

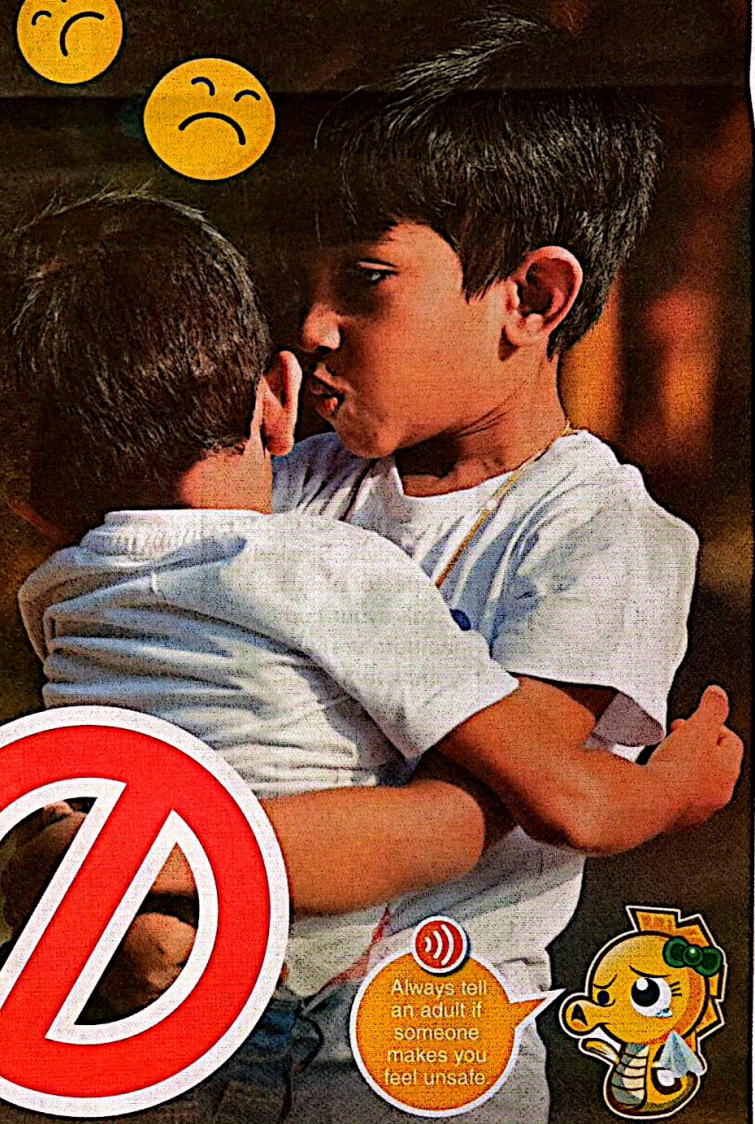
Monday • 1 December 2025

Goodies



Learning when to say

NO one should ever make you do things that make you feel uncomfortable, scared, or worried. If a stranger tries to see or touch you under your clothes, remember to always say NO!



I like it when my parents hug me, but not a stranger!

no

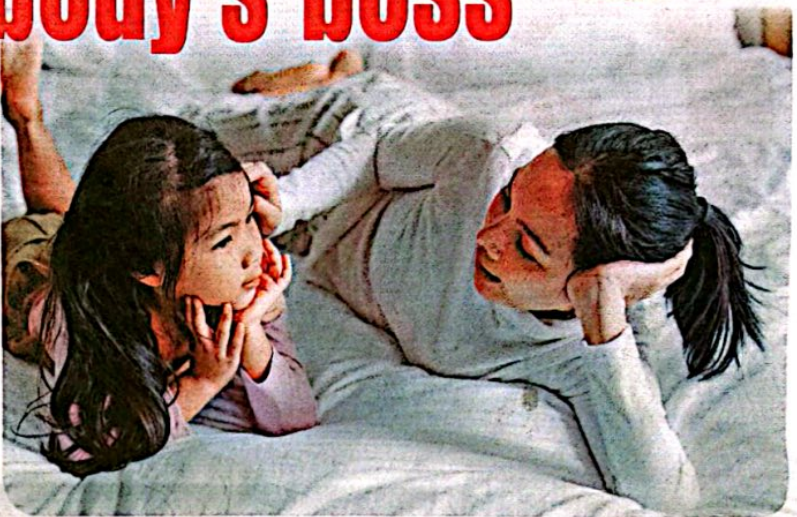
Always tell an adult if someone makes you feel unsafe



You are your body's boss



LOVE is often expressed through hugs and kisses. However, not everyone is comfortable with that. If you do not want to hug during greetings, it is okay to say no.



What are private parts?

PRIVATE parts are areas that are covered by our clothes. They include our **chest, buttocks, genitals,** and mouth. These body parts are private because they should only be seen and touched by you and by trusted adults like your parents and a doctor.



When our parents help us shower or dress up, it is normal for them to touch our bodies. Similarly, if a doctor needs to take your body temperature when you have a fever, they may need to touch your buttocks.



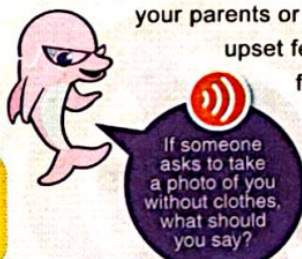
When to say no

YOUR parents' touch, like a goodnight kiss before bed can make you feel safe and loved. However, if a touch makes you feel scared, it is okay to say 'no'.

For example, if you are playing a puzzle with your cousin, and they start touching your arm and it does not feel right, you can say kindly, "Please don't touch me." You always have the right to say 'no', even to a close relative or someone you love.

Seeking help

If someone is touching you **inappropriately**, or saying inappropriate things to you, making you feel uncomfortable, talk to a trusted adult like your parents or teachers. Do not keep upset feelings to yourself. It may feel **awkward** to talk about your body, but sharing your feelings will help you feel better and safer.



Fun

What should you do if a touch makes you uncomfortable?



- A** Stay quiet
- B** Say no to the person touching you
- C** See if it will happen again

Answers on P12

Vocabulary Challenge

chest (n) 胸部	buttock (n) 屁股	genitals (n) 性器官	relative (n) 亲戚	inappropriately (adv) 不恰当地	awkward (adj) 尷尬的
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