

What can I do?

If someone touches you in a way that is not okay or if you feel uncomfortable because of what they ask you to do:

- Try to tell the person to stop.
- Leave the situation if you can.
- Even if they said you shouldn't, tell an adult you trust.
- If the first adult you tell doesn't help you, tell another adult you trust until you get the help you need.

People I would tell:

1. _____
2. _____

If you need help, you can get it from these people: *(fill this out with the help of your teacher)*

1. _____
name _____
telephone number
2. _____
name _____
telephone number