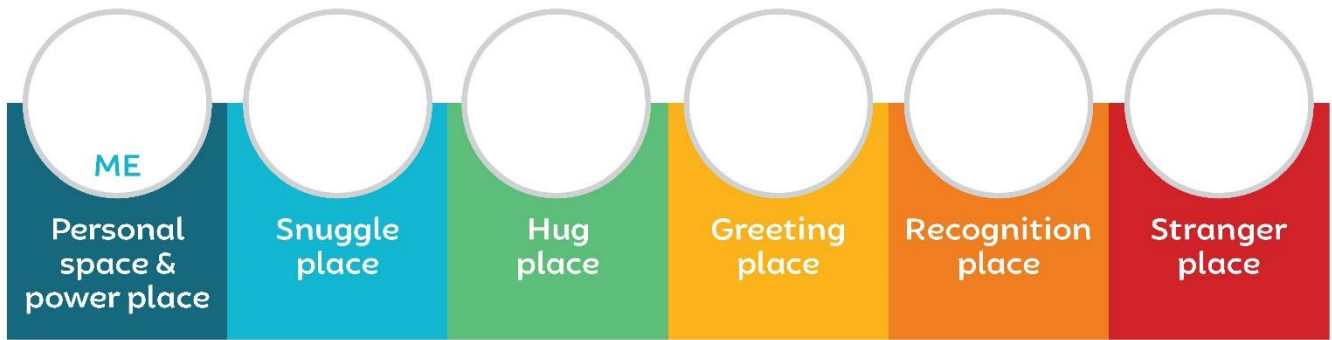




<p><b>Personal power place</b></p>	<p>This is everything inside a person’s body boundary area. It is a person’s place of power. From this place of power, a person decides what to do with their body. We all have the right to decide and give permission as to who can come into our personal space and at what place someone is allowed to be in.</p> <p>From this place of power, a person can control their:</p> <ul style="list-style-type: none"> <li>• Thoughts</li> <li>• Actions</li> <li>• Words</li> <li>• Opinions</li> <li>• Self-Care</li> </ul>
<p><b>Snuggle place</b></p>	<p>No one can enter someone else’s snuggle place without permission. Consent is critical. Everyone involved must give consent. Consent must be enthusiastic and must be given every time.</p> <p>The snuggle place includes:</p> <ul style="list-style-type: none"> <li>• Kisses</li> <li>• Cuddles</li> <li>• Squeezes</li> <li>• Embracing</li> </ul>
<p><b>Hug place</b></p>	<p>The hug place is where we give our hugs to families and to our friends. Always with consent.</p> <p>A hug is different to a snuggle or a cuddle as only the top part of our body from the shoulders up touch.</p> <p>It also includes times when we consent to being very close to another person, some examples are:</p> <ul style="list-style-type: none"> <li>• Group of friends talking</li> <li>• Friends playing games</li> <li>• Friends helping you fix your clothes</li> <li>• Assisting with self-care</li> </ul> <p>Permission is given every time.</p>
<p><b>Greeting place</b></p>	<p>The greeting place is where we acknowledge people, we know but are not that close to. Greeting someone demonstrates a meeting of equals with respect.</p> <p>These greetings include :</p> <ul style="list-style-type: none"> <li>• Handshakes</li> <li>• High fives</li> <li>• Fist bumps</li> </ul> <p>Other greetings can also be verbal in nature:</p> <ul style="list-style-type: none"> <li>• ‘Hello/ good afternoon/ Good morning/ Good evening’</li> <li>• ‘How are you?’</li> <li>• ‘Nice to see you’</li> <li>• Other terms accepted within your social circle</li> </ul>
<p><b>Recognition place</b></p>	<p>The recognition place is the place of waves and nods. This place is where our actions demonstrate acknowledgement of others- we are letting them know that we see them.</p>
<p><b>Stranger place</b></p>	<p>The stranger place is for people that we don’t know. We do not interact with them in a physical nature.</p>



Who might get what place in my personal space, and when?

Personal power place	
Snuggle place	
Hug place	
Greeting place	
Recognition place	
Stranger place	

## Body Safety Rules

### My body only belongs to me

1. I am the boss of my body nobody can touch my body without my consent. I do not have to hug, kiss, or be touched by anyone. I get to choose. I am the boss of my body and I can say 'No!'
2. Nobody can EVER touch my private parts. When I am sick or need help a doctor or nurse may need to help me but only with my parents or carer present and only with my consent.
3. I cannot touch any one else's private parts. Private Parts are the parts of our body covered by swimsuits and underwear. The mouth is also a private part.
4. I always call private parts by their name. Girls have a mouth, breasts, a bottom, a vagina and vulva. Boys have a mouth, breast, a bottom, a penis, and testes I can use the English names or my cultural language names. I always know the English names.
5. Private parts are not to be shared with others. No one should look at or touch our private parts. We all have the right to privacy when using the bathroom or changing clothes.
6. If someone touches my private parts or tries to touch my private parts, it is not ok. I can yell and tell. I can use my emergency NO and go and tell someone on my network.



Name: \_\_\_\_\_

# My places



<b>My snuggle place</b>	<b>My hug place</b>	<b>My greeting place</b>	<b>My wave place</b>	<b>Stranger place</b>
<b>When might I let someone into my snuggle place?</b>	<b>When might I let someone into my hug place?</b>	<b>When might I let someone into my greeting place?</b>	<b>When might I let someone into my wave place?</b>	<b>When might I let someone into my stranger place?</b>

Name: \_\_\_\_\_

## Safe touch, unsafe touch, and ouch touches

Safe touch is important part of connection and is integral to healthy lives. Children, young and all people need to know that there are many different types of touch. Learning to recognise whether a touch is safe, unsafe or an ouch touch.

The safety rule applies to ascertaining what categories each touch belongs in.

### Safe touch

A safe touch feels nice, to experience a safe touch, there has to be consent, it must have been asked for and Freely given. When experiencing a safe touch, someone does not feel their early warning signs. Safe touches can sometimes turn into unsafe touches. To determine if a touch is safe we can use the safety equation.



### Unsafe touch

An unsafe touch is a touch that

1. Breaks the body rules and/or
2. Hurts and/or
3. Brings out early warning signs

To determine if a touch is safe or unsafe, we can use the safety equation:

Choice + control + time limit

	Choice	Control	Time limit
<b>Safe</b> (when all three of the safety measures are present)	Consent was asked for and freely given.	Both parties have a clear understanding of what was going to occur. And could opt out at anytime.	Each person knows how long the touch will last, when it will start and when it will stop.
<b>Unsafe</b> (when one or more of the safety measures are missing)	Consent was not given.	There is no control over the type of touch or the changing of the touch. Or someone feels they cannot opt out.	One or both persons does not know how long the touch will last, when it will start or when it will stop.

### Ouch touches

An ouch touch is a touch that hurts but meets the safety equation. An example of an ouch touch could include getting hurt while playing sport. Someone agrees to play, they know the rules and risk. As well as understanding how long it is going to last by the fall, bump into someone else or something similar and get hurt.

Having a vaccination needle at the doctors also falls into this category.

**CHOICE** - a person gives consent.

**CONTROL** - the person understands what will happen.

**TIME LIMIT** - there is an understanding of how long it will last.



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