

# The **k**NOw Program



Diocese of Lansing Safe Environment Program

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?



**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!



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 upwards with their arms raised, capturing a moment of pure happiness and freedom. The background is filled with tall, thin trees and dense green foliage, 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 field. The children are wearing colorful clothing: one in a green shirt, one in a blue shirt, one in a red shirt, and one in a blue shirt and red pants. They are all looking upwards with their arms raised, suggesting they are reaching for something or celebrating. The background is a dense forest of tall, thin trees, creating a sense of a natural, open space.

**There Is So Much To You!**

**You Really Are Pretty Amazing & Special!**

A photograph of four children jumping joyfully in a grassy field with trees in the background. 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 upwards with their arms raised, suggesting a sense of awe or joy. The background is a soft-focus forest of tall, thin trees.

**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  
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 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!**



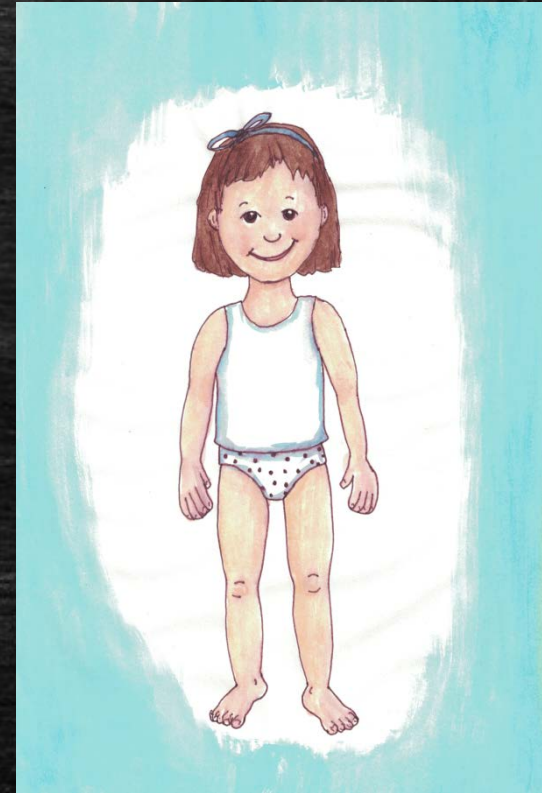
# Let's Talk About Your Special, Holy Body.

**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.



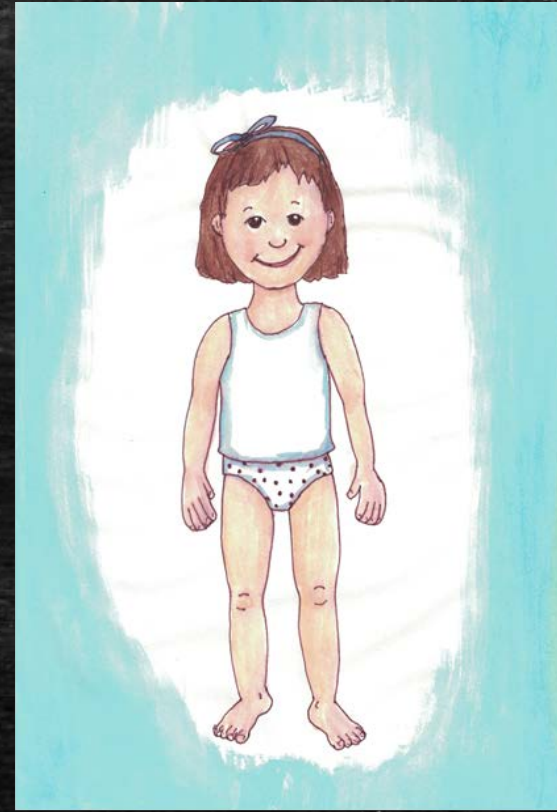
# Let's Talk About Your Special, Holy Body.

**They Are Not  
Dressed To Go  
Play  
With Friends.**



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

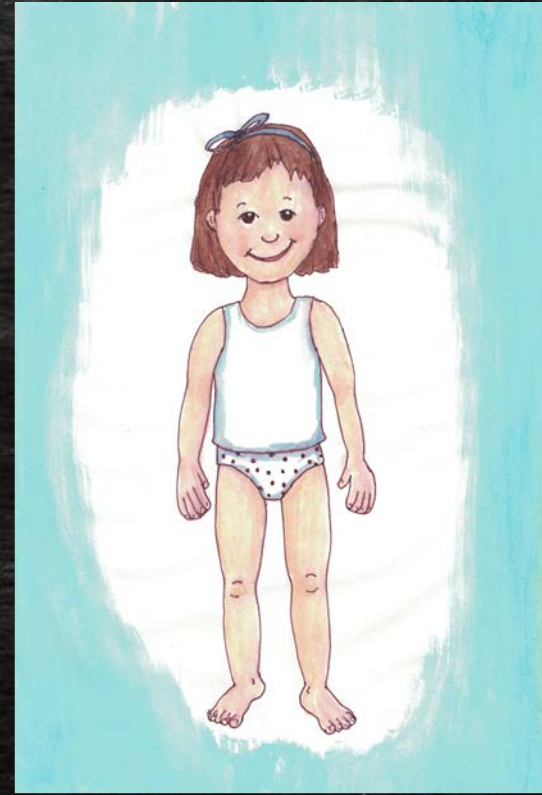
**But, Their  
Clothes Cover  
The Most  
Special and  
Private Parts  
Of Their  
Bodies.**



# 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:

---



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

**You Can Even Say That  
Loudly.**

**Your Body Is Special. If  
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.**



**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.**

