



Don't forget!
Your body belongs to you.

Say, 'No!' Ask for help!
Call 1-800-777-8442

CHILDREN'S HOSPITAL OF IOWA
CHILD PROTECTION PROGRAM

319-353-6128

(Voicemail)



**CHILDREN'S HOSPITAL
of IOWA**

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100 Hawkins Drive
Iowa City Iowa, 52242
319-353-6128 (Voice mail)
or 319-356-7880 Tel
319-384-6295 Fax
www.uihealthcare.com/children*

Or call UI Health Access at
800-777-8442.

Funded by Children's Miracle Network



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belongs to
you.



**CHILDREN'S HOSPITAL
of IOWA**

Your body belongs to you.

When people care about each other, they often share a hug or a kiss. Both people want and enjoy these caring touches. ***Isn't it wonderful to be able to touch people we care about?***

Your body belongs to you.

You can decide who can touch you, who can kiss you, or who can give you a hug. You have the right to say, "no."

What do you do when someone touches you inappropriately?

- Say no! Tell the person that you don't like it and you don't want to be touched.
- Get away fast! Run away from the person whose touch you don't like. Never stay alone with that person ever again.
- Call for help. You can scream.
- Believe in yourself. You did nothing wrong.

If someone touches you inappropriately, tell someone you trust what has happened. Don't let threats intimidate you into running away or keeping quiet.

When a person touches you and asks you to keep it a secret between the two of you, ask yourself, "*Do I feel comfortable about keeping this secret? Does the secret bother me?*"

Don't keep secrets that make you feel uncomfortable. Go to a person you trust—a parent, a relative, a teacher, or your doctor. If the person you go to doesn't believe you, go to someone else you trust until someone believes you and helps you.

Do everything you can to stay away from the threatening and intimidating person. Don't stay alone with a person who touches you in a way that makes you uncomfortable or makes you feel unsafe.

Unfortunately, some adults may abuse the trust you give them. The person who touches you in a way you don't like is the person who is doing something wrong, not you. Sexual abuse is always the fault of the bigger, older, or stronger person. Do not blame yourself and don't allow anyone to blame you.