



# 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 Secret** - A Safe Secret is one that is eventually told and that makes everyone happy.

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

**Safe Touch** - 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 Touch** - 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 stands for 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 to whom you can tell anything. One person in your Trusted Triangle should be a person not in your family.