

When to Say

No

to an Adult

HURT

IF YOU ARE BEING

if they make **threats** to

-hurt you -embarrass you -abandon you

Secrets

If you are forced to keep

IF **BOUNDARIES** AREN'T RESPECTED

If they use **Put Downs** to make You feel bad.

IF YOU ARE FEELING **UNSAFE**

IF THEY **SINGLE YOU OUT** WITH

-GIFTS -SPECIAL PRIVILEGES -ATTENTION

if they insist
on being

alone

with
you

Touch

If they want to see or private parts
of your body or ask you to touch/look at their body.

IF SOMEONE
ASKS YOU TO

BREAK THE RULES



The Diocese of Grand Island
Child Protection Office
(308)382-6565

KNOW THE RULES

for Adult/Child Interactions

Avoid being Alone

USE POSITIVE REINFORCEMENT

-NOT CRITICISM, COMPETITION, OR COMPARISON

No Physical Punishment

Don't

Give or
Accept

Expensive Gifts

NO ALCOHOL, DRUGS, OR TOBACCO

KEEP

CLEAR

BOUNDARIES

Report Suspected Abuse

Don't Humiliate, Ridicule

Threaten or Degrade

PRACTICE

GOOD

COMMUNICATION

BE PATIENT

TREAT EVERYONE WITH

RESPECT

SHOW COURTESY, DIGNITY, CARE



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