



## NO! GO, TELL

### Rules about private parts:

No one is allowed to touch or look at my private parts.

No one is allowed to make me touch or look at their private parts.

No one is allowed to show me rude pictures or take photos of my private parts.

My mouth is a special private part. No one is allowed to stick anything yucky in my mouth.

### If someone breaks a rule about our private parts, we need to:

#### 1. Tell them 'NO!' or 'STOP, it's not allowed!'

It can take a lot of courage to tell someone, "NO!" or "STOP!", particularly if they are an adult or an older child. No matter who they are, they are *not* allowed to touch our private parts and we will not get into trouble for telling them, "NO!".

*Practice putting your hands up in front of you and saying, "STOP, it's not allowed!"*

#### 2. GO to a safe place

Where would be a safe place you could go if you were at:

a) school? .....

b) home? .....

c) a friend's house?.....

d) the shops?.....

We might need to break a rule to get to a safe place. What might some of these rules be?

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(Note: Suggested responses on p.4)

### 3. TELL an adult we trust

We need to make sure that the adult we tell understands exactly what happened so they can help us and make sure that it doesn't happen again.

Sometimes adults we tell might not listen to us or believe us. If this happens we need to find another trusted adult to tell, or call Kids Helpline (tel: 1800 55 1800). We shouldn't stop telling adults we trust until we get the help we need to feel safe again and to solve the problem.

#### Discussion and role play activity:

*Instructions:* In groups of 3-4, allocate a scenario for each group to discuss, and then role play what the child in the scenario should do:

- A. Mary's older brother, James, asked her to come to his bedroom and showed her some rude pictures in a magazine.
- B. Luke was staying over his uncle and auntie's house for a sleep-over. Luke's uncle was playing a tickling game with Luke and stuck his hand under Luke's pants and touched his penis.
- C. Peter went into the boys' toilets at school and some boys asked Peter to show them his penis.
- D. Amanda's step-dad sometimes tries to give her sloppy kisses and touches her nipples.
- E. Ian's babysitter suggests they play a game where they both take off their clothes.

*As groups discuss their scenario, they should use the NO! GO, TELL response including:*

NO: What words and actions will the child use to say NO!

GO: Where is the safe place the child will go?

Will they need to break a rule to get away?

TELL: Who will the child tell?

What would they do if the person they were telling didn't listen to them or believe them?

*Note:* Please change names if any students share the names of children in the scenarios.

## Remember:

- It is *never* our fault if someone breaks the rules about our private parts.
- If someone breaks the rules about my private parts I need to:
  - say, “NO!” or “STOP, it’s not allowed!”
  - go to a safe place (I might need to break a rule to get away)
  - tell an adult I trust
- If they don’t listen or believe me, I need to tell another trusted adult and keep on telling until I get the help I need.
- If I can’t find anyone to listen or believe me, I can ring Kids Helpline (1800 55 1800).
- I shouldn’t stop telling trusted adults until I get the help I need to feel safe again and to solve the problem.



## Answers (from Page 1)

### Safe Places:

Responses may include:

- a) *School*: classroom; approach the teacher on duty (in the playground) or another teacher in the school grounds; school office.
- b) *Home*: Mum or Dad; (if there is no trusted adult at home) telephone a trusted adult; a neighbour's house (if the neighbour is known and trusted by us and our parents).
- c) *A Friend's House*: our friend's parents or older siblings; (if there is no trusted adult at home) telephone a trusted adult.
- d) *The Shops*: the cashier; a person working behind the information desk; a person in the shop's uniform; a parent with children.

### Rules we might need to break to get to a safe place:

Responses may include:

- punch or kick
- scream or shout
- disobey an adult
- be rude to someone
- tell a lie
- run away (to get help)
- tell a secret
- leave without telling someone where we're going
- ask someone we don't know for help.