



PROTECT YOURSELF RULES



Barbara Sinatra Children's Center
FOUNDATION

BEAR 'PROTECT YOURSELF RULES' ADVENTURE

Complete each of the following:

1. Watch the "Protect Yourself" video lessons for this adventure.
2. Explain the difference between a safe touch and an unsafe touch.
3. Identify five trusted adults and share this list with your parent or legal guardian.
4. Describe "personal space," and complete the Personal Space Bubble.
5. Come up with three different ways to say no to someone who touches you on a private body part.