The kNOw Program

Diocese of Lansing Safe Environment Program
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?
Would You Give Him A Special Bed?
Would You Take Him for A Nice Long Walk?
To Jesus, YOU Are Very Special.
People Should Take Care Of You!
Jesus Wants You To Be Happy.

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

YOU Can Help Take Care of You, Too!
Jesus Says, "You are Loved. Jesus says, "I want you to be 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!
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.

Your Soul is The Place Where God Comes To Live Inside Of You.

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

The People Who Love You Know Your Soul Is Special.

The People Who Love You Help You To Talk To God. They Help You To Learn To Pray.

You DO Pray because That's Where You Meet Jesus. He Loves You So Much.
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.
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 Take Care Of Your Own Body; You Eat Healthy Foods.
The People Who Love You Make 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. They Show You How To Be Safe.

You Care for Your Own Body By Making Good Choices, Safe Choices.
You Can Do A Lot Of Awesome Things With Your Body.
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 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.

And Clothes Look Nice!
Let's Talk About Your Special, Holy Body.

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

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

They Are Not Dressed To Go Play With Friends.
Let's Talk About Your Special, Holy Body.

But, Their Clothes Cover The Most Special and Private Parts Of Their Bodies.
Let's Talk About Your Special, Holy Body.

The People Who Love You Want Your Private Body Parts To Be Safe and Respected.

YOU Can Help Make Sure YOUR Body and YOUR Private Body Parts Are Safe and Respected.
Let's Talk About Your Special, Holy Body.

What can You Do to Help Make Sure Your Private Body Parts are Safe and Respected?

You Can Do A Lot.
If You feel Worried About This, You Can Say:

"Hey. My Private Body Parts Will Be Safe & Respected."

You Can Even Say That Loudly.
If You feel Worried About This, You Can Say:


You Can Even Say That Loudly.

You Can Talk About This With The Adults Who Love & Care For You.
Maybe You Feel Worried Because Someone Has Tried To Make Your Body Disrespected Or Unsafe.

Tell An Adult Who Loves and Cares for You. Say, "I Feel Worried. I Want To Talk About Feeling Disrespected."
Who can you talk to about this?

Think. Which adult 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?
THAT Person is a Trusted Adult.

You can talk to That Person About These Kinds of Things.
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... ... ...
Did Someone Try to Show You Pictures of Private, Holy Body Parts?
Tell a trusted adult as quickly as possible.
Maybe a person wants to talk about your private body parts.
Tell a trusted adult as quickly as possible.
Maybe a friend wants you to talk about another person’s private body parts.
Go away from that talk as soon as possible.

Tell a trusted adult right away.
What if someone wants to show you movies and pictures that disrespect the privacy and holiness of another person’s body?
Even if you already 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, “Don’t 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 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.
If A Person is Disrespecting You, It Doesn't Matter Who They Are;
If they are the same gender or opposite,
If they are the same age or not.

Tell a Trusted Adult.
It Doesn't Matter Who The Person Is;

Even if the Person disrespecting you is in charge of you in some way...

Tell a Trusted Adult.
Maybe the person disrespecting you told you not to tell anyone. Don't listen to them.

Tell a Trusted Adult.
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.
If you ever know that your friend has been hurt or disrespected, tell a trusted adult.
If you feel worried, or disrespected, trusted adults want to know about your feelings.
If you feel worried or disrespected, a trusted adult will listen to you when you talk about your feelings.
A trusted adult will listen to you. They will help to make things better. A trusted adult 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 **kNOw** that I can say

“**NO** touching.”

“**NO** looking.”

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

I know I can ask a trusted adult to help me.

I know a trusted adult will help me.
We pray: Thank you, Jesus, for my feelings. I can listen to my feelings. I know when I’m happy.
I know when I feel safe. I Thank You, Jesus, that I can talk about my feelings.
I Thank Jesus for giving me adults who I trust. They 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.