

The **kNOW** Program



Diocese of Lansing Safe Environment Project

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.**



**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!**

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 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
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.**



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**You
Can
Sing!**

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



**You
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!**



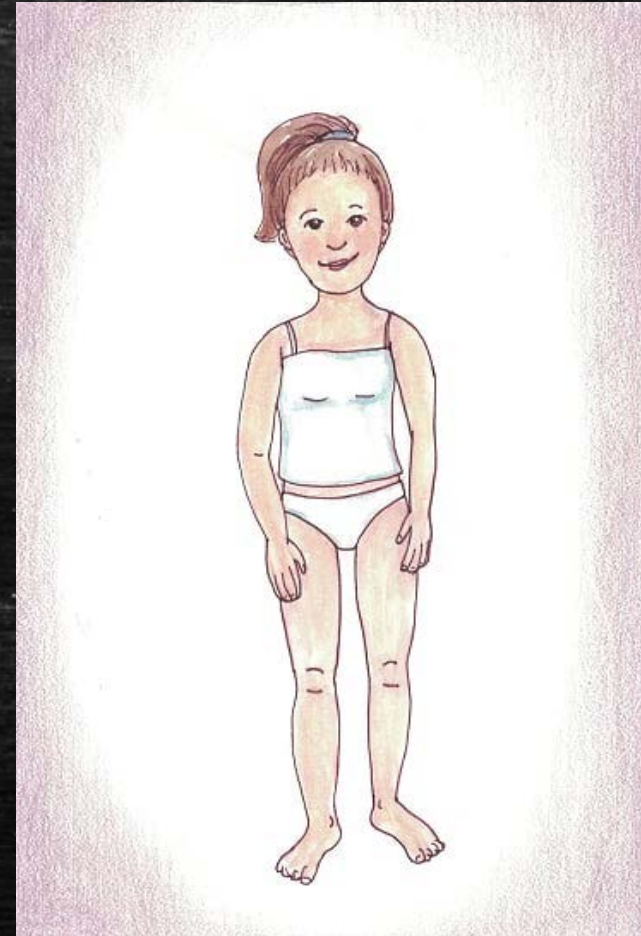
Let's Talk About Your Special, Holy Body.

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



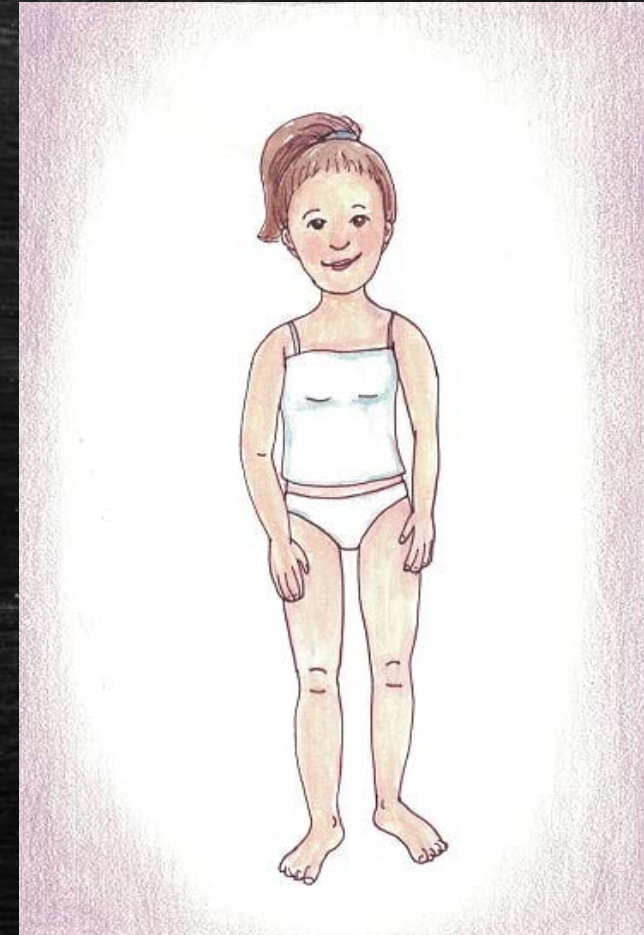
Let's Talk About Your Special, Holy Body.

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



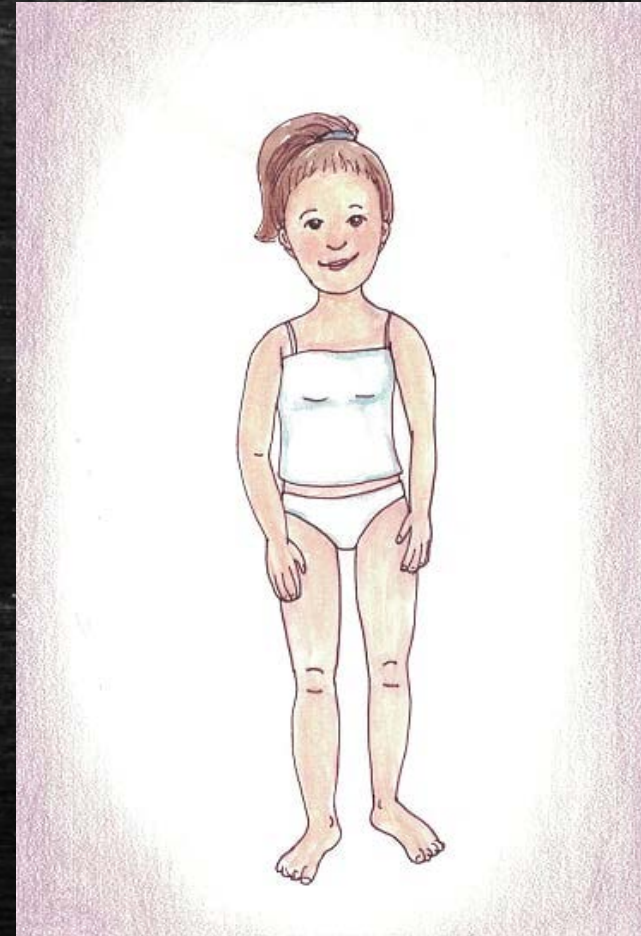
Let's Talk About Your Special, Holy Body.

They aren't
dressed to go
out with friends.



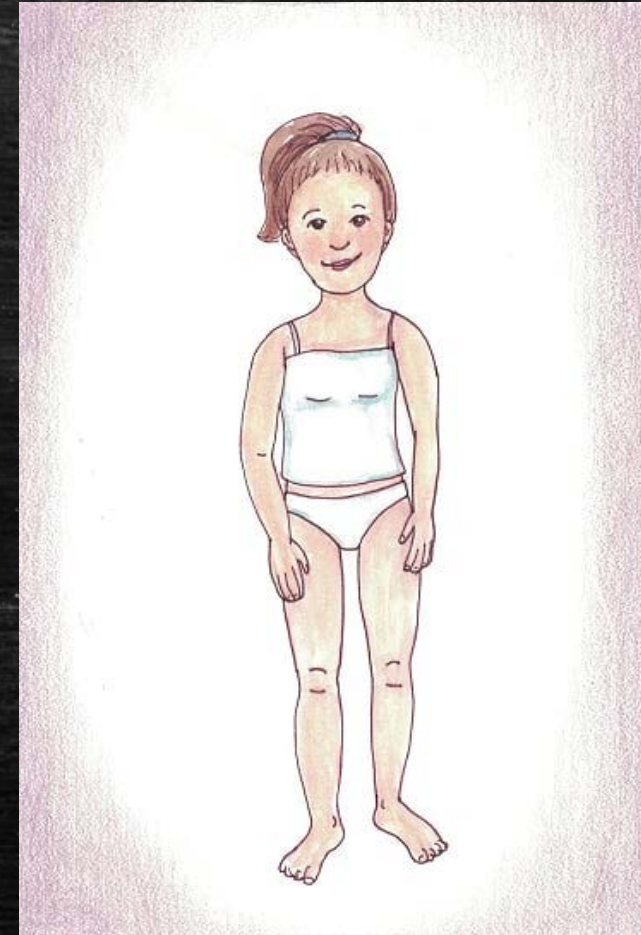
Let's Talk About Your Special, Holy Body.

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



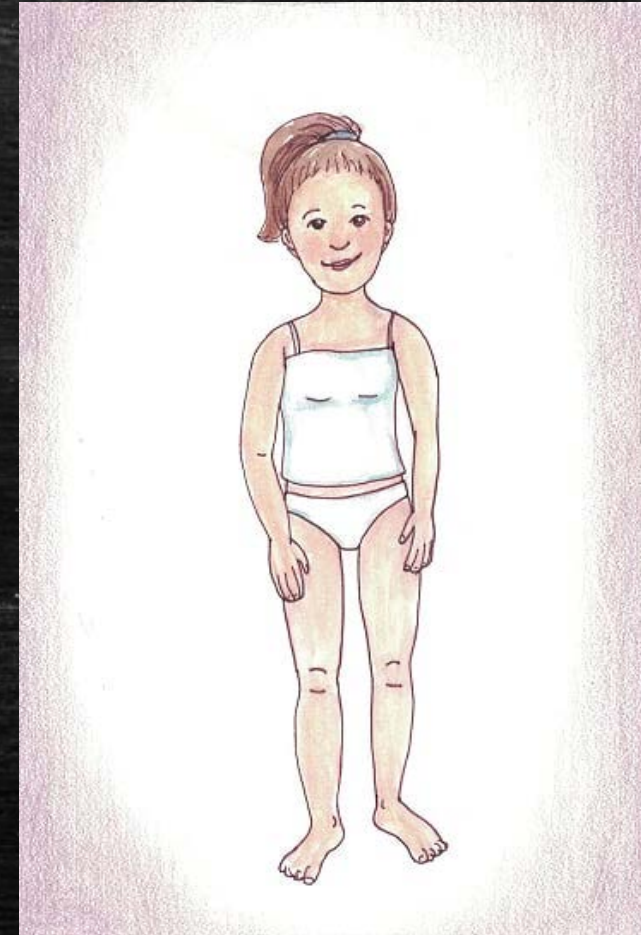
Let's Talk About Your Special, Holy Body.

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



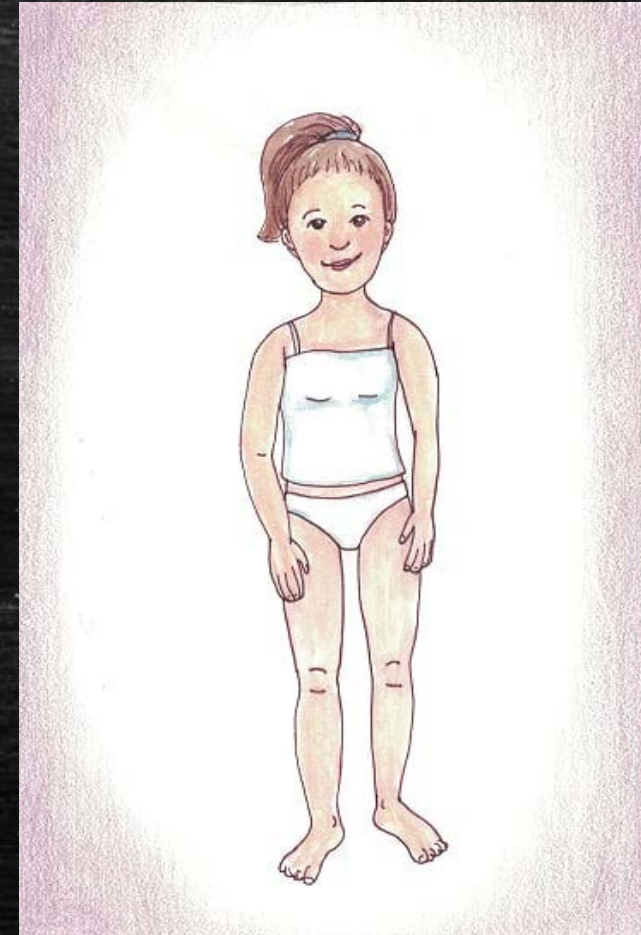
Let's Talk About Your Special, Holy Body.

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

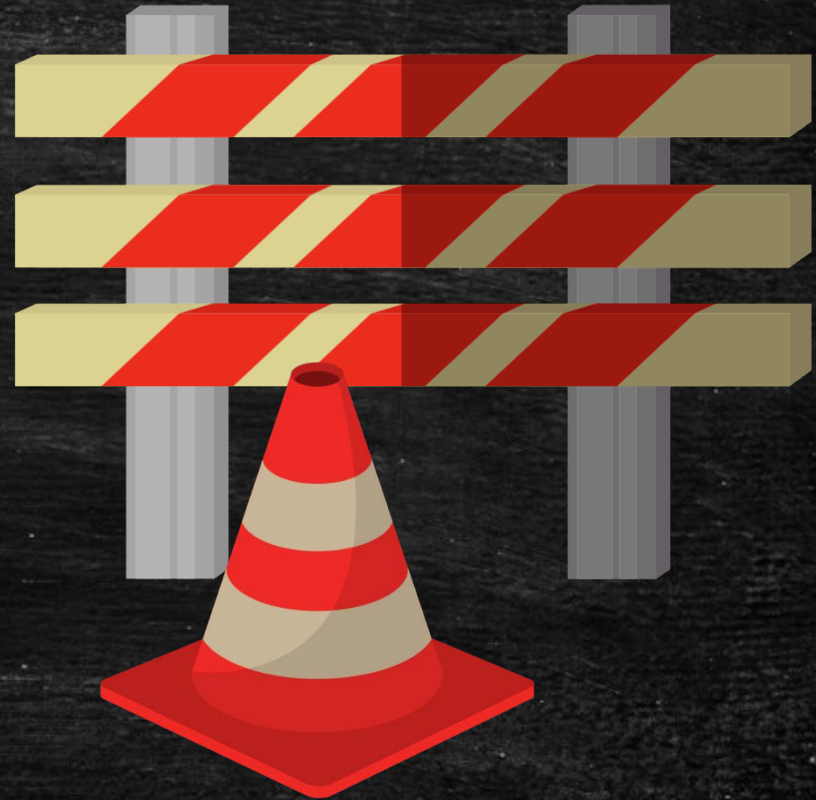


What Are Some Of The Ways That Another Person Might Disrespect Your Boundaries?

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...



**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 can 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.**



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** my body is holy and private.

NO touching or 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 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,
for loving me
and for
caring about
me.
Amen.**



A Parents' and Educators' Prayer:

Heavenly Father, send Your Holy Spirit. In Jesus' name, please send Your Spirit. Make our children invisible to evil-doers. And make evil-doers visible to us so that, through the power of Your Spirit, we may expel them from our communities and end abuse of children. In Jesus' Holy Name we pray. Amen.