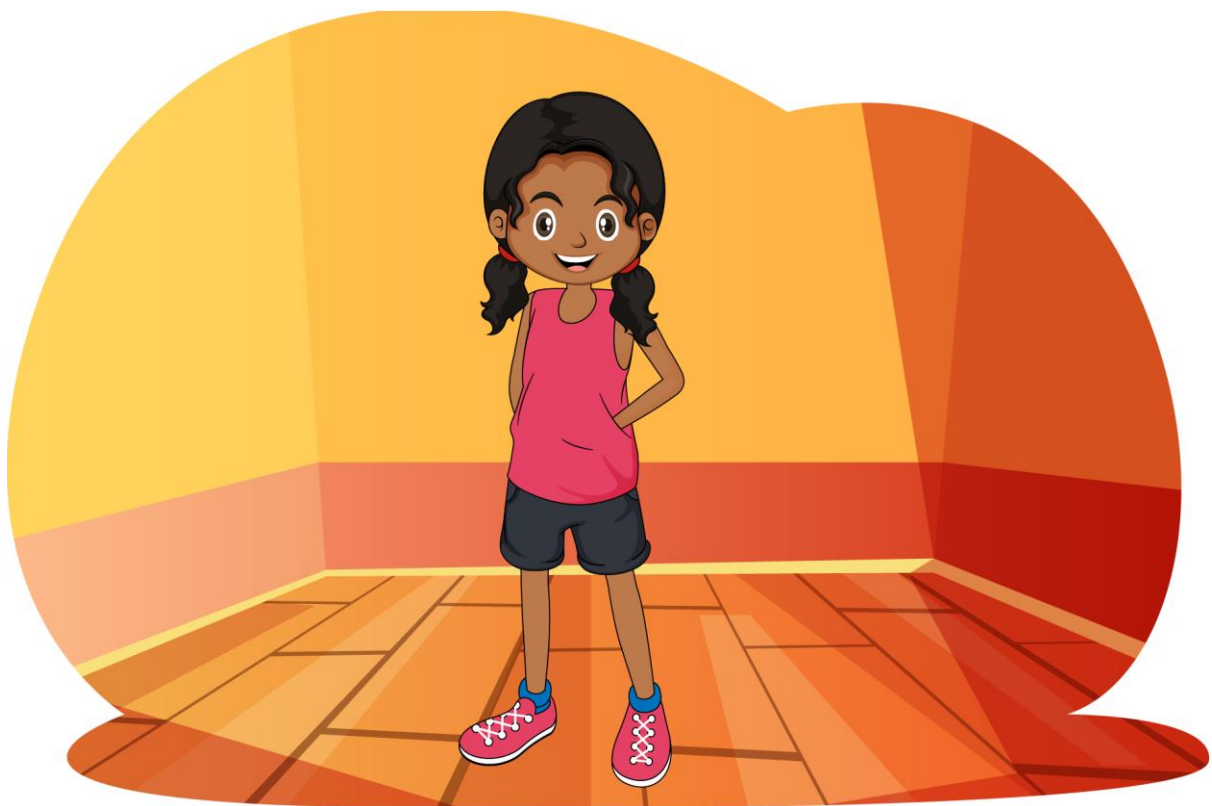


My Body Belongs to Me

Body rules for Gymnastics



Sometimes at gymnastics, the coaches might want to touch my arms and legs to help me.



My body is my own, and it belongs to me.



Sometimes, I might not want people to touch me.



It's ok to tell my coach that I don't want them to touch me.

I can use my words to let my coach know I don't want them to touch me.



Or I can give the "No" Picture Card to my coach.



If I feel nervous telling the coach not to touch me; I can talk to my mum, dad or another adult.



Sometimes, if the coach is worried about my safety;
they will touch me without asking.



I may not like them touching me, but it is important
that our coaches keep us safe.

Once I am safe, the coach will then stop touching me.

