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There is no one in the world exactly like me.

*Because God loves me and made me,
God never wants anyone to hurt me.
No one has the right to hurt me,
nor do I have the right to hurt anyone else.*

If anyone

- touches my body in a way that makes me feel weird, or uncomfortable or worried or scared*
- tells me they will hurt me or a member of my family*
- asks me to keep secrets from my parents or teachers*

I will use the

No—Go—Tell Rule.

NO

I will say words that mean **NO**.

I will **YELL** if I am really scared.

GO

I will get away from the person as soon as it is safe.

TELL

I will tell what happened to an adult that I trust.



Diocese of San Diego

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