



# YOUR BODILY RIGHTS

- ★ **To be touched on your terms** and only with your consent. You do not have to tolerate inappropriate or unwanted behavior or contact from anyone.
- ★ **To not be teased, criticized, or gossiped** about, including your body or anything that makes you - you!
- ★ **To privacy**, when you are using the bathroom, are dressing, or anytime you need some personal space.
- ★ Everyone's **privates should stay private**, they are not to be touched, shared, or photographed. The only acceptable situation is for medical help, with a trusted adult present.
- ★ To be **heard, believed, and supported** if you need to talk to a trusted adult about something that feels uncomfortable or if a body safety rule has been broken.

**As a valued member of society,**  
you have rights and protections just as any adult does.  
No person, no matter their age or authority, has a right to  
violate your right to your own body and privacy.

**If you ever have a question or concern about bodily rights,**  
teachers, school nurses, guidance counselors, and principals  
are prepared to help, if you need to talk to someone other  
than a family member or other adult that you trust.

