

- If you say no to someone - that's what you mean
- Don't change your mind because someone keeps asking
- If someone says no to you - that's what they mean
- Don't ask again and again and again

- There's a reason we call our "private areas" private.
- You don't share images or discussions about the following bodily parts, other than with your parents or doctors:
 - BOYS:
 - Testicles
 - Penis
 - Any area of your bottom
 - GIRLS
 - Vagina
 - Any area of your bottom
 - Breasts

- GOOD and BAD secrets
- GOOD SECRETS
 - Fun things
 - Surprises
 - Birthday treat days out
- BAD SECRETS
 - Make you feel sad
 - Make you feel worried
 - Make you feel upset
 - Make you feel anxious
- BAD secrets should be shared

- Your body is YOURS
- It belongs to nobody else
- You do not have to let anyone see or touch anything
- If you're worried about medical concerns - see the nurse, a doctor, talk to parents
- A doctor will always ASK before examining
- NOBODY else, no matter how old you are, will ever own any part of your body

- If you are worried about YOU or about ANYONE ELSE you must talk to someone
- Adults in positions of trust are there to help
 - Parents
 - Doctors
 - Nurses
 - Teachers
 - Police
 - Support staff in school
- Safeguarding team in school - see the posters in the toilets
- If all else fails: 0800 1111