

GLOSSARY

Body Boundaries - The space that each of us has around us that should not be touched or seen, unless we are hurt and need help.

Grown-Up Buddies - Trusted adults who are old enough to drive who help a child to be safe.

Guiding Voice - Everyone has a Guiding Voice inside of them. This is the voice that either reminds you of things or helps you realize that you're feeling confused, nervous or uncomfortable – whatever those feelings may be. You should always listen and tell someone in your Trusted Triangle if you realize that you are feeling confused, nervous or uncomfortable.

I Mean Business Voice - We use our I Mean Business Voice any time we need our voice to be heard in any situation where we don't feel safe.

Personal Space - The space around a person's body that belongs to us. Nobody should be going into our personal space without our permission, because our bodies belong to us.

Private Parts - The parts of our body covered by our bathing suit, and our mouth.

Safe Secrets - A safe secret is one that is eventually told and that makes everyone happy.

Unsafe Secrets - An unsafe secret is one that makes you feel confused, "icky" or scared and that you are told not to share.

Safe Touches - You decide if a touch is safe or unsafe based on how it makes you feel. A safe touch is one that makes you feel loved, happy, comforted and safe. This can be a welcome hug, an encouraging pat on the back or cuddling with a parent.

Unsafe Touches - An unsafe touch is a touch that makes us feel "icky," uncomfortable, or confused.

Safety Stop Sign - The Safety Stop Sign represents our ability to say "no" in a situation that makes us feel unsafe.

Tattling - Tattling is a complaint about someone else's behavior that doesn't involve safety.

Reporting - Reporting is something that involves a threat to safety.

Think, Feel, Act - TFA is Think, Feel, Act. Think about a situation, how it makes you feel, and what action you should take to keep yourself safe.

Trusted Triangle - A Trusted Triangle is made up of trusted adults who are old enough to drive and who you can tell anything to. One person in your Trusted Triangle should be a person not in your family.

