



Words you will learn:



harm

When your body gets hurt.



healthy

Taking care of your body and mind.



safe

When you are not in danger.



unsafe

When you are in danger.

A **danger** is something that can hurt you.



Follow these simple **rules** to stay **safe** around water.



Stop: look
for **dangers**.



Stay with
your **trusted
adult**.



Tell your
trusted adult
if you see
something
dangerous.



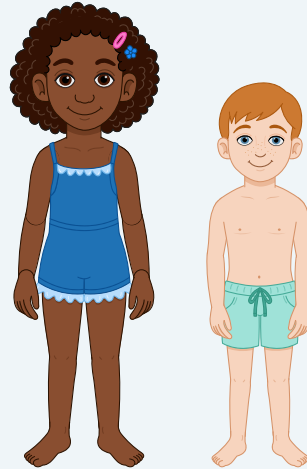
If you fall into water
or become tired:

- Stay calm.
- Float on your back.
- Shout for help.



My **body** is special.

Your **private parts** are covered by swimwear.



Remember the PANTS rule:

Privates are private.

Always remember your body belongs to you.

No means no.

Talk about secrets that upset you.

Speak up. Someone can help.

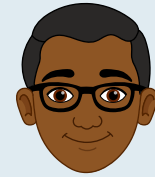
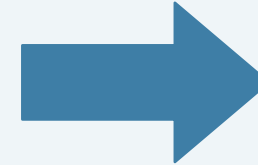


A **rule** is something to follow that helps everyone know what to do and stay safe.

Body clues are the ways your body shows how you are feeling.



If you feel worried or upset...



...stop and get help from a **trusted adult**.

If you cannot find your trusted adult:



Stop.



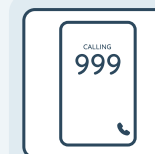
Stay.



Ask a **safe adult** for help.



In an **emergency**...



...call **999**.