The kNOw Program

Diocese of Lansing Safe Environment Program
People Take Very Good Care of Things That Are Special.
People Take Very Good Care Of Special Things.
People Take Very Good Care Of Special Things.
People Take Care Of Very Special Things.
This Little Guy Deserves Special Care!
What Would You Do For This Little Guy If He Was Yours?
What Special Things Would You Do For This Little Guy If He Was Yours?
What Special Things Would You Do For This Little Guy If He Was Yours?
To Jesus, YOU Are Very Special.
It's Only RIGHT That People Should Take Care Of You!
Jesus Wants You To Be Happy.

He Wants Your Family & Community To Take Special Care Of You.

He Wants YOU To Take Care of You, Too!
Jesus Wants You To Know You're Loved.

He Wants You To Know You're Safe!
Jesus Wants You To Know You're Loved.

He Wants You To Know You're Safe!
You Probably Have A Family To Help Care For You.
You Probably Have A Family To Help Care For You.
Grandfathers & Grandmothers Can Help Care For You, Too!
Teachers Can Help You To Know You're Cared For, Too!
Can you think of an adult who cares for you? Think in your mind--who is that person?
There Is So Much To You!

You're Made Of A Body, A Soul, Feelings, Thoughts & Ideas!
There Is So Much To You!

You Really Are Pretty Amazing & Special!
There Is So Much To You!

God Wants You To Be Safe.
Let's Talk About Your Soul.

It Deserves Special Care Because It's The Place Where God Comes To Live Inside Of You.

Even Though You Can't See Your Soul, It Still Deserves Very Special Care.
Let's Talk About Your Soul.

The People Who Love You Know Your Soul Is Special.

They Help You Learn To Talk To God- To Pray.

YOU Know Your Soul Is Really Special, So You Do Pray & Spend Time With God- Who Loves You.
Your Feelings Are Special, Too.

The People Who Love You, Care About Your Feelings.

They Want You To Feel Safe & Loved.
The People Who Love You Want You To Know They Care About Your Feelings.

You Help To Take Care Of Your Own Feelings By Talking About Your Feelings With People You Trust.
Can you think of an adult who cares for you, and who cares about your feelings?

Think in your mind--who is that person?
Another Special Part Of You Is Your Body.

The People Who Love You Take Special Care Of Your Body.
The People Who Love You Take Special Care Of Your Body.

They Give You Healthy Food To Eat.

You Help To Take Care Of Your Own Body By Making Healthy Food Choices.
The People Who Love You Take Care Of Your Body By Making Your Home A Safe Place To Live.
What does your family do to make your home safe?
The People Who Love You Take Care Of Your Body By Showing You How To Be Safe.

You Take Care Of Your Own Body By Making Good Choices, Safe Choices.
You Take Care Of Your Own Body By Making Good Choices, Safe Choices.
What other choices can you make to keep you safe?
You Can Do A Lot Of Awesome Things With Your Body.
You Can Do A Lot Of Awesome Things With Your Body.

You Can Hug.
You Can Do A Lot Of Awesome Things With Your Body.

You Can Sing!
You Can Do A Lot Of Awesome Things With Your Body.

You Can Sleep.
You Can Do A Lot Of Awesome Things With Your Body.

You Can Laugh With Friends.
You Can Do A Lot Of Awesome Things With Your Body.

You Can Help Others
God Did An Amazing Job Of Making Everything About You Special-

Your Body,

Your Feelings &

Your Soul.
No One

Should Ever Try To Hurt Your Feelings.
No One
Should Ever Try To Hurt
Your Soul.
No One

Should Ever Try To Hurt Your Body.
Let's Talk About Your Special, Holy Body.

You Wear Clothes On Your Body, To Protect Your Body From The Weather.
Let's Talk About Your Special, Holy Body.

You Also Wear Clothes Because They Look Nice!
Let's Talk About Your Special, Holy Body.

Also, You Wear Clothes On Your Body To Cover The Most Private Parts Of Your Body.
Let's Talk About Your Special, Holy Body.

This Boy & Girl Aren't Dressed To Go To School.
Let's Talk About Your Special, Holy Body.

They aren't dressed to go out with friends.
Let's Talk About Your Special, Holy Body.

But their clothes still cover the most special and private parts of their body.
Let's Talk About Your Special, Holy Body.

The People Who Love You Want To Make Sure Your Private Body Parts Are Safe and Respected.
Let's Talk About Your Special, Holy Body.

YOU Have The Right To Make Sure YOUR Body & YOUR Private Body Parts Are Safe & Respected.
Let's Talk About Your Special, Holy Body.

There's A Lot You Can Do To Make Sure Your Body & Your Private Body Parts Are Safe & Respected.
You Can Say:

"I Have Boundaries. My Private Body Parts Will Be Safe & Respected."

You Can Even Say That Loudly.
You Can Say:


You Can Even Say That Loudly.

You Can Talk About This With The Adults Who Love & Care For You.
Think again of an adult who cares for you, and who cares about your feelings. Think of an adult who wants to keep you safe from harm. Think of an adult who respects the privacy and holiness of your body.

Think in your mind--who is that person?
That is an adult you can trust.
If You Feel Worried That Someone Has Tried To Make Your Body Disrespected Or Unsafe, You Can Tell an adult you trust.

You Can Say, "I Feel Worried. I Want To Talk About Feeling Disrespected."
What Are Some Of The Ways That Another Person Might Disrespect Your Boundaries?

What Are Some Of The Ways That Another Person Might Disrespect The Privacy Of Your Body?

Well, Most People Won't Ever Want Or Try To Disrespect The Privacy & Holiness Of Your Body.

But... ... ...
Maybe A Person Wants To Text You Pictures Of A Sexual Nature...
Maybe a friend wants to share a text he or she has received— a text that has a sexual nature.
That is disrespecting you. And it’s usually against the law.

Say, “This disrespects me” and tell an adult whom you trust as quickly as possible.
Maybe a person wants to say things to you – things of a sexual nature.

Or maybe a person or group of people wants to talk about your private body parts.
That is disrespecting you. And it’s usually against the law.

Say, “This disrespects me” and tell an adult whom you trust as quickly as possible.
Maybe a friend or group of friends wants you to join in a conversation talking about another person’s private body parts.
Say “This disrespects me AND it disrespects the other person.”

Tell an adult whom you trust as quickly as possible.
Maybe a person wants to show you websites or photographs or movies of a sexual nature—movies and pictures that disrespect the privacy and holiness of another person’s body.
That is disrespecting you. And it’s usually against the law.

Say, “This disrespects me.” Tell an adult whom you trust as quickly as possible.
Maybe a person wants you to take pictures of yourself that disrespect the holiness and privacy of your own body.
That is disrespecting you. And it’s usually against the law.

Say, “This disrespects me.” Tell an adult whom you trust as quickly as possible.
Maybe a person wants to be close to you in ways that make you feel uncomfortable. You say, “I don’t want you to be so close to me.”
If they ignore you, or make a joke of it, *that* is disrespecting you.

Say, “This disrespects me.” Tell an adult whom you trust as quickly as possible.
Sometimes, a person who may want to disrespect you may try to make you feel sorry or silly for having boundaries.
That person may try to make you feel ashamed of having the feelings you have.
Don’t buy that. The people who love you care about your feelings. The people who love you will not try to make you feel ashamed of your feelings.

**Don’t Buy That.**
It doesn’t matter if the person who is disrespecting you is the same gender or opposite, the same age or not.

Don't buy it.
It doesn’t matter if the person who is disrespecting you is in charge of you in some way.

Don't buy it.
It doesn’t matter if the person disrespecting you tells you not to tell anyone.

Don't buy it.
Those things don't matter.

If ANYONE does these things to you, or says these things to you, tell a trusted adult.
If ANYONE tries to frighten you into not telling,
or tries to give you gifts so that you won't tell,
or says you will be in trouble if you tell,
don’t believe them.

Tell a trusted adult.
You are special to God, and special to yourself, and special to others.

You are special.

You deserve to be respected and safe. If you ever feel disrespected, tell an adult you trust.

You matter.
Maybe you have a friend who has been disrespected or hurt in this way. Maybe he or she has told you about it and asked you to promise not to tell anyone.
Even if you promised not to tell, tell a trusted adult. A good friend will not let another friend keep a damaging or dangerous secret. A good friend will get help.
If you feel worried, or disrespected, the people who love & respect you want to know about your feelings.
If you feel worried, or disrespected, the people who love you and respect you will listen to you when you talk about your feelings.
The people who love you will listen to you and help to make things better. The people who love you will work hard to make sure you feel safe.
Jesus loves you. He has made you amazing and special. He made your body special. He has given you important feelings. He has given you people who love you and who care about you.
Jesus loves you.
He wants you to know you matter.
Jesus loves you. He wants you to know you deserve to be safe and respected.
Jesus loves you.

He wants you to **KNOW** you have the right to say “**NO**!”
Say:

I kN ow I am a child of God.

I kN ow I deserve to be safe and respected.
Say:

I **kN ow** my body is holy and private.

**NO** touching or looking.
I know other people’s bodies are holy and private. No touching, no looking.
Say:

I *kNOw* that I can say

“*NO* touching.”

“*NO* looking.”

I can even say it LOUDLY.
Say:

I kNNow I can ask a trusted adult to help me.
I kNNow a trusted adult *will* help me.
We pray:
Thank you, Jesus, for my feelings.
I thank you that I can listen to my feelings.
I thank you that I know when I’m happy.
I thank You that I know when I feel safe. Thank You, Jesus, that I can talk about my feelings.
I Thank you, Jesus, for giving me people who love me.
The people who love me care about my feelings.
They care about me. They work hard to keep me and my body safe.
Jesus, I know I have the right to keep me safe, too.
Thank you, Jesus. You love me. You care for me.

Amen