



Red Flag



Green Flag

Body Safety Rules



Third Edition

By
Uma Kasi

A guide to protect children from dangerous situations

Author
Uma Kasi
(umakasi@bodysafetyguide.org)

Editor
Elizabeth Becker

Designed and published by Uma Kasi
Text and Image © Uma Kasi, 2023

ISBN-13: 978-0-9839808-0-3

All rights reserved. No portion of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the author.



www.bodysafetyguide.org

You and Your Body



You may know about fire safety, road safety, and playground safety. Personal and Body Safety teaches you to protect yourself from dangerous situations.

Most of the people whom you meet are nice and will not hurt you. But, sometimes, people whom you don't know or people whom you know very well can hurt your body.

It is important to learn about your body and know how to protect yourself from dangerous situations.

YOUR BODY IS SPECIAL!
YOU ARE THE BOSS OF YOUR BODY!
NO ONE SHOULD HURT YOUR BODY!



Green Flag

Okay situations!



Red Flag

Not Okay situations!

No Touch Area of Your Body

For girls, this is from the neck down to the knees. For boys, this is from the waist down to the knees. This includes your lips too, for both boys and girls.



No one should touch or see the “No Touch Area” of your body except for health reasons.

You should not touch or see others’ “No Touch Area”.