

# Boss of My Body




unicef   
for every child

ARC  
advocating the  
rights of  
children 

This book is intended to guide early conversations with children about safe and unsafe touches. The book covers many aspects of the topic. However, the conversation itself will vary with each child, as well as the needs and values of every family. While some content may challenge long held social and familial conventions, please consider this book as guidance to start a conversation that will benefit your child.

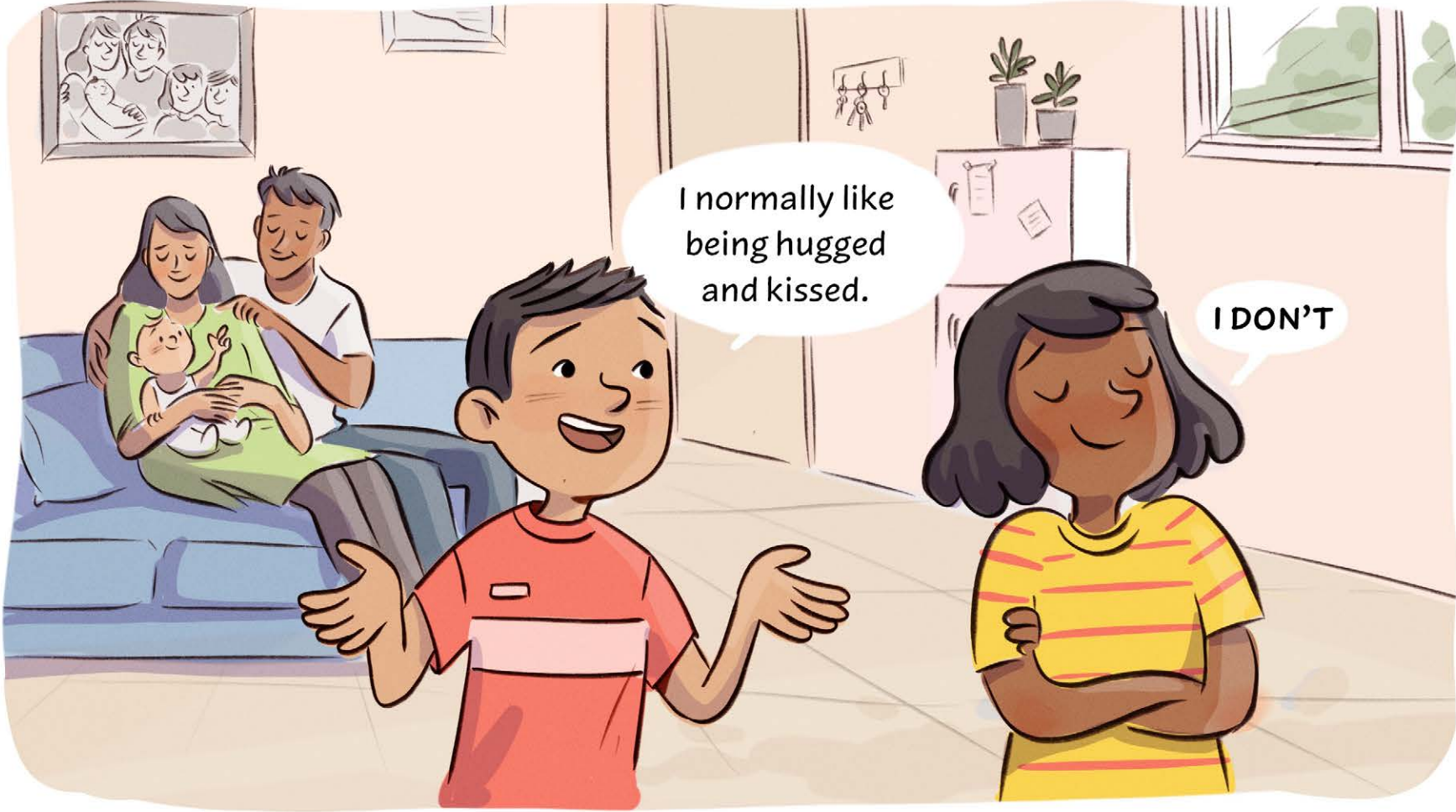
Written by ARC  
Illustrated by Ani Bushry






I'm the boss of  
my body

and i'm the  
boss of mine.



A woman with long dark hair, wearing a green shirt, is standing and talking to two children. The boy in the middle is wearing a red shirt with a white stripe and has a surprised expression. The girl on the right is wearing a yellow and orange striped shirt and a blue skirt, looking at the woman. The background shows a living room with a television, a window with blinds, and framed pictures on the wall.

It is the grownup's job to teach you how to say NO, and to help you when you do say NO.

Remember when Dhontha came by and you didn't want to HUG her?

And you didn't want to sit on Dhonbe's lap.




You have a choice to:



Or something you are  
comfortable with

Because you own  
your body - no one else

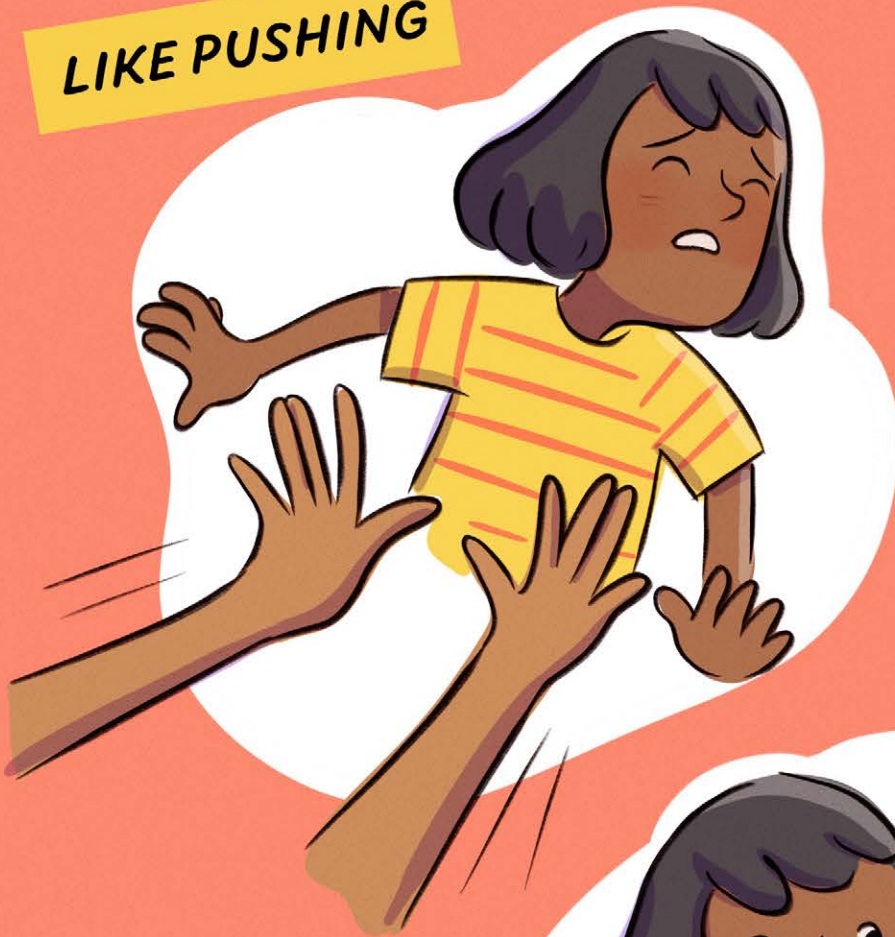
An illustration of a woman with long dark hair, wearing a light green long-sleeved shirt, hugging two children. She is smiling warmly. On the left, a young girl with dark hair, wearing a yellow and orange striped t-shirt and a light blue skirt, is being hugged. On the right, a young boy with dark hair, wearing a red t-shirt and dark shorts, is also being hugged. The background shows a living room with a grey sofa, a pink patterned pillow, a bookshelf with several books, and a window with a view of green foliage outside. Two speech bubbles contain text.

Touching should make you  
feel safe and cared for

But only when we are  
comfortable.

There are touches that  
I don't like at all!

**LIKE PUSHING**



**PINCHING**



**OR HITTING**



None of these keep you safe or healthy,  
so you do not have to put up with it!



There are touches that **hurt**  
but are **safe**, like -

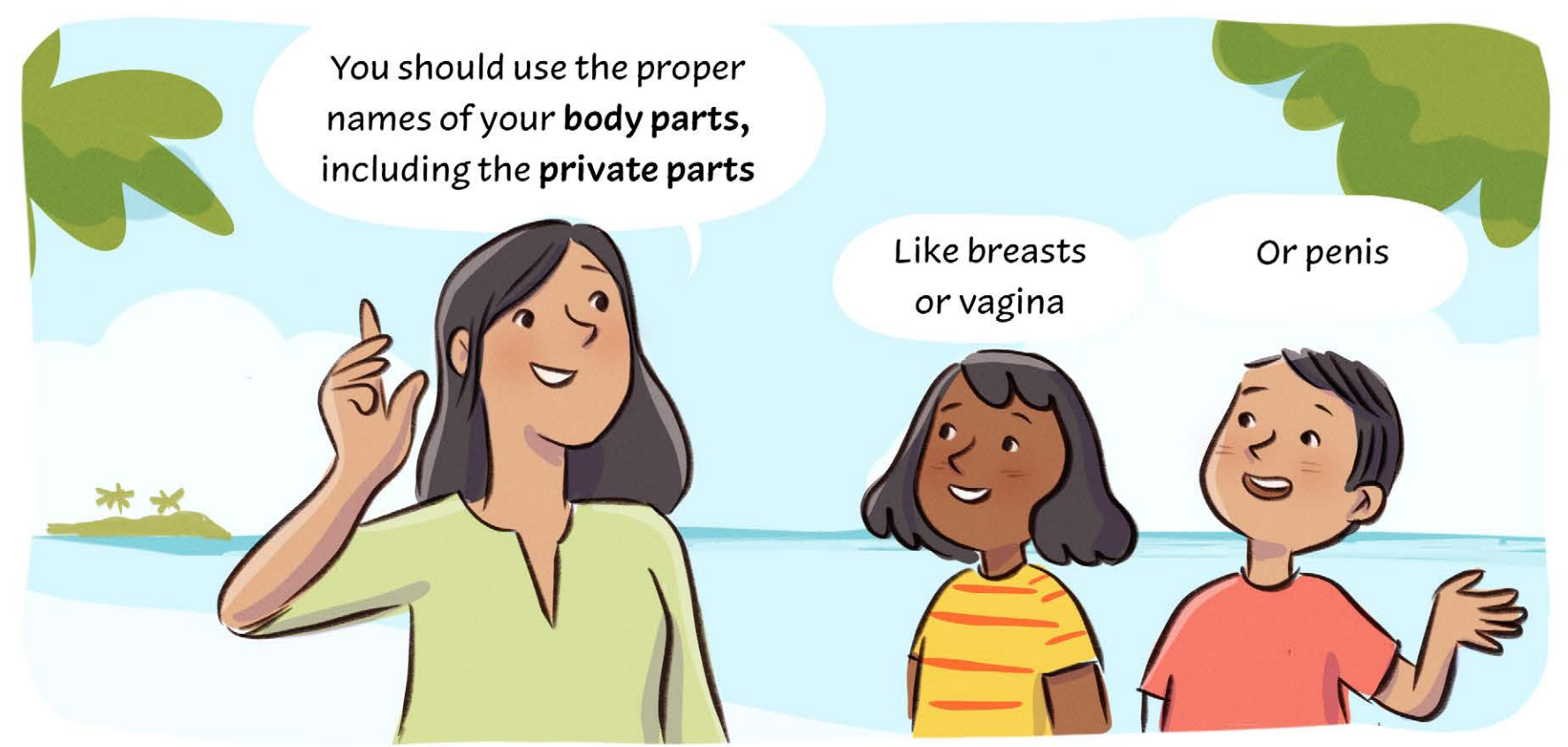
An illustration of a young boy with dark hair and a red shirt sitting in a white oval. A hand is injecting a vaccine into his upper arm. A blue banner with the word 'VACCINES' is positioned above the injection.

**VACCINES**

An illustration of a young girl with dark hair, wearing a yellow shirt and grey shorts, sitting on the floor in a white oval. She has a worried expression. A hand is cleaning a cut on her knee with a cotton swab. Another hand holds a red bottle of antiseptic. A blue banner with the text 'OR CLEANING CUTS' is positioned above the scene.

**OR CLEANING CUTS**

These are safe because they  
keep you healthy.



You should use the proper names of your **body parts**, including the **private parts**

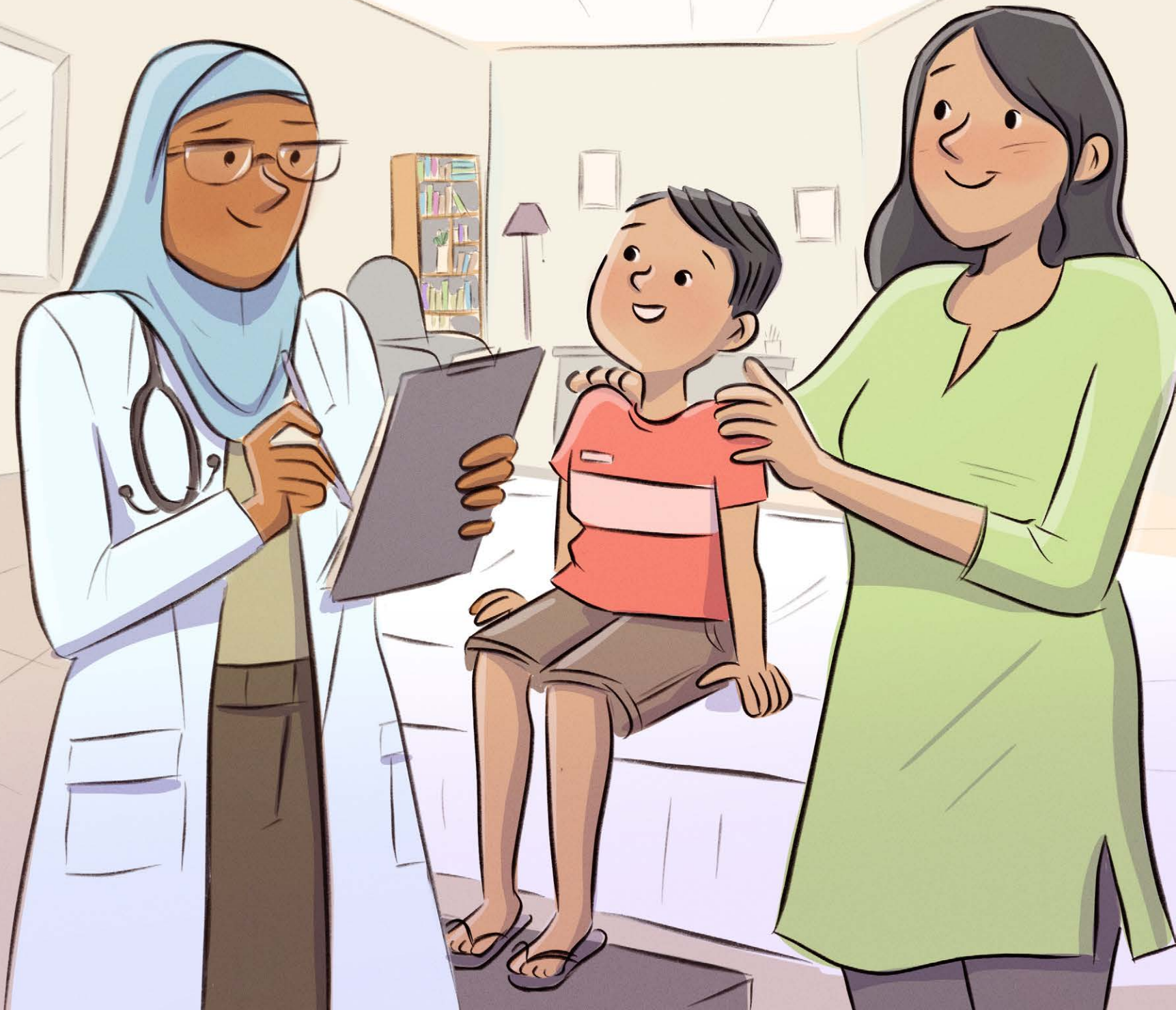
Like breasts  
or vagina


Or penis



A doctor or nurse might need to see your private parts to check if everything is healthy.

A grownup you trust should be there, and the doctor or nurse should tell you what they will do before it happens.





A grownup can only touch your private parts to keep you clean. Babies need help getting nappies changed or getting washed.

Yes, if the touch is *SAFE!*

I'll need help until I'm big enough to wash on my own.

Is it okay if teachers help me in the toilet at school?

Safe touches should keep you free  
from harm and help keep you healthy

You must also know what  
UNSAFE touches are too.

Sounds **SCARY!**



That is just so that you know what to do  
IF something happens.



It is **BAD** for an older or bigger person to touch or ask to see your **PRIVATE PARTS**.

It is **BAD** to ask or get you to touch or see someone else's private parts.

It is **BAD** to show you pictures or videos of private parts or to take pictures or videos of your private parts.

eww!!!

yuck!!!

I have to say NO, and go away  
from that person AT ONCE

I should never be alone  
with them again.



I **HAVE** to tell a  
grownup I trust.



And it's ok to  
**SCREAM** for help!



It is our job  
to believe you.

But if the grownup you  
tell does not believe you -

I must keep telling other  
grownups i trust.

Until someone  
does believe me!



If it's a bit hard to remember  
everything, try remembering these  
3 rules

**MY BODY BELONGS TO ME**

I can say no if I don't want to  
touch someone or be touched -  
even by a relative



**MY BODY PARTS ARE PRIVATE!**

No one should touch body parts  
covered by underwear or swimwear.



**GOOD SECRETS ONLY**

Tell a grown up you trust about  
any secrets that make you feel  
uneasy or anxious

Remember, if a BAD or UNSAFE touch does happen, it does NOT make you bad!

It is ALWAYS the fault of the bigger or older person.

You never have to give or accept any unwanted touches because -

I'm the boss of my body!

And I'm the boss of mine!







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