The kNOW Program

Diocese of Lansing Safe Environment Project
The **kNOw** Program will help you to be safe and respected.
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.
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 Care About Your Feelings.

You Talk About Your Feelings With People You Trust.
Another Special Part Of You Is 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 Play.
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 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 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 and 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.
But, Their Clothes Still Cover The Most Special and Private Parts Of Their Bodies.

Let's Talk About Your Special, Holy 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.

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

There's A Lot You Can Do To Make Sure Your Body and Your Private Body Parts Are Safe and 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.
Are You Worried That Someone Has Tried To Make Your Body Disrespected Or Unsafe?
Tell Someone Who Loves You.
Say, "I Feel Worried. I Don’t Want To Talk About Feeling Disrespected."
Can you talk about this to someone?

Think. Who is an adult that cares for you, and for your feelings? Who wants to keep you safe from harm?

Which adult respects the privacy and holiness of your body?

Think in your mind--who is that person?
You can trust that adult.

You can say to that person, "I feel disrespected. I want to talk about it."
What Ways Could A Person Disrespect Your Boundaries?

What Ways Could Another Person 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 Someone Wants To Show You Pictures of a Private, Holy Body Parts.
Tell a trusted adult as quickly as possible.
Maybe a person wants to talk about private body parts.
Say, “This disrespects me.”

Tell a trusted adult as quickly as possible.
Does a Friend want to talk about another person’s private body parts?
Say, “This disrespects me.”

Tell a trusted adult as quickly as possible.
What if someone wants to show you movies and pictures that disrespect the privacy and holiness of another person’s body?
Say, “This disrespects me.”

Even If You Looked, Tell a trusted adult as quickly as possible.

You Will Not Be in Trouble. A Trusted Adult Will Help You
Maybe a person wants to be close to you in ways that make you feel uncomfortable.

You can say, “I don’t want you to be so close to me.”
If they ignore you, or make a joke of it, say, “This disrespects me.”
Tell a trusted adult as quickly as possible.
Sometimes, a person who wants 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, or the same age or not.

Don’t Buy it. Tell a trusted adult.
It doesn’t matter if the person who is disrespecting you is in charge of you in some way.

Don’t Buy it. Tell a trusted adult.
It doesn’t matter if the person disrespecting you tells you not to tell anyone.

Don’t Buy it. Tell a trusted adult.
It doesn’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 gift so that you don'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.
If Your Friend Has Been Hurt or Disrespected, Tell a Trusted Adult.
If you feel worried, or disrespected, the people who love you want to know about your feelings.
If you feel worried, or disrespected, the people who love 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 know I am a child of God.

I know I deserve to be safe and respected.
Say:

I **kNOw** my body is holy and private.

NO touching or looking.
Say:

I **kNOw** other people's bodies are holy and private.

**NO** touching, **NO** looking.
Say:

I **kN O w** that I can say

“**N O** touching.”

“**N O** looking.”

I can even say it **LOUDLY**.
Say:

I **kN**o**w** I can ask a trusted adult to help me.

I **kN**o**w** a trusted adult will help me.
We pray:
I thank you, Jesus for my feelings.
I can listen to my feelings.
I thank you that I know when I’m happy.
I know when I feel safe. Thank You, Jesus, that I can talk about my feelings.
Thank 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 have the right to work hard to keep me safe, too.
Thank you, Jesus. You love me. You care for me. Amen.