

# The **k**NOw Program



Diocese of Lansing Safe Environment Program

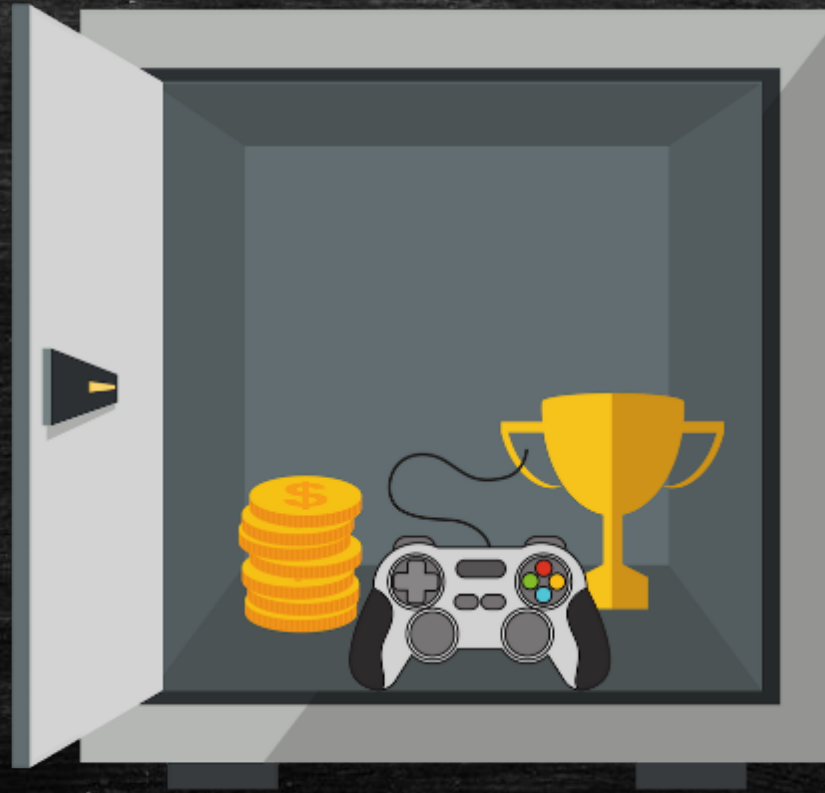


# People Take Very Good Care of Things That Are Special.

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**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?**



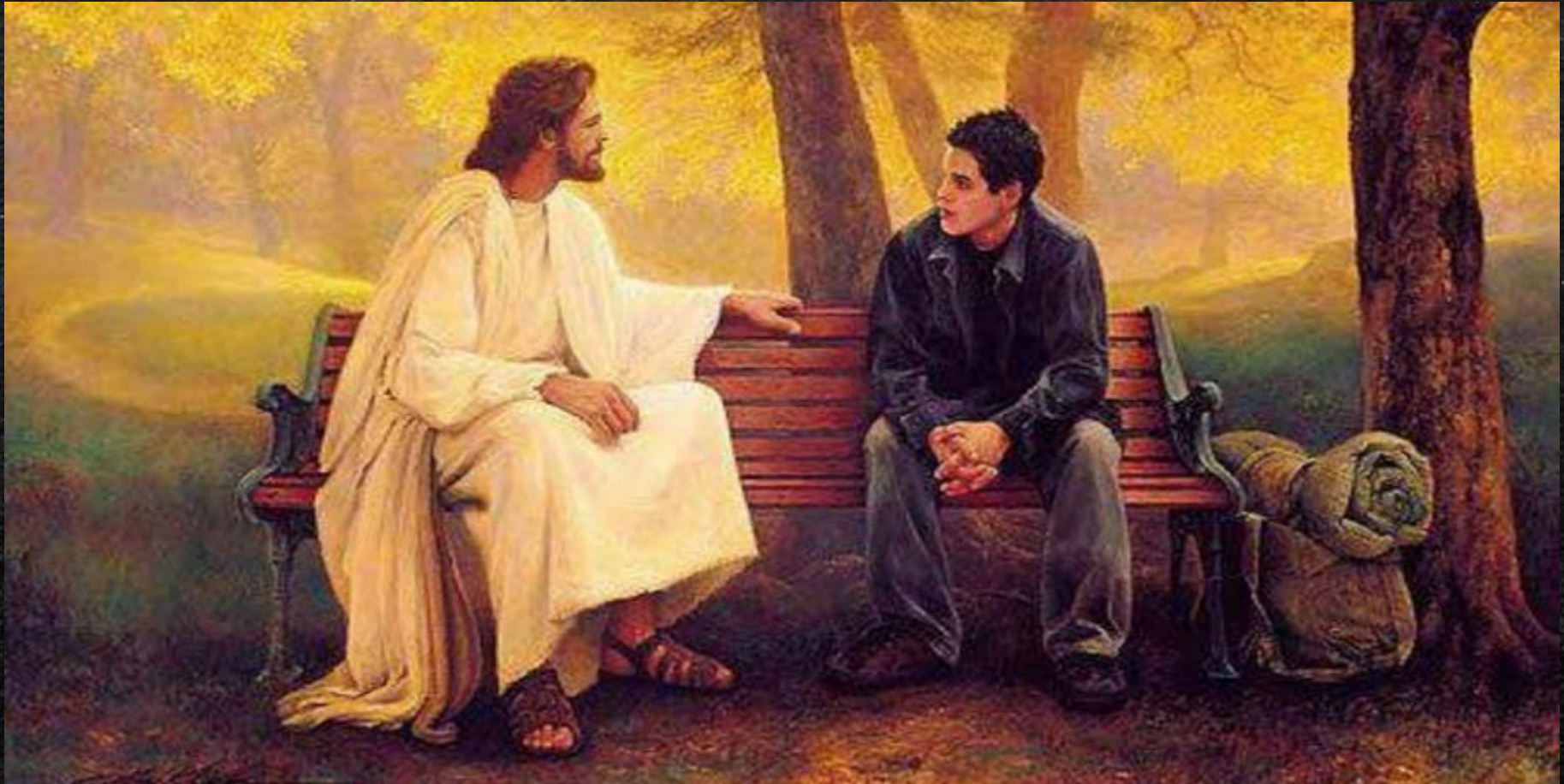


**What Special  
Things Would  
You Do For This  
Little Guy If He  
Was Yours?**





# 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!**

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# 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.

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 light and scattered clouds, creating a serene and contemplative atmosphere.

**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?**





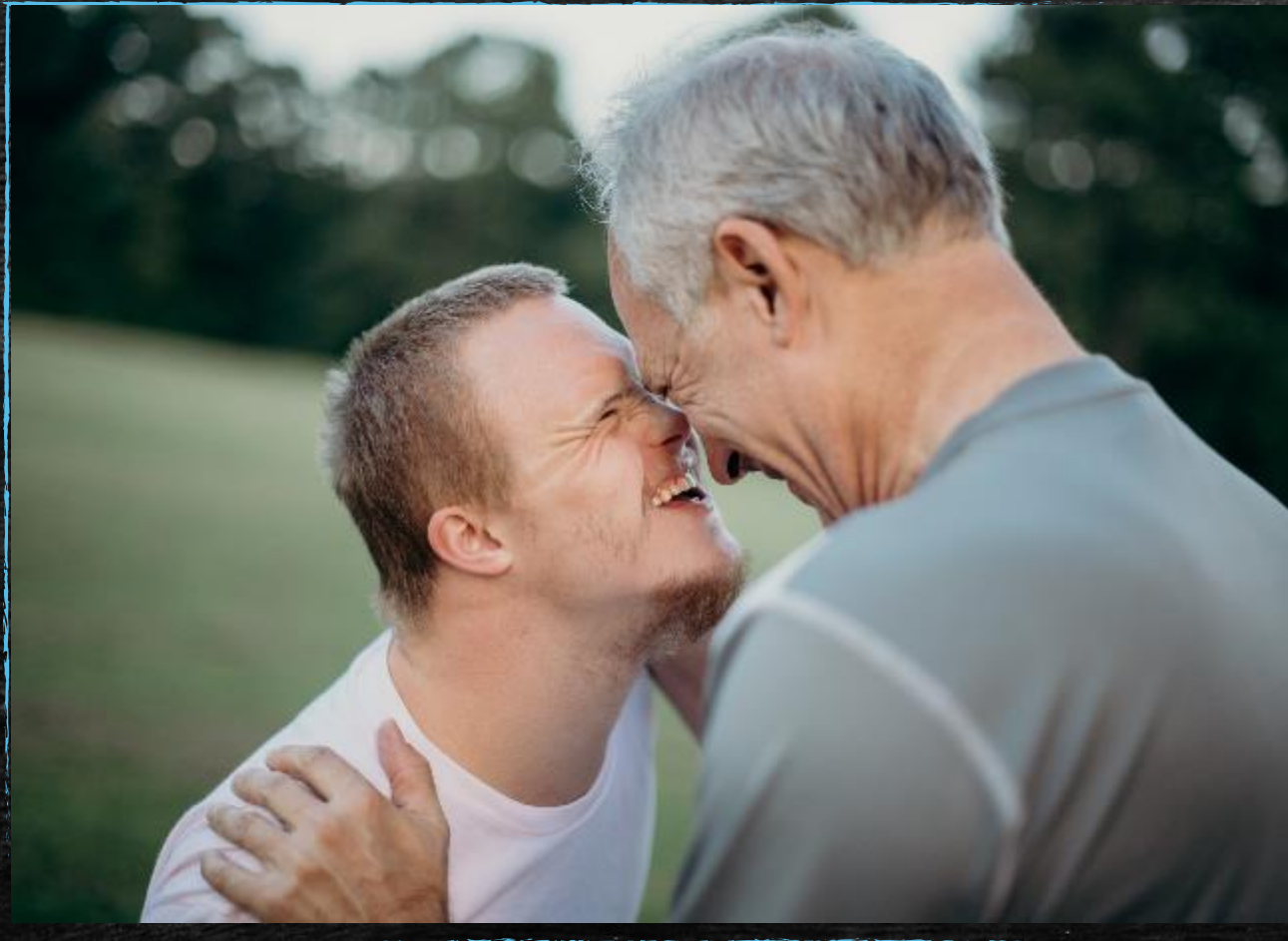
**You Can Do A Lot Of Awesome Things  
With Your Body.**



**You  
Can  
Play.**



**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.

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**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.

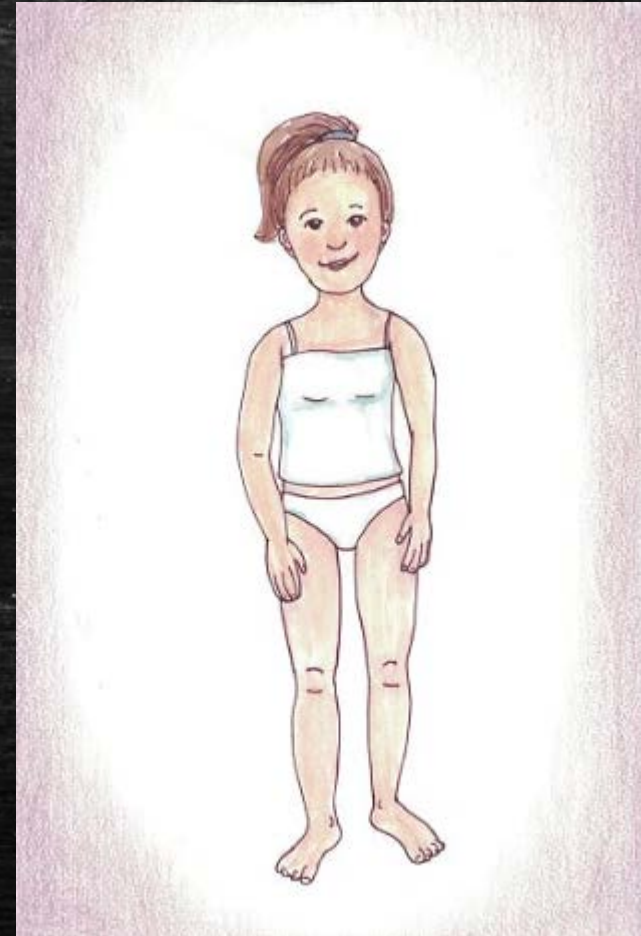
**Also, You  
Wear Clothes  
On Your Body  
To Cover The  
Most Private  
Parts Of Your  
Body.**





# Let's Talk About Your Special, Holy Body.

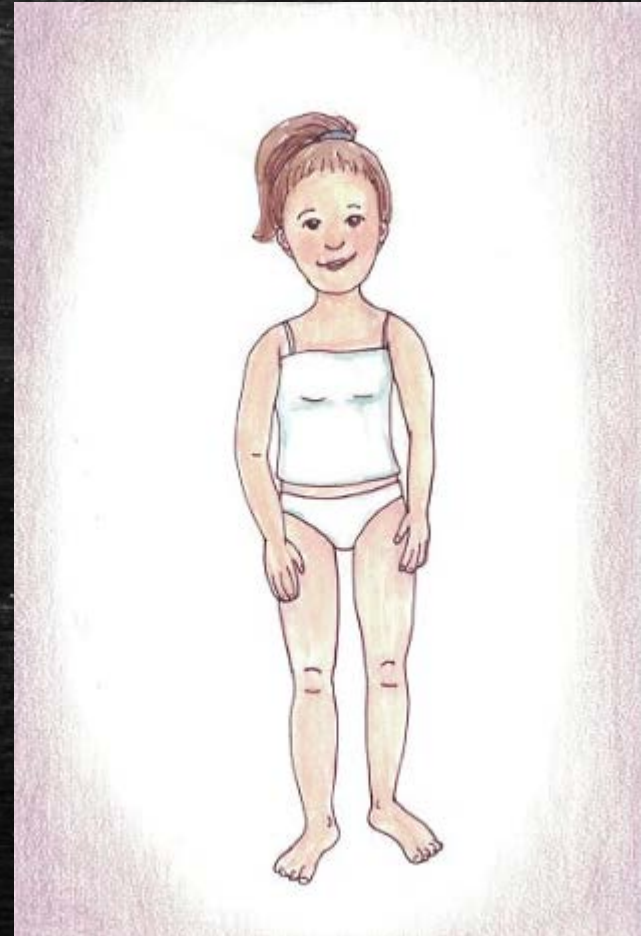
**This Boy & Girl  
Aren't Dressed To  
Go To School.**





# Let's Talk About Your Special, Holy Body.

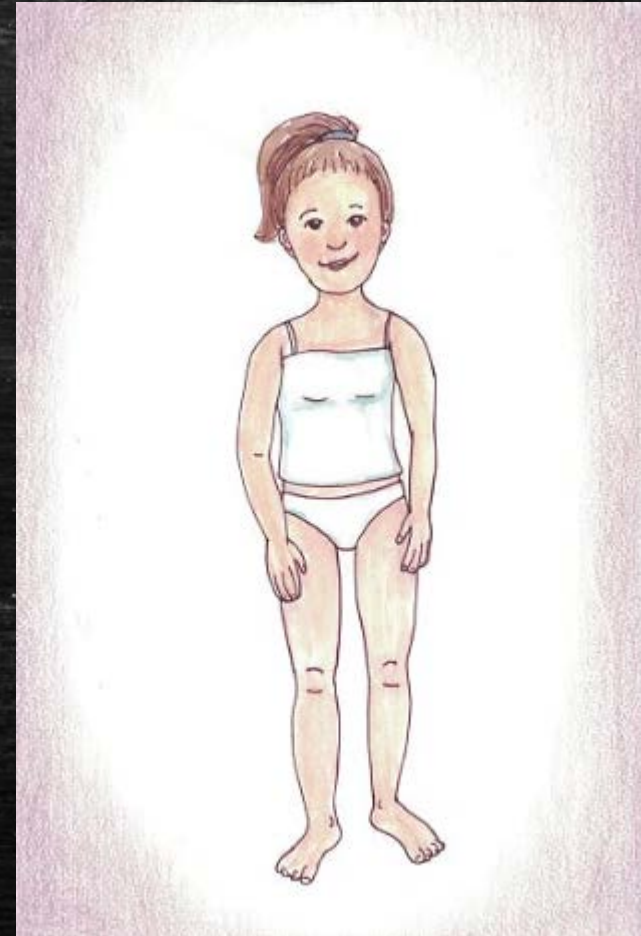
They aren't  
dressed to go  
out with friends.





# Let's Talk About Your Special, Holy Body.

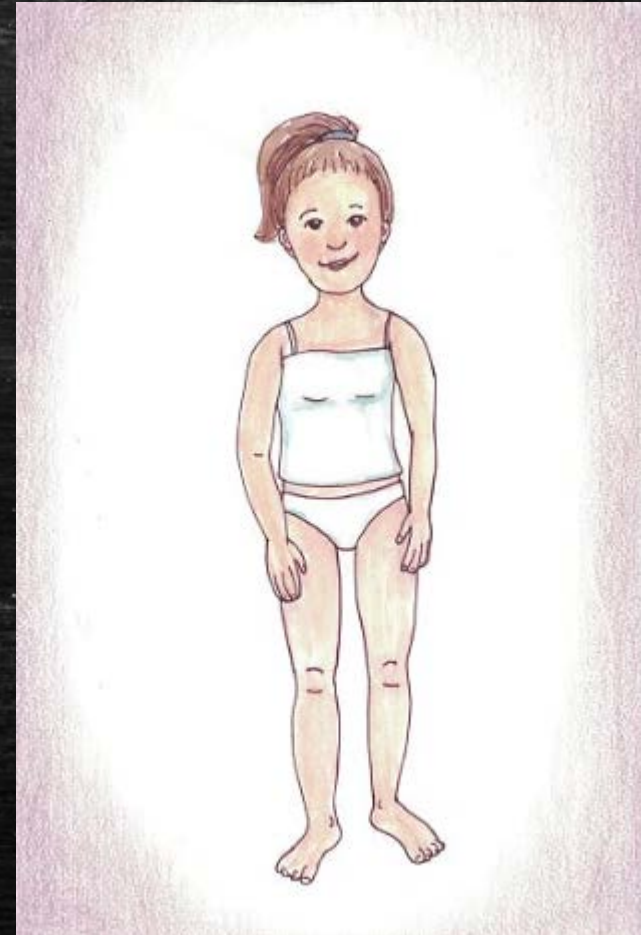
But their clothes still cover the most special and private parts of their body.





# Let's Talk About Your Special, Holy Body.

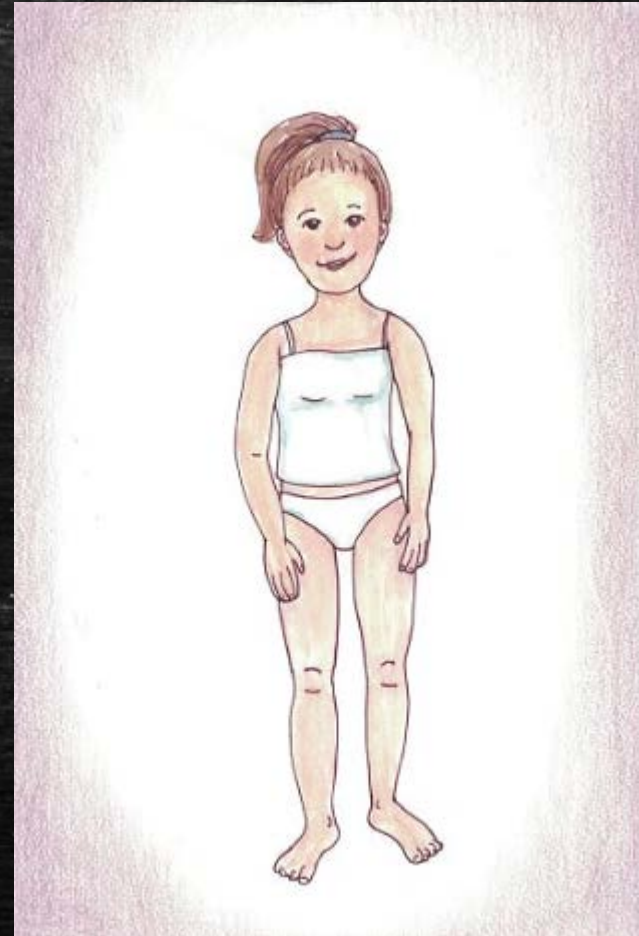
**The People  
Who Love You  
Want To Make  
Sure Your Private  
Body Parts Are  
Safe  
and Respected.**





# Let's Talk About Your Special, Holy Body.

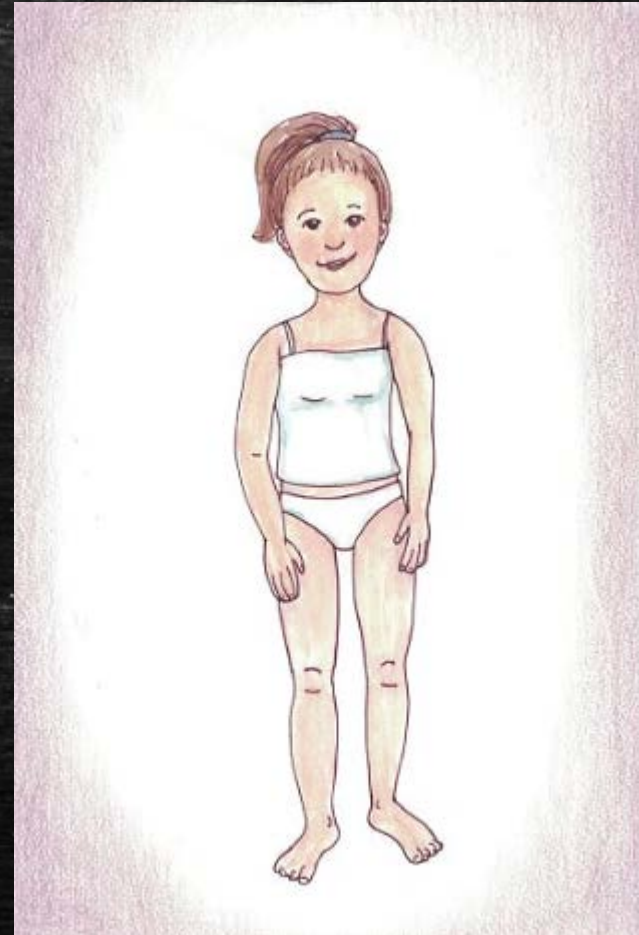
**YOU** Have The  
Right To Make  
Sure  
**YOUR** Body &  
**YOUR** Private  
Body Parts Are  
Safe & Respected.





# 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:

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

**You Can Even Say That  
Loudly.**



# You Can Say:

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"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 a Nurse Can Help You, Too.**

**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...

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**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.**



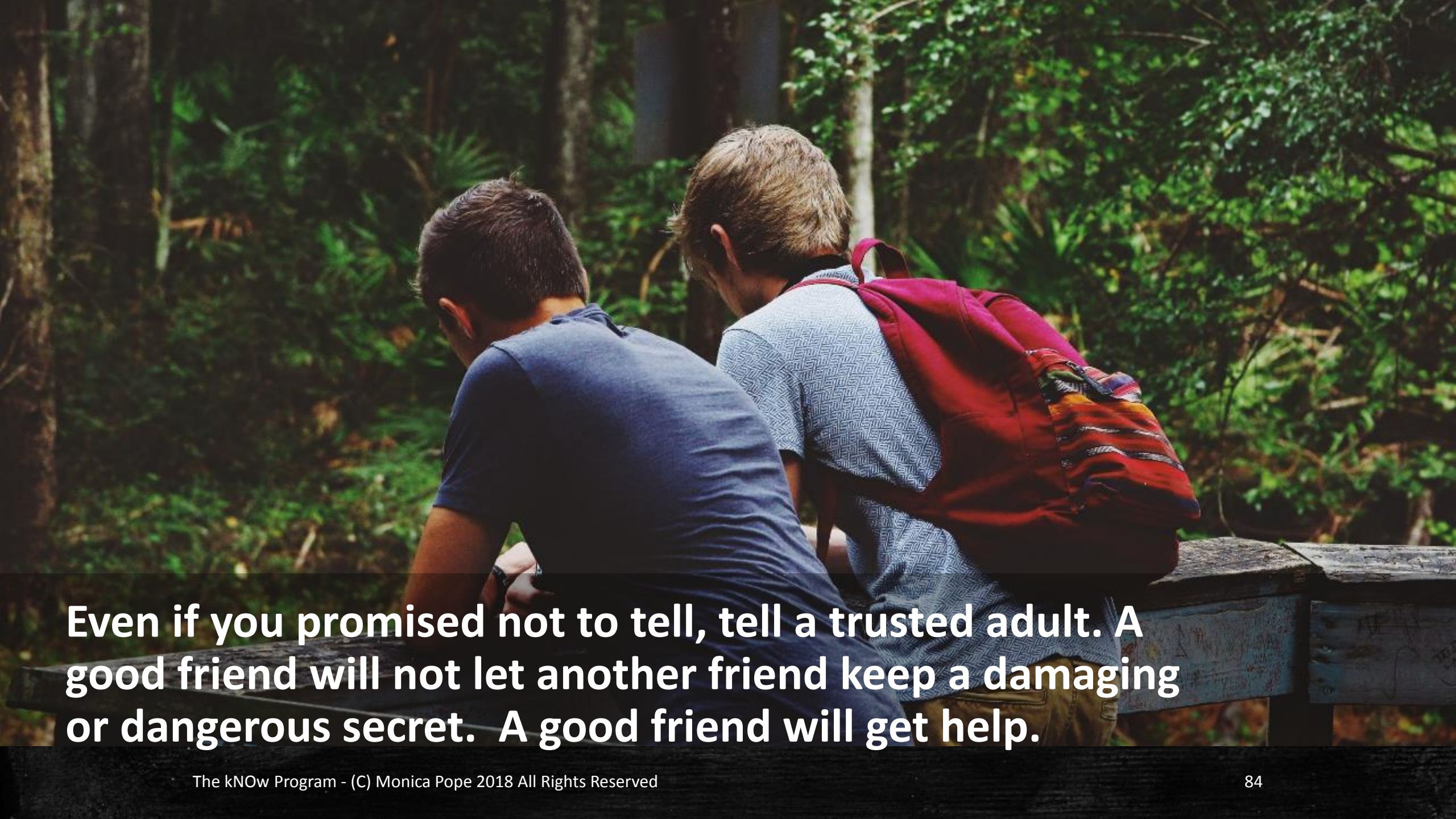
**You matter.**





**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.**

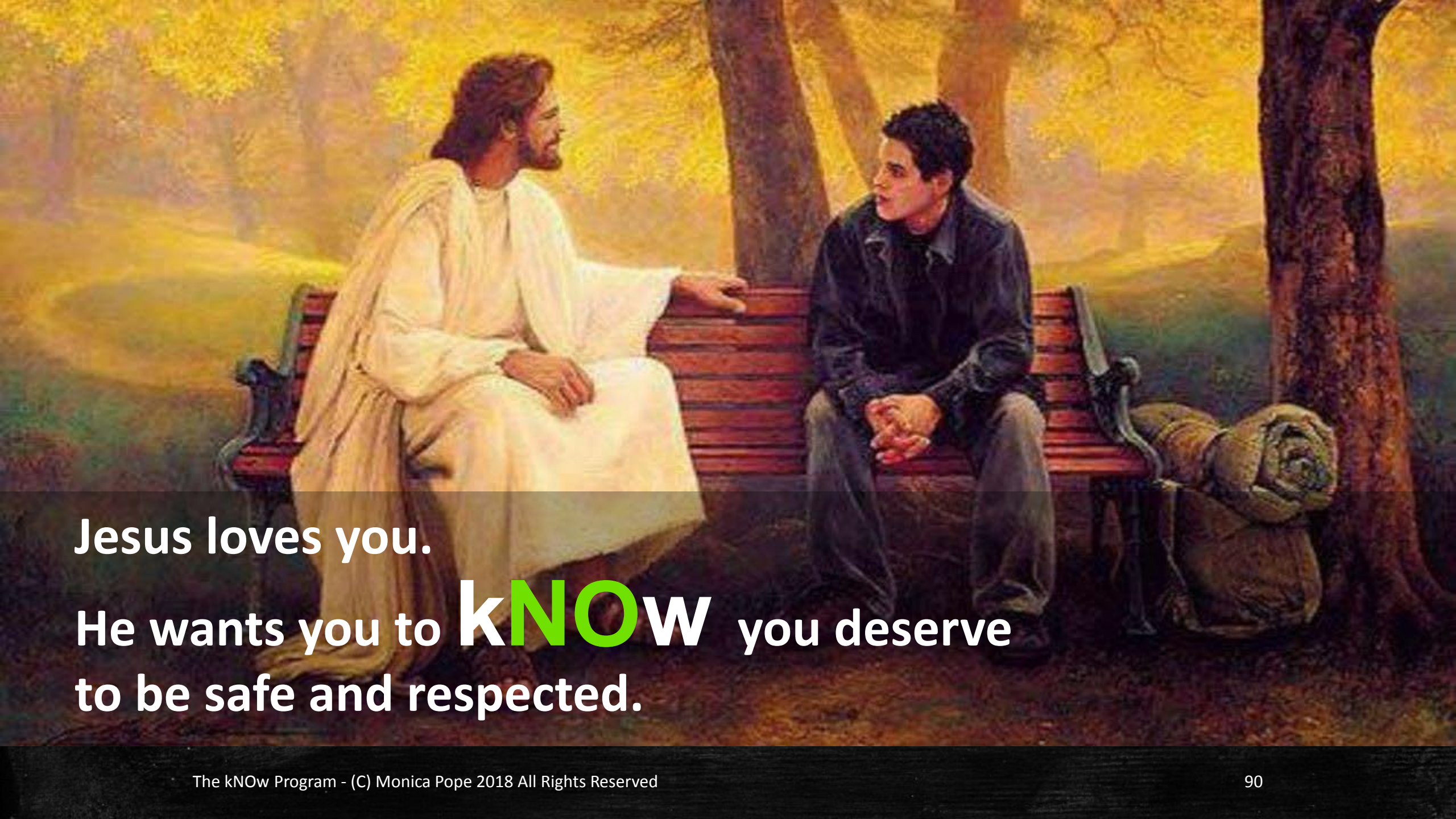




Jesus loves you.

He wants you to **kNOW** you matter.

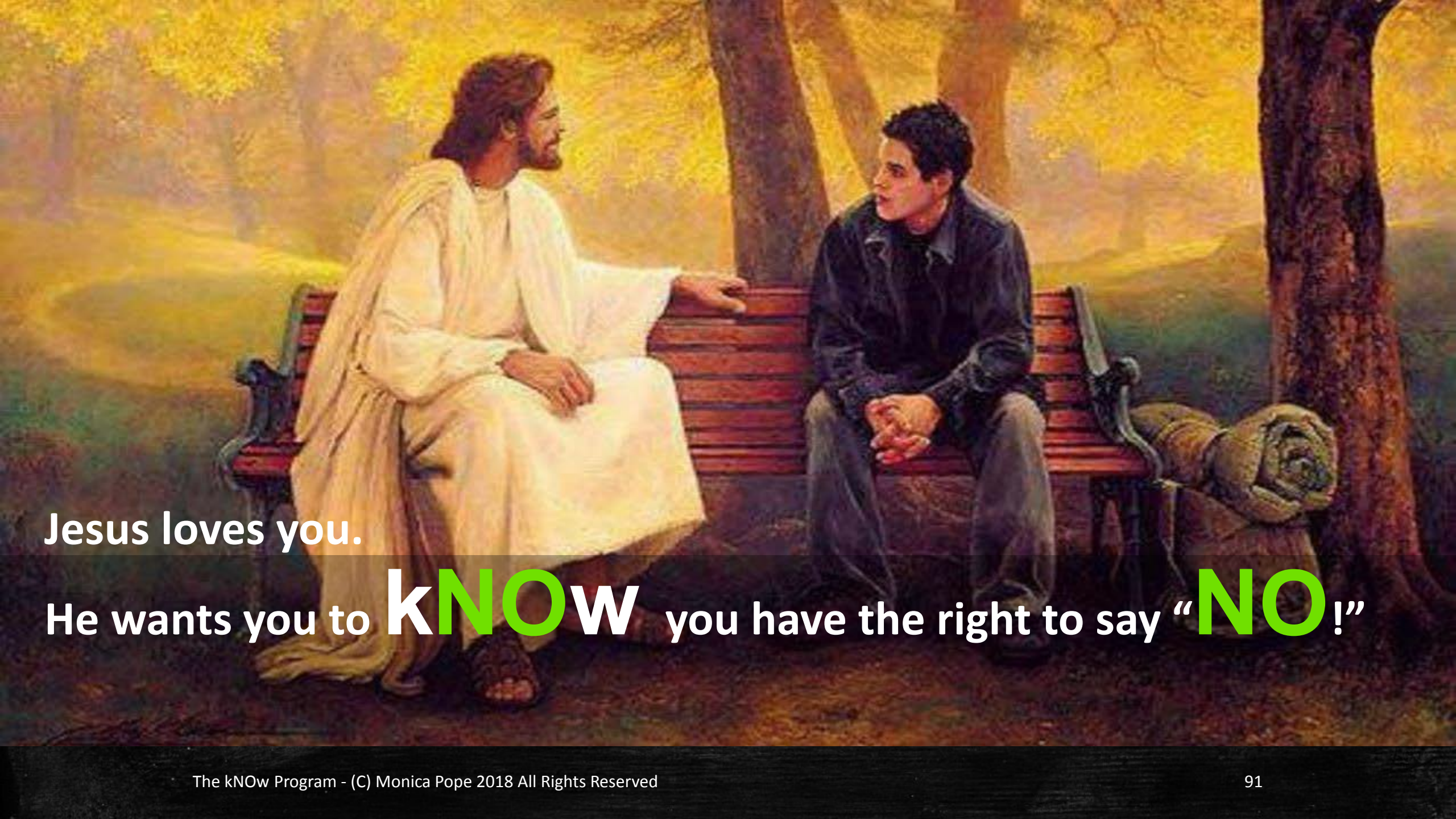




Jesus loves you.

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 **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.**

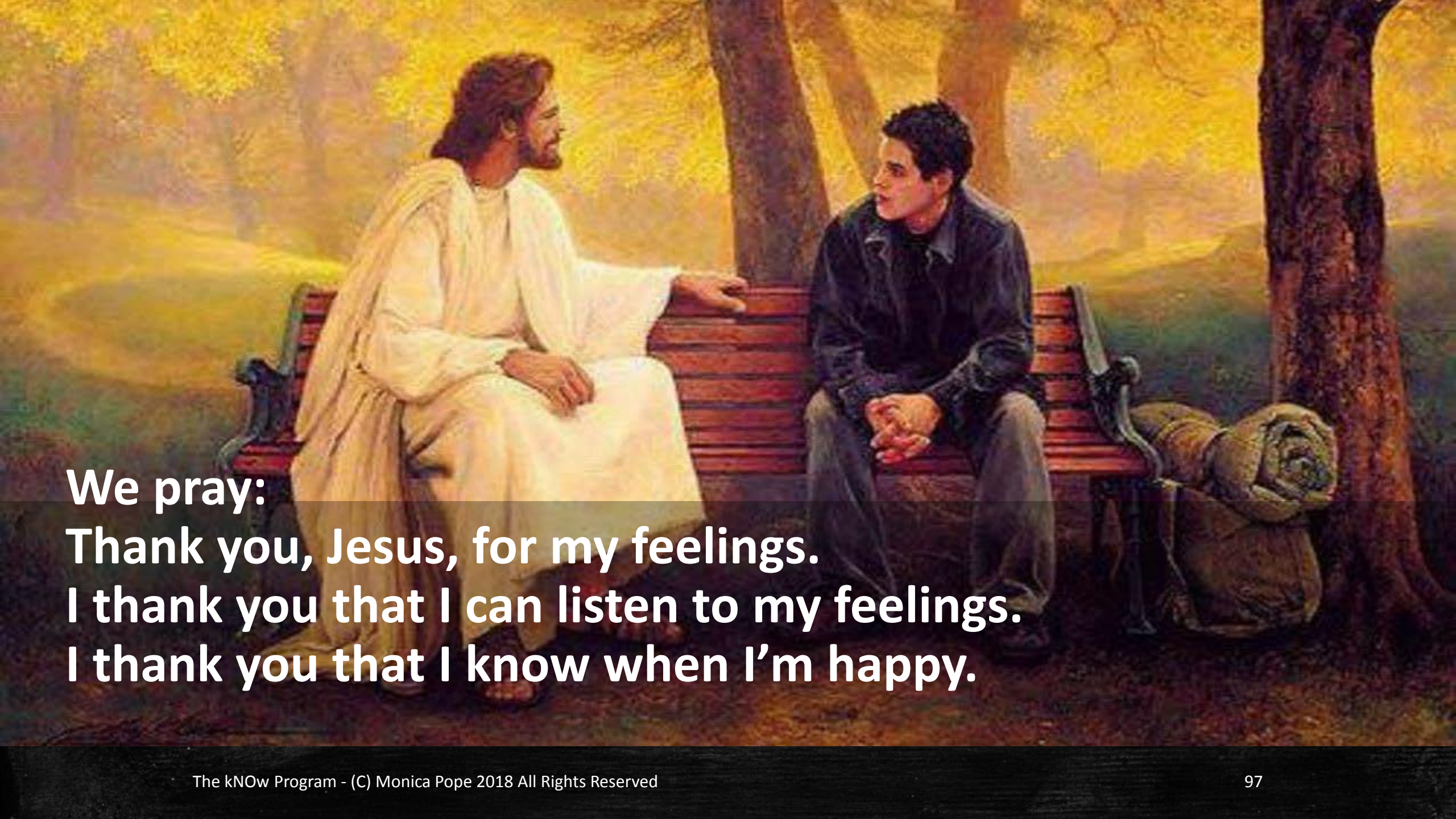


Say:

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 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.**

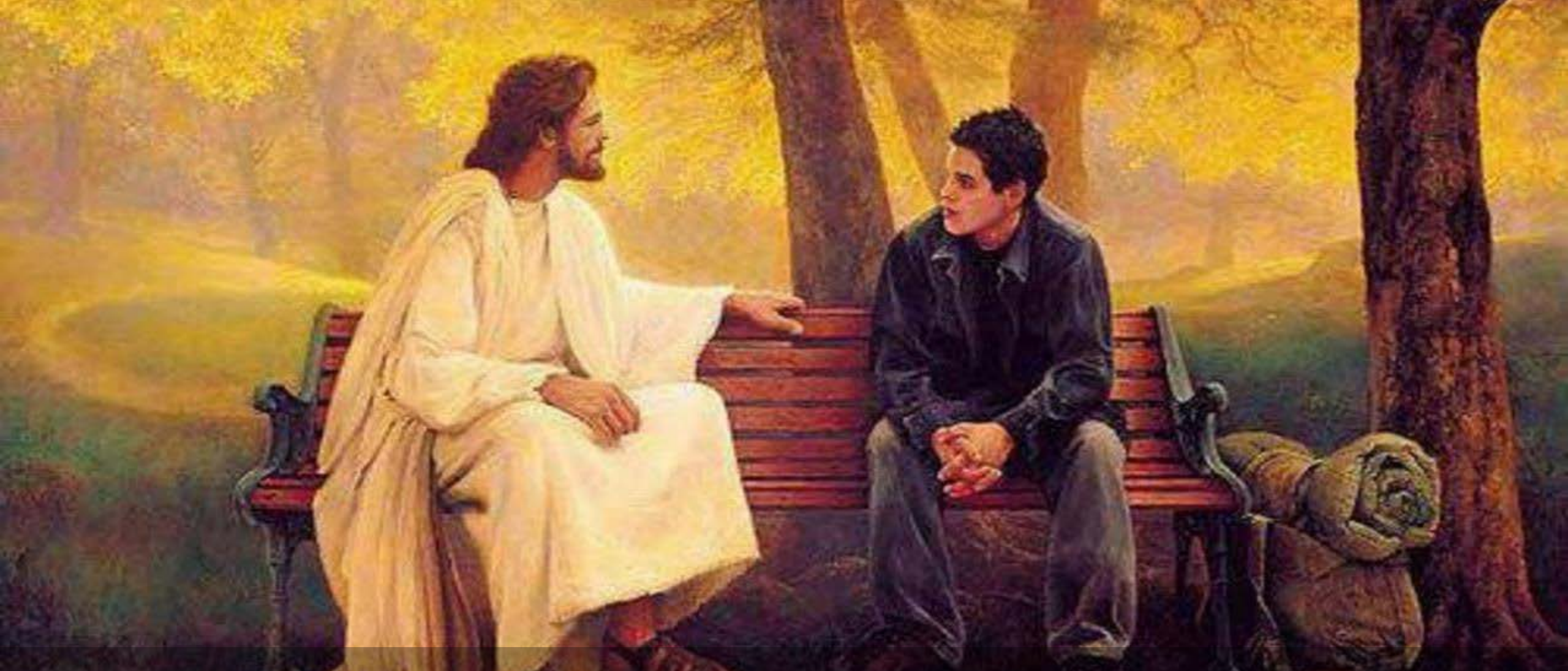




**I Thank you, Jesus, for giving me people who love me. The people who love me care about my feelings. They care about me. They work hard to keep me and my body safe.**







**Jesus, I know I have the right to keep me safe, too.**





**Thank you, Jesus. You love me. You care for me.  
Amen**