

LUMI FOR EVERY CAPTAIN

My Safe Body Story

Read it together, one box at a time.



I am the captain of my body. My body belongs to me.



My private parts are the parts of my body covered by a swimsuit.



Other people should not touch my private parts. They should not ask me to touch theirs.



Sometimes a grown-up helps me with dressing, washing or the toilet. They tell me what they will do first.

For grown-ups: This is a social story: short, literal sentences your child can learn by heart. Read it often, in a calm place, using the same words each time. Point to each picture as you read.



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Part 2



If someone touches me in a way I do not like, I can say NO or show my STOP card.



I do not keep secrets about touching. Telling is the right thing to do.



A surprise, like a birthday present, is okay. Everyone finds out soon.



I can tell a safe grown-up with words, signs, pictures or my talker.

THE CAPTAIN'S OATH

My body, my say. My body, my say.
If not okay, Yell No, tell today!

And when the light shines bright...

Aye Aye Lumi!

For grown-ups: If your child needs help with personal care, tell them what you are going to do before you do it, and invite them to help. This teaches that their body is theirs, even when they need support.