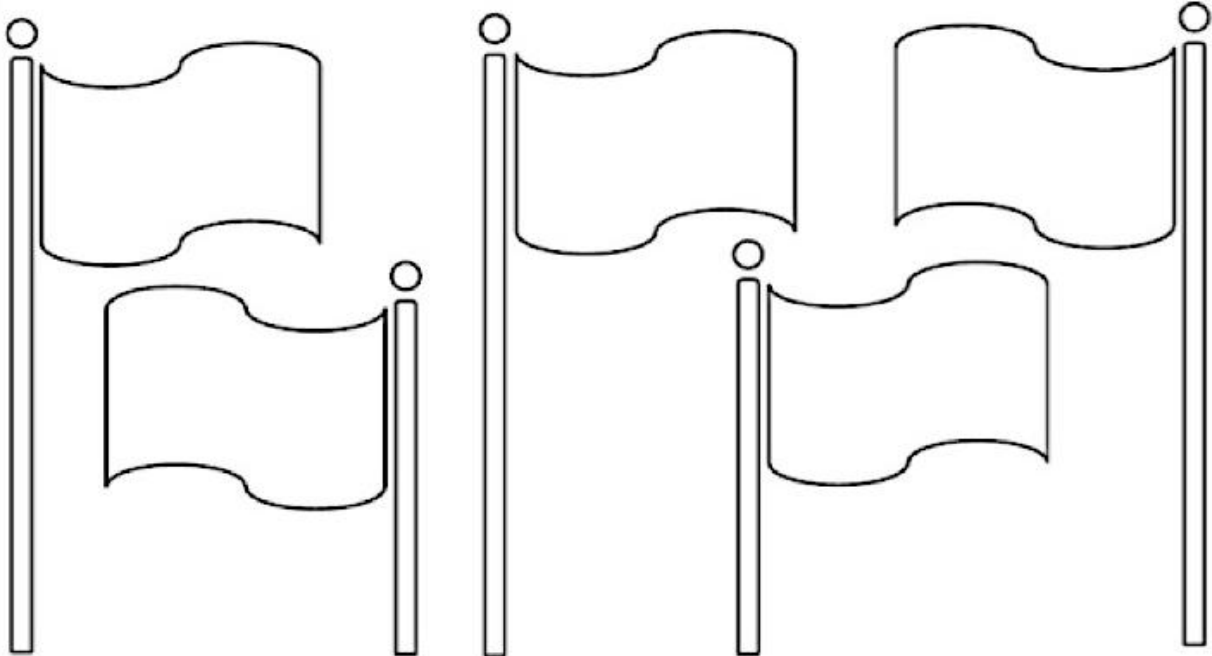
Before you go anywhere with anyone,
EVEN someone you know . . .



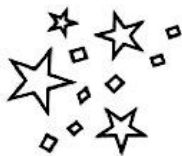
Check First!

My Green Flag People

Adults I Can Trust to Talk to About Hard Things



Practice ways you might tell someone you trust;
draw a picture, write a note or a conversation you
might have.



The “OK, NO!” Game

Come up with scenarios with your children and ask them if it is okay to say “NO!” in these situations. Ask them to explain their answers.

Some examples might include:

- Is it okay to say NO if your mom asks you tidy your room?
- Is it okay to say NO if your dad asks you to brush your teeth?
- Is it okay to say NO if your uncle asks you to sit on his lap and you don’t want to?
- Is it okay to say NO if your teacher touches your penis?
- Is it okay to say NO if an adult pats you on the head?
- Is it okay to say NO if an adult pats you on your bottom, even if it feels nice?
- Is it okay to say NO if an adult asks you to do something you feel is wrong?
- Is it okay to say NO if an adult asks you to keep a secret from your parents?
- Is it okay to say NO if an adult tells you to put your seatbelt on?
- Is it okay to say NO if your sister asks you to touch her vagina?
- Is it okay to say NO if your teacher asks you to pull down your pants to smack you if you have been naughty?

Making this a game and practicing it regularly with your children is helpful to reinforce the information and to give your children the practice they may need to say, “NO!” at the same time. For older children, this could be the “WHAT IF...?” game in which you make the scenarios more complex to reflect situations your children may encounter.

You Are the Boss of Your Body!

© The Mama Bear Effect, Inc.

Meet Emma and Ethan

They are learning what it means to be the boss of their body.



Auntie Heather is coming to visit. Emma can't wait to give her a big hug, but Ethan is feeling a bit shy. Does Ethan have to give his aunt a hug?



Nope!

Hugging and kissing, sitting next to someone or on their lap, are always up to you - if you don't feel comfortable, you don't have to show affection - even for family or big people, like a teacher or babysitter.

What could Ethan do instead of hug?

Wave? Shake hands? Give a high five?

Ethan and Emma were playing around and tickling each other. After a little while, though, Emma didn't want to play anymore - even though Ethan did.

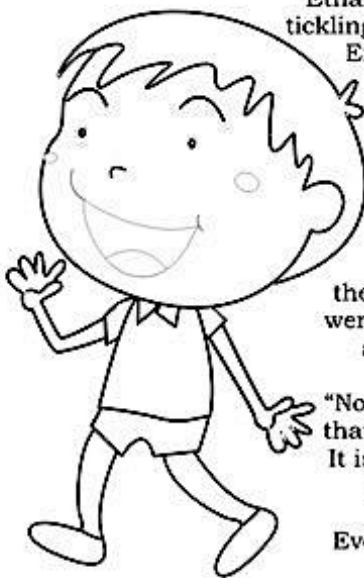
Does Ethan have to stop tickling Emma?

Yes.

If someone doesn't like how their body is being treated - even if they were ok with it at first, that is their right, and the other person needs to stop.

"No" and "stop" are very important words, that need to be listened to and respected. It is best to ask before a first hug or kiss, so that we know the person is ok with being touched.

Even big people need to follow this rule.



What about a doctor's visit?

At a checkup, the doctor will have to look and touch your body to make sure you are healthy. Your mom or dad is with you to watch and make sure the doctor is respecting your body. If you ever have a concern about how someone is touching or treating you - you should go to a parent or other trusted adult like _____, and tell them about it.

For more information visit TheMamaBearEffect.org



Additional tools and resources are available for download and use on The Mama Bear Effect (www.themamabeareffect.org) and Stop It Now! (www.stopitnow.org) websites.