

My body safety booklet:

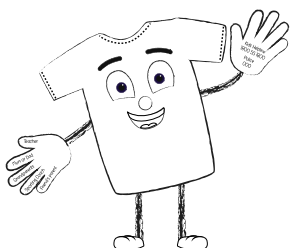
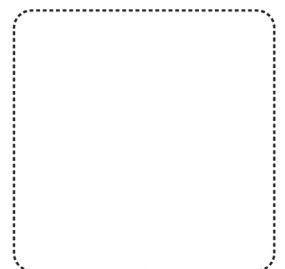
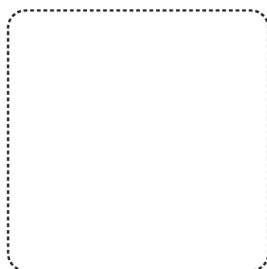
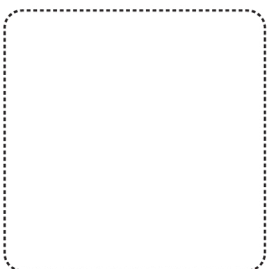
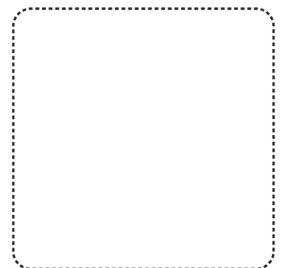
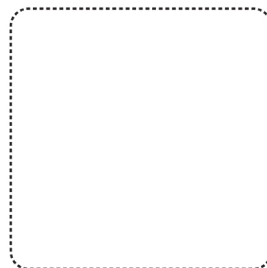
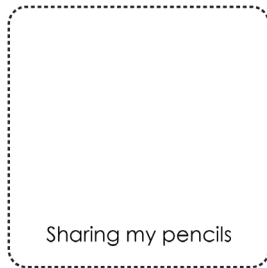
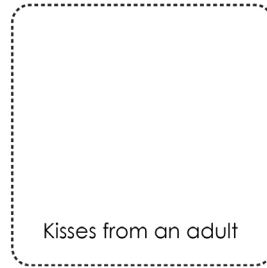
Enthusiastic Consent

Name: _____

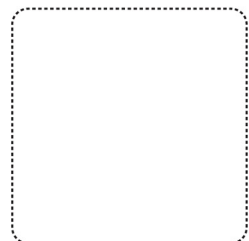
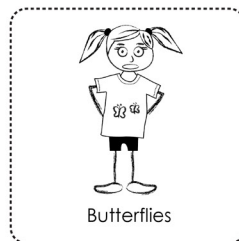
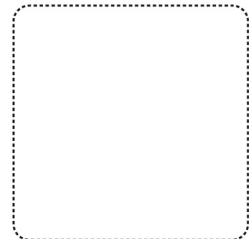
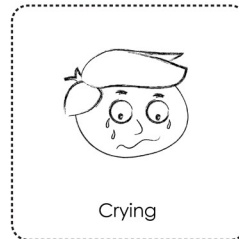
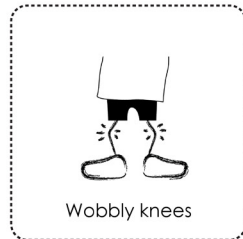
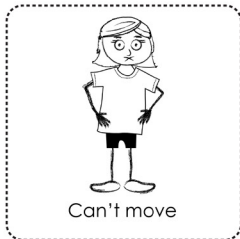
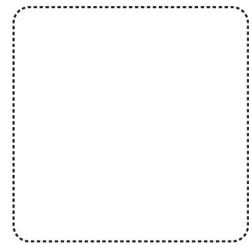
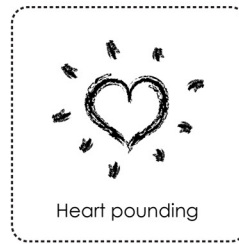
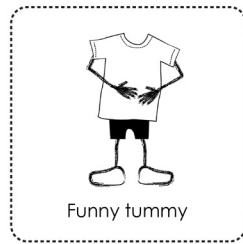


*Cut out the actions on the accompanying activity page. Draw the action in the box, we've drawn the first one to give you an idea. Use the blank boxes to fill in your own activities. Glue each action into one of the sections above: *I like this, I can say yes...*, *I sometimes like this...*, OR *I don't like this, I can say no...**





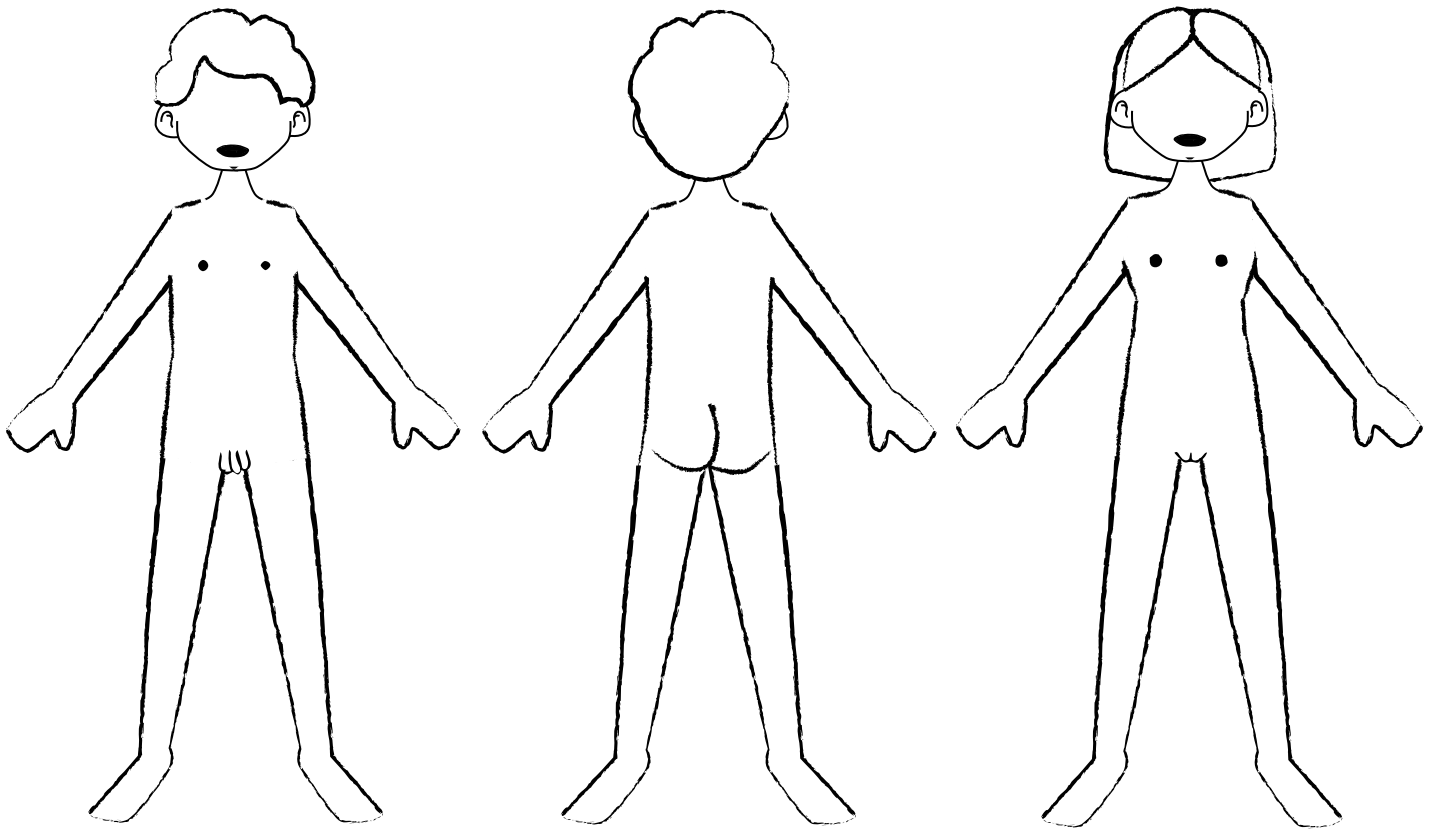
REMEMBER, consent can change... you can change your mind... you can say yes but then change and say no.



If I recognise that my body clues are telling me that I might be unsafe, I can react. I can say “No!” to anything that makes me feel unsafe. I am the boss of my body.

If I have felt unsafe, I can report to a safety helper. If I have a worry about a private part, talking to a safety helper is always the right thing to do.

Colour in the body clues relevant to you, or draw your own!



Mouth

Penis /
Testicles

Nipples

Vagina /
Vulva

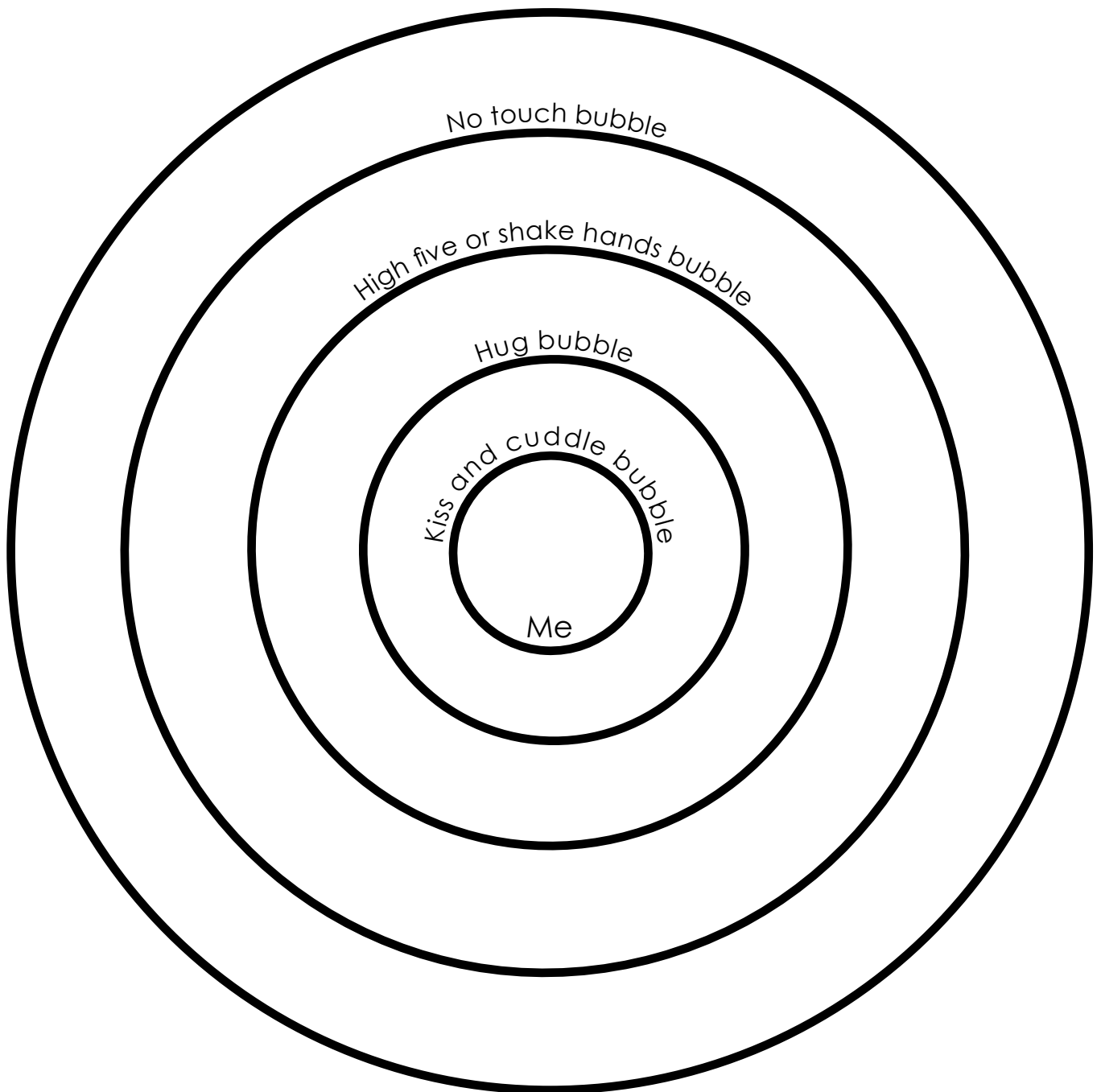
Bottom

My body belongs to me.

My body has **public** and **private** body parts.

Bodies are all different and unique.

Draw a line to match up the body parts with their names



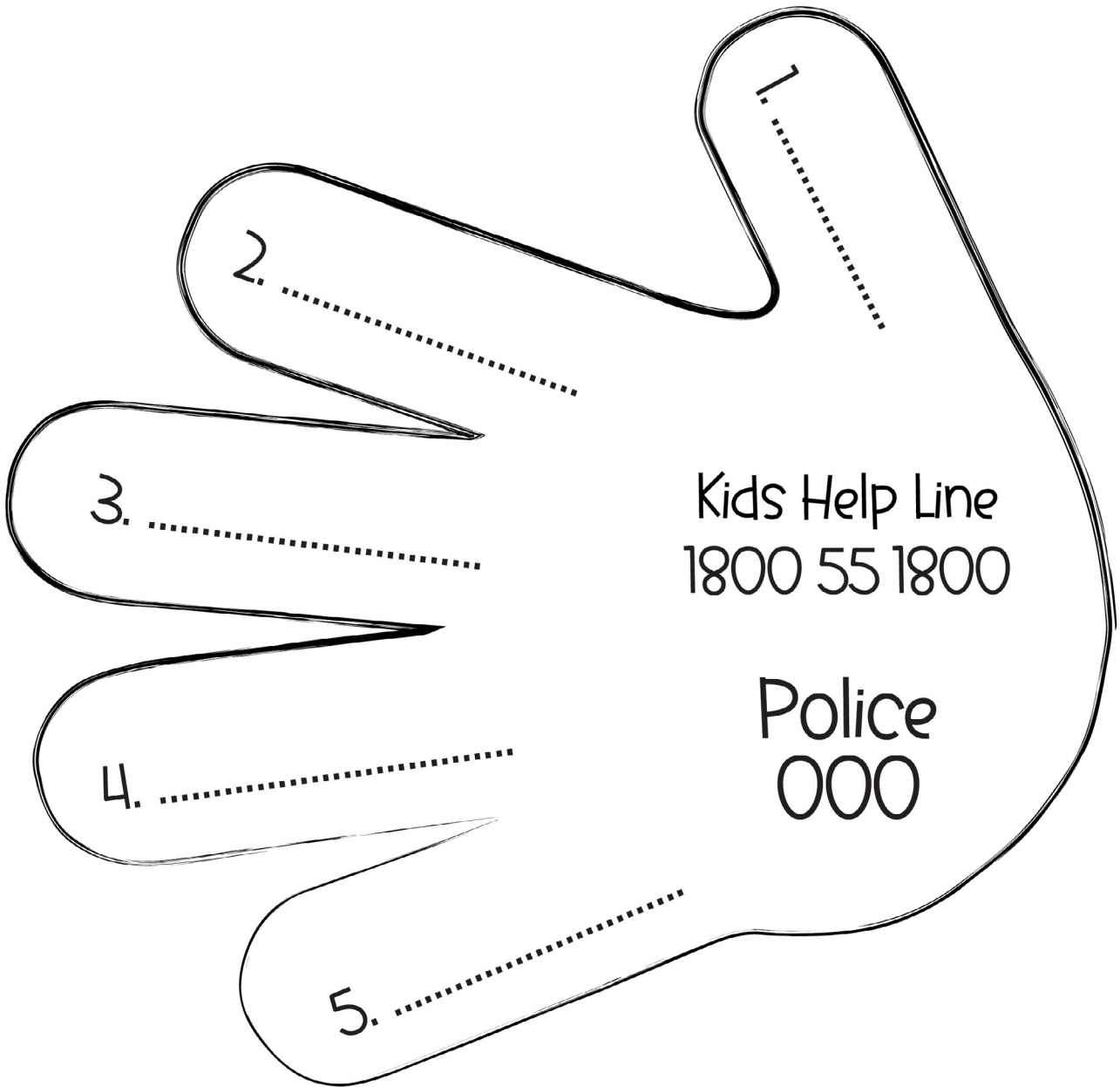
My body belongs to me.

I decide on my own personal
space boundaries.

No one should make me feel bad about
my body boundaries. If someone makes
me feel bad about a boundary, I can tell a
safety helper.

Who might belong in each bubble? Write their names where they belong

My safety team



We all have the right to feel safe at all times.

Write the names of your Safety Helpers in the hand



Enthusiastic is Fantastic- Level 1

Fill in the missing words...

Here's a song about _____, enthusiastically!
We can all say _____ or no, and even hmmm... _____ ?
If unsure of how another person truly feels,
_____, **respect** and **space** is how the _____ can be revealed.

From my toes to my _____, nobody goes,
My body belongs to _____.
Even pictures of my life are my own _____.
I'm the keeper of this _____, my Body Boundaries.
You can never change my mind or _____ or pressure me.

ENTHUSIASTIC is fantastic,
BLURRED is absurd!

_____ ED can get lost...

When consent is the word!

Boundaries are clear but they take _____ to figure out,

Be respectful, give me space, that's what it's all about!

That's what _____ is all about, that's what it's all about!

That's what _____ is all about, that's what it's all about!

Word Bank

consent
truth
yes
consent
Time

consent
maybe
nose
me
privacy

space
CROSS
trick
time



Enthusiastic is Fantastic - Level 2

Fill in the missing words...

Here's a song about _____, enthusiastically!
We can all say ___ or no, and even hmmm... _____ ?
If unsure of how another person truly feels,
_____, **respect** and **space** is how the _____ can be revealed.

From my toes to my _____, nobody goes - my body belongs to _____.
Even pictures of my life are my own _____.
I'm the keeper of this _____, my Body Boundaries.
You can never change my mind or _____ or pressure me.

ENTHUSIASTIC is fantastic,

BLURRED is absurd!

_____ **ED can get lost...**

When consent is the word!

Boundaries are clear but they take _____ to figure out,

Be respectful, give me space, that's what it's all about!

There are no _____ secrets you can ever make me keep,
_____ Teams and **Kids Helpline** support us every week.
If unsure, unsafe or scared - my Body Clues show the way...
I'll ask and check your Body _____, respecting you the same.

I am strong within myself, I'm finding my own _____,
I'm learning how to speak and move with CONFIDENCE each _____.
You can never take my light or make me lose my voice,
And I decide what's right for me, my _____, my heart, my choice.
My body, my heart, my _____!

ENTHUSIASTIC is fantastic,

BLURRED is absurd!

_____ **ED can get lost...**

When consent is the word!

Boundaries are clear but they take _____ to figure out,

I'll be respectful, give you _____, that's what it's all about!

That's what _____ is all about, that's what it's all about!
That's what _____ is all about, that's what it's all about!

Word Bank

Cues

yes

BIG

Time

truth

nose

me

consent

privacy

maybe

space

trick

CROSS

time

choice

time

way

day

Safety

consent

CROSS

body

space

consent

Enthusiastic is Fantastic - Level 3

Fill in the missing words...

Here's a song about _____, enthusiastically!
 We can all say ___ or no, and even hmmm... _____ ?
 If unsure of how another person truly feels,
 time, _____ and space is how the _____ can be revealed.

From my toes to my _____, nobody goes - my body belongs to ____ .
 Even pictures of my life are my own _____ .
 I'm the keeper of this space, my _____ .
 You can never change my mind or _____ or pressure me.

_____ is fantastic,
 _____ is absurd!
 _____ can get lost...

When consent is the word!

_____ are clear but they take _____ to figure out,
Be _____, give me space, that's what it's all about!

There are no _____ you can ever make me keep,
 _____ and **Kids Helpline** support us every week.
 If unsure, unsafe or scared - my _____ show the way...
 I'll ask and check your _____, respecting you the same.

I am strong within myself, I'm finding my own _____,
 I'm learning how to speak and move with _____ each day.
 You can never take my light or make me lose my _____,
 And I decide what's right for me, _____, my heart, my choice.
 My body, my heart, _____!

_____ is fantastic,
 _____ is absurd!
 _____ can get lost...

When consent is the word!

_____ are clear but they take _____ to figure out,
I'll be respectful, give you _____, that's what it's all about!

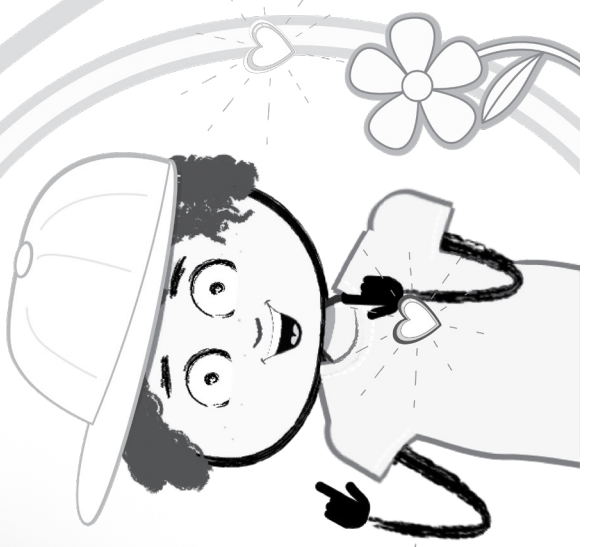
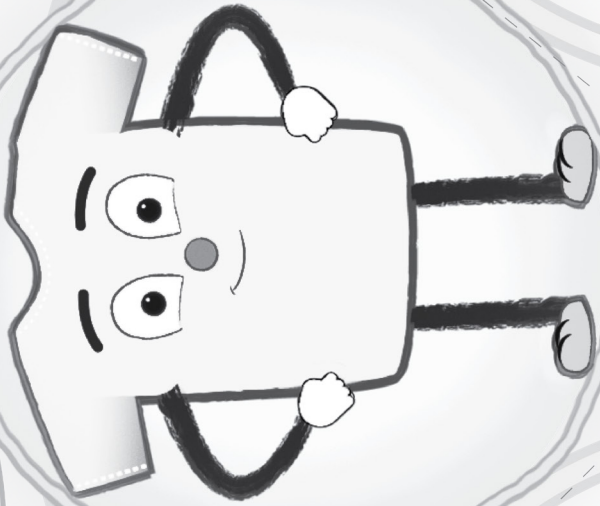
That's what _____ is all about, that's what it's all about!
 That's what _____ is all about, that's what it's all about!

Word Bank

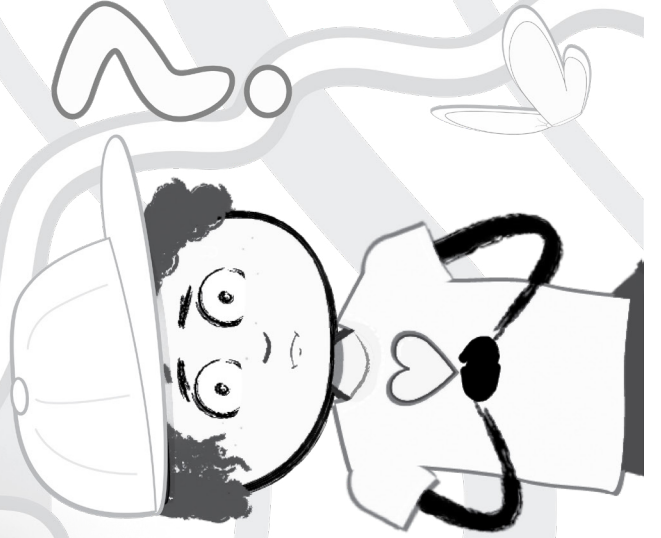
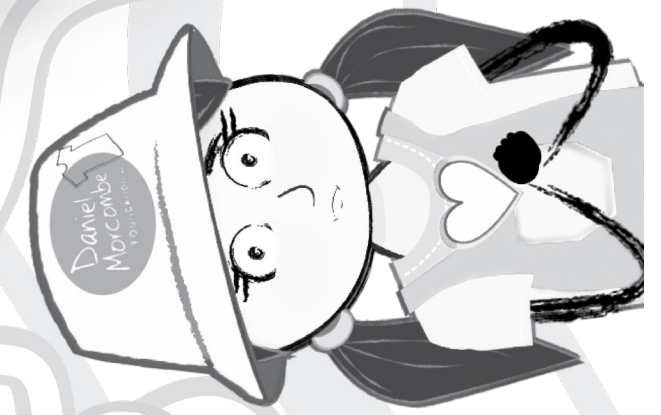
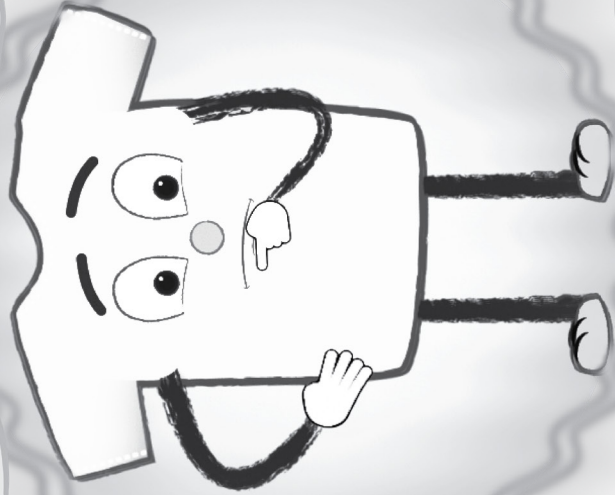
respect
 yes
 nose
 Body Boundaries
 my body
 CROSSED
 truth
 Body Cues
 me
 ENTHUSIASTIC
 space
 confidence
 trick
 BLURRED
 consent
 Boundaries
 time
 privacy
 CROSSED
 Safety Teams
 Body Clues
 ENTHUSIASTIC
 respectful
 way
 consent
 voice
 BIG secrets
 my choice
 consent
 BLURRED
 maybe
 Boundaries
 time



ENTHUSIASTIC CONSENT!



BLURRED BOUNDARIES!



CROSSED BOUNDARIES!

