Your body is sacred and you have a right to protect it. If you ever feel uncomfortable with the actions of others toward you, tell a trusted adult.

**How can I protect myself?**

- Trust my own feelings
- Know what my values are, what my goals are
  - Be assertive
- Leave a situation if I am uncomfortable
- Don’t walk alone, especially at night
- Avoid a situation if it appears it may be dangerous
  - Be Aware of Your Surroundings
  - Be Aware of Information You Give Out
- Be Aware of Who You Communicate With When You Use Electronic Media

**Make a list of ways we show respect for each other in our families and in school.**

“Shelby’s Secret”
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