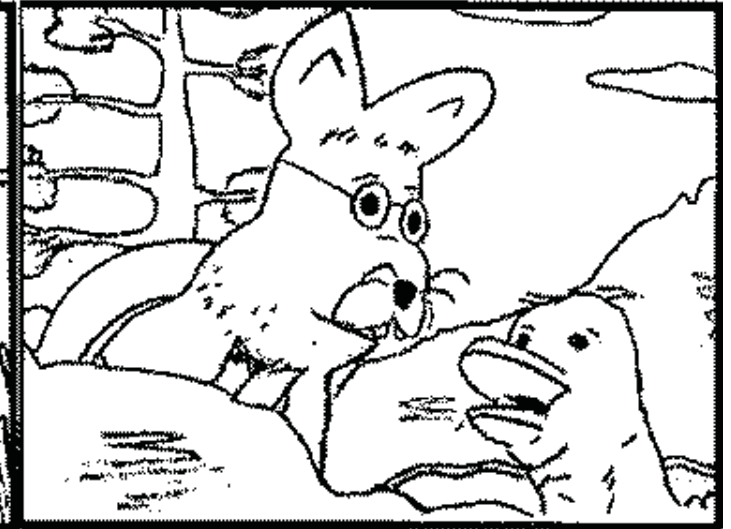


PRINT AND COLOR

Learning to protect myself



WHEN SOMEONE MAKES US FEEL BAD

(frightened, uncomfortable, ashamed, etc.)

we must SAY NO, ESCAPE FROM THE PLACE AND

TELL someone who can help us,

like mommy, daddy, our teacher or a friend.

Hi kids! My name is Beaky.

I feel bad because

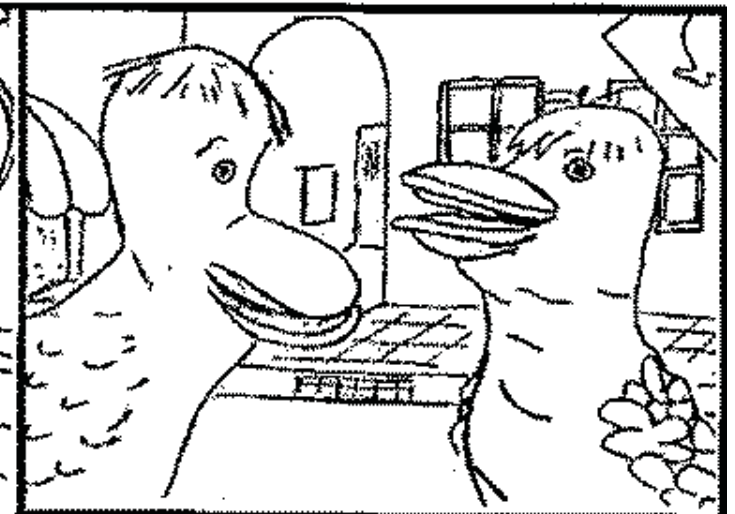
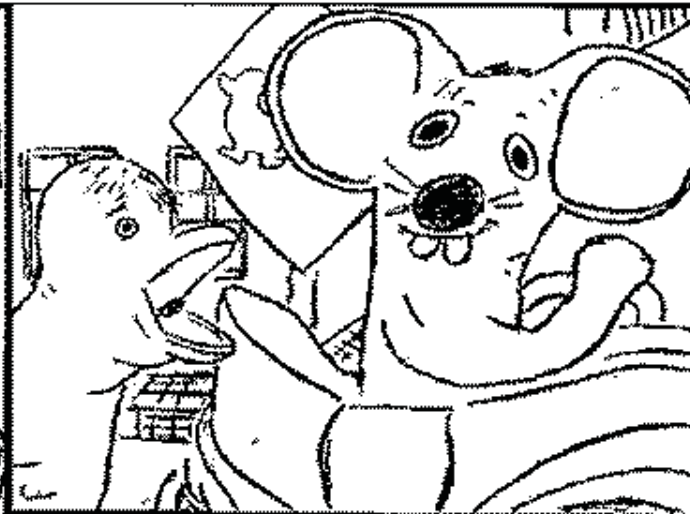
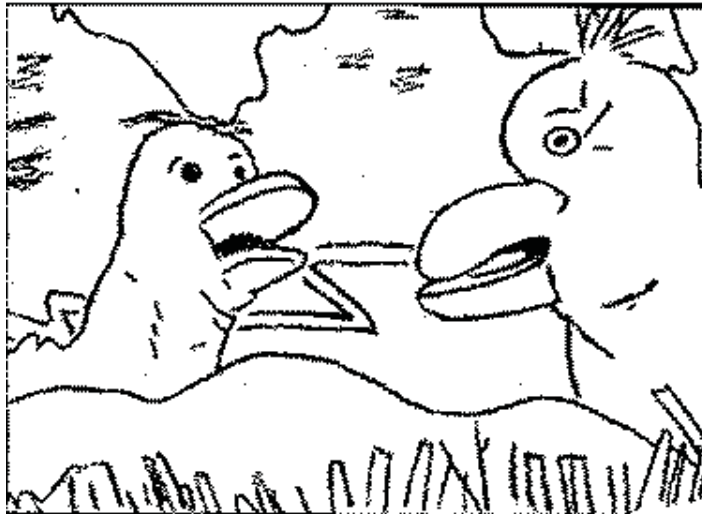
I don't like the way I swim.

I don't like my beak and my feathers either.

This happens to all of us when we are growing up,
says the Rabbit, we make mistakes but we are all important.

Although we all are alike each of us

is different from the others.



Don't mock me, Duck! Why don't you teach me
since you know so much?

**ALL CHILDREN ARE IMPORTANT AND WE NEED
HELP FROM OTHERS.**

We shouldn't go with a stranger,
even if they seem to be good.

Nor with a person we know without permission
from mommy or daddy.

We shouldn't play anything that hurts us or makes us feel
bad, stupid or sad. We shouldn't look at or show, or let other
people look at or touch, our intimate parts,
the ones we cover with a swimming suit.