

The **kNOW** Program



Diocese of Lansing Safe Environment Project

The **k**NOw 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?

A photograph of four children jumping joyfully in a lush green forest. The children are wearing colorful clothing: a green shirt, a blue shirt, a red shirt, and a blue shirt with red pants. They are all barefoot and have their arms raised, reaching towards the sky. The forest is filled with tall, slender trees and vibrant green grass, creating a serene and natural setting.

There Is So Much To You!

You're Made Of A Body, A Soul, Feelings, Thoughts & Ideas!

A photograph of four children jumping joyfully in a lush green forest. The children are wearing colorful clothing: a green shirt, a blue shirt, a red shirt, and a blue shirt with red pants. They are all barefoot and have their arms raised in the air. The background is filled with tall, slender trees and dense green foliage, creating a serene and natural setting.

There Is So Much To You!

You Really Are Pretty Amazing & Special!

A photograph of four children jumping joyfully in a lush green forest. The children are wearing colorful clothing: a green shirt, a blue shirt, a red shirt, and a blue shirt with red pants. They are all looking up with their arms raised, reaching towards the sky. The forest is filled with tall, slender trees and vibrant green grass, creating a serene and natural setting.

There Is So Much To You!

God Wants You To Be Safe.

Let's Talk About Your Soul.

A young boy in profile, wearing a yellow shirt, with his hands clasped in prayer, looking out over a sunset landscape. The sky is filled with soft, golden clouds, and the sun is low on the horizon, creating a warm, glowing light. The boy's face is partially in shadow, and his hands are clasped together in front of him.

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!



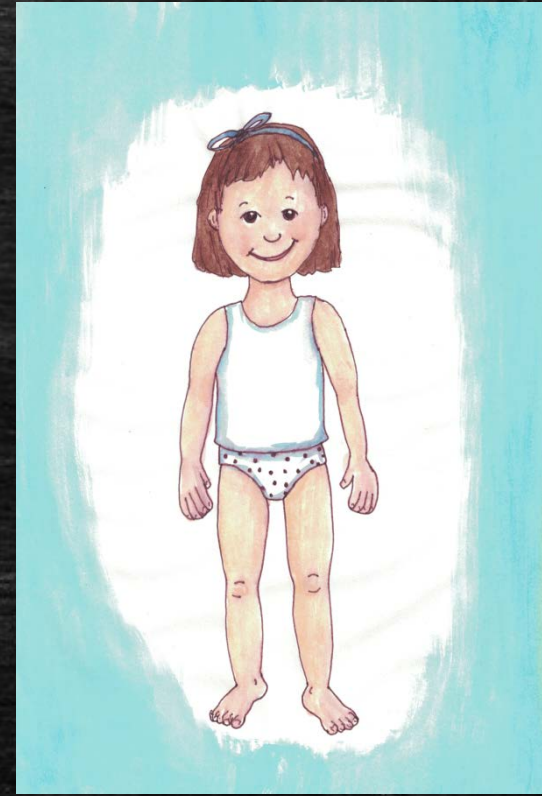
Let's Talk About Your Special, Holy Body.

Also, You Wear
Clothes On
Your Body To
Cover The
Most Private
Parts Of Your
Body.



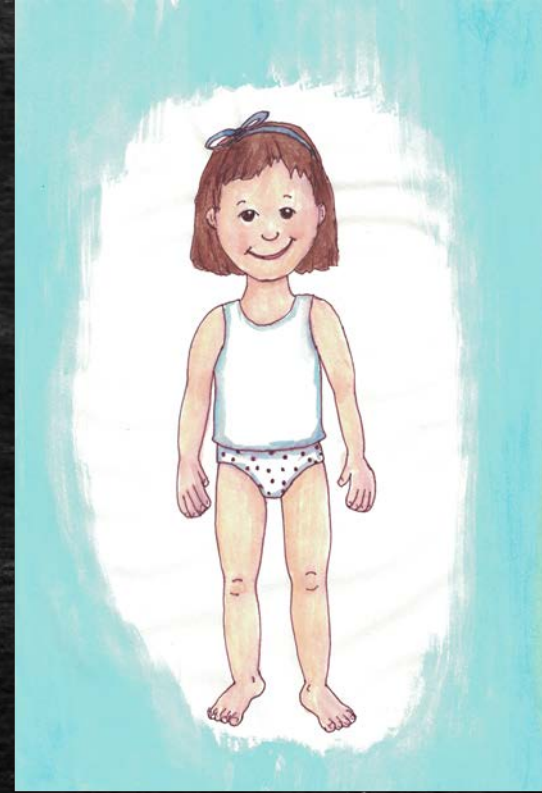
Let's Talk About Your Special, Holy Body.

This Boy and
Girl Aren't
Dressed To
Go To School.



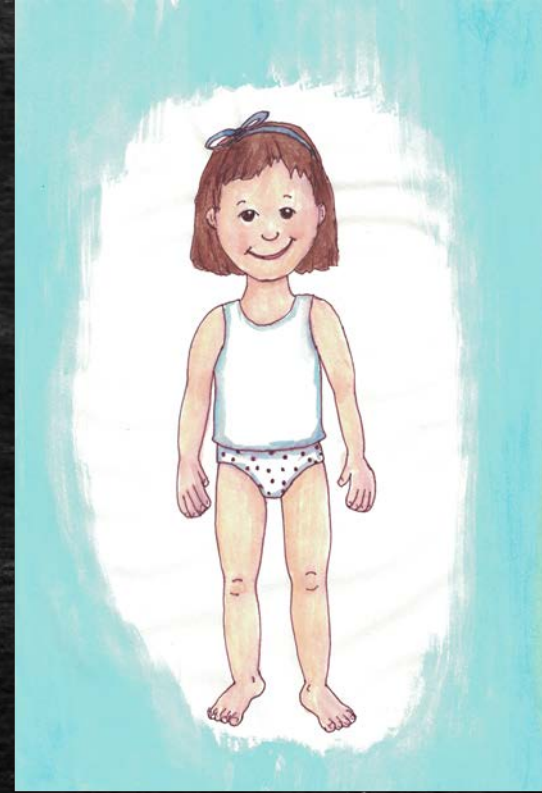
Let's Talk About Your Special, Holy Body.

They Aren't
Dressed To Go
Out With
Friends.



Let's Talk About Your Special, Holy Body.

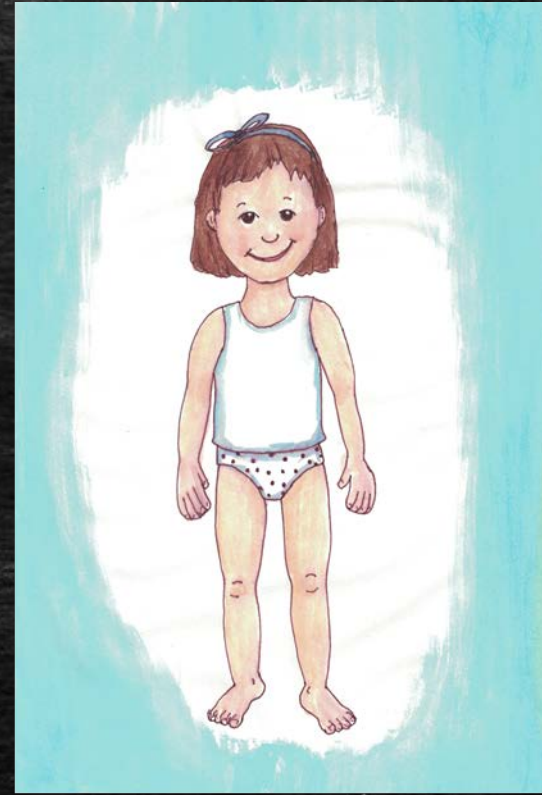
But, Their
Clothes Still
Cover The
Most
Special and
Private Parts
Of Their
Bodies.



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.

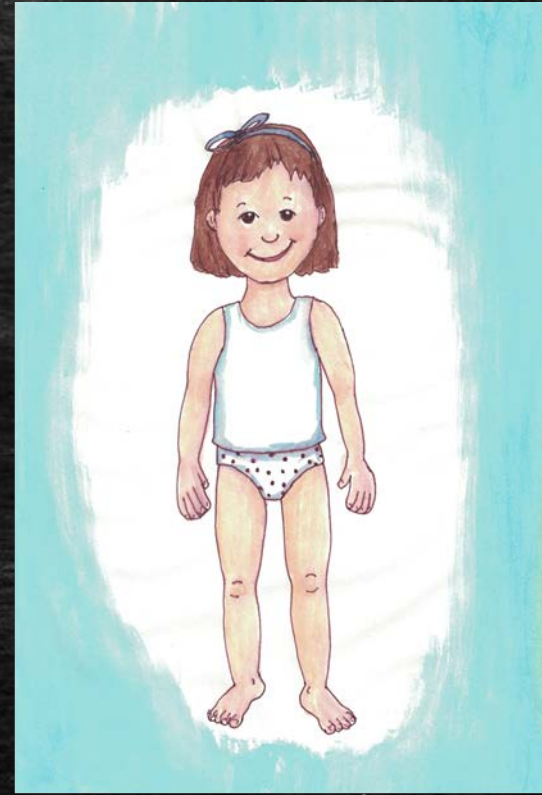


Let's Talk About Your Special, Holy Body.

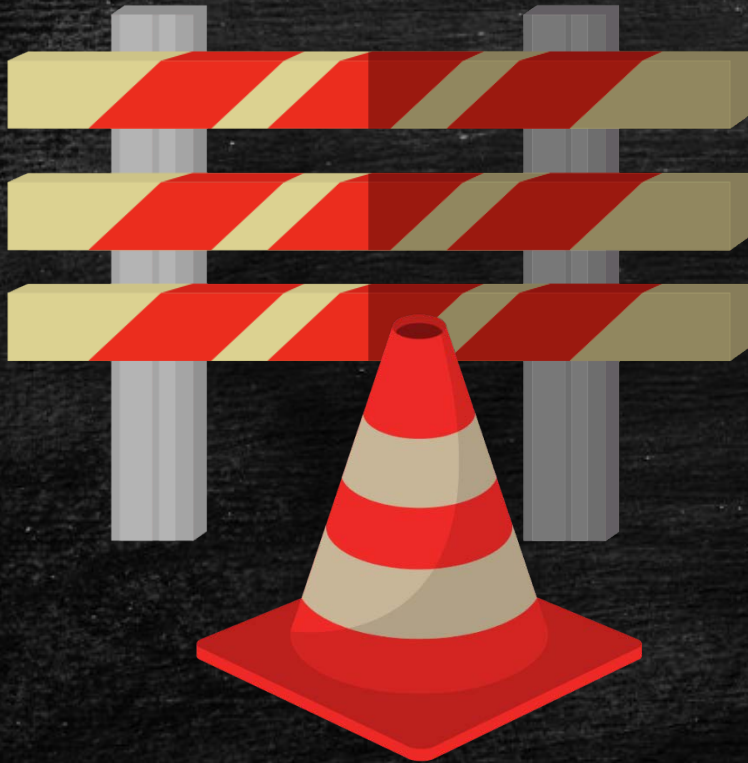
There's A Lot You
Can Do To Make
Sure

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:



"My Private Body Parts
Will Be Safe &
Respected. No Touching.
No Looking."

You Can Even Say That
Loudly.

Your Body Is Special. If
For Some Reason, Your
Body Needs Special
Care, Someone Who
Loves You Can Help.
A Doctor or Nurse Can
Help You, Too.

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 DO want
to talk about being safe
and respected."



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 **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:
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.**