

# Safety skills



- Everyone has the right to decide who can touch them and how.
- You should know your own boundaries and follow and defend them.
- You should also respect others' boundaries and listen to what others say.
- Your body is precious and it is your property, not anyone else's.

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## The traffic lights



- Two silhouettes of a human body, one from the front and the other from behind.
- Silhouettes are marked with 12 spots.
- Green, yellow and red paper patches, 12 each to every learner.
  - **Green** = it's ok to touch here
  - **Yellow** = I'm not sure/sometimes it's ok to touch here, sometimes not
  - **Red** = it's not ok to touch here without my permission
- Every learner puts a patch on each spot depending on whether it's ok for others to touch that part of their body or not.
- If the learner isn't sure if it's ok to touch the spot or not they'll put a yellow patch on it.

When every learner has placed one patch on each circle it's time for the discussion.

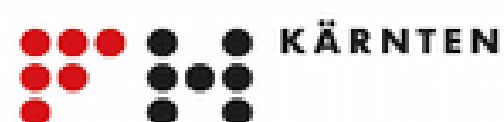
Created by midwife students:  
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## 2

## What to discuss with the learners?

- When you come across with the first red patch:
  - What did it feel like to place the red patch? What would it feel like if someone touched you there?
  - Do you know what to do if someone touches you on a red spot without your permission? (Check the refusal instructions below!)
- When you come across with yellow patches:
  - In what situations would it be ok for someone to touch you there? When not?
  - Who is allowed to touch you there? Who isn't?
- If there's a green patch on a circle that shouldn't have any green patches on it (for example genitals, bum, breasts):
  - When is it ok to touch there? When not?
  - Who is allowed to touch you there? Who isn't?

### Refusal instructions

1 SAY "NO" 

2 LEAVE 

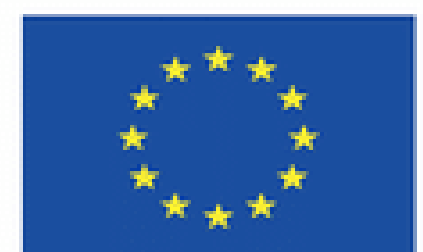
3 TELL AN ADULT  
YOU CAN TRUST



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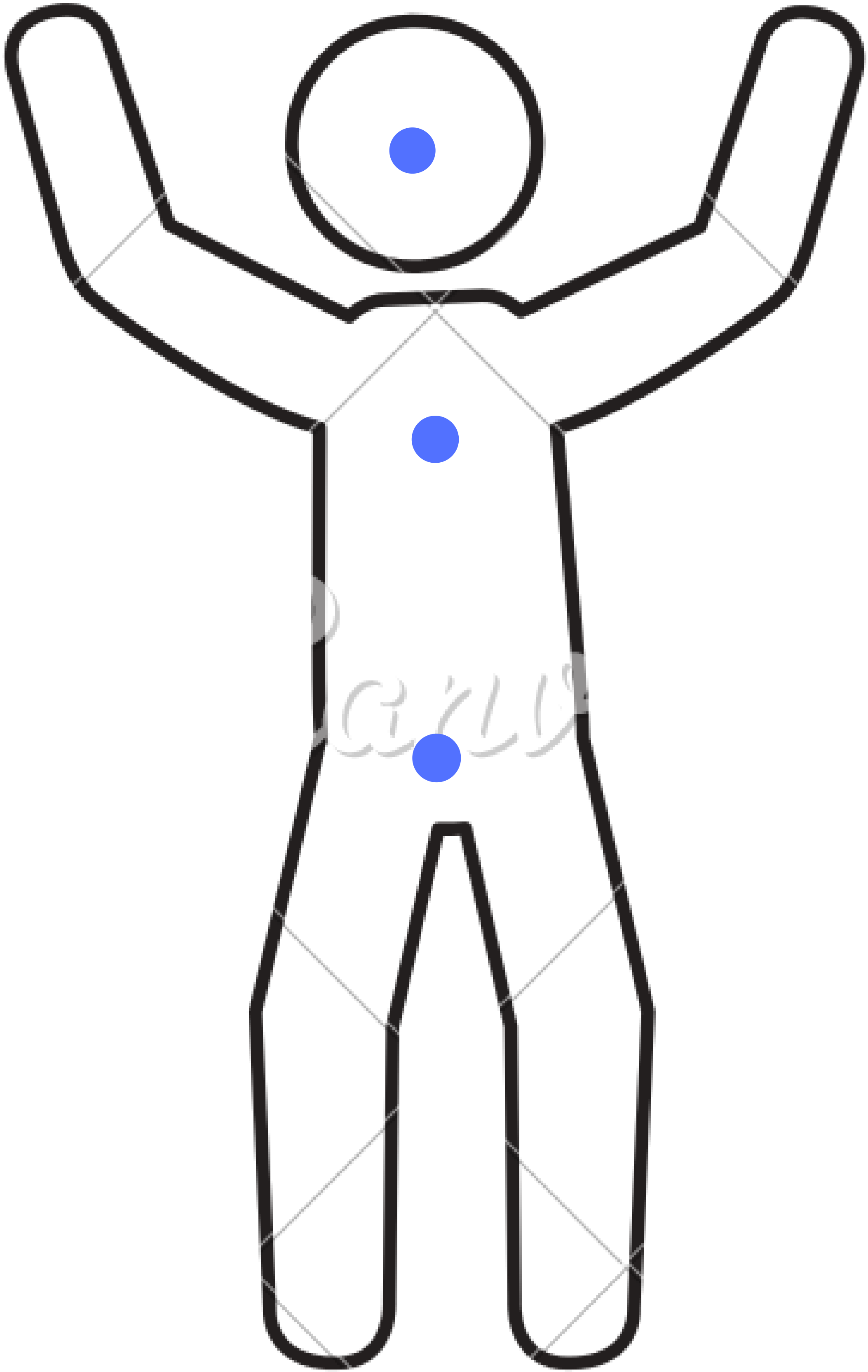


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