



COMPASS'S WORDS OF WISDOM



Your Logbook for Learning About
Privacy, Safety and Equality.

Ages 6 to 9

Acknowledgements

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We thank the Public Health Agency of Canada, which made it possible for Marie-Vincent to develop a set of tools for the prevention of sexual violence against children ages 6 to 12. These tools are designed for children, parents, and close relatives as well as professionals, workshop facilitators, and managers in the community network and camps.

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Credits

Compass's Words of Wisdom: Your Logbook for Learning About Privacy, Safety, and Equality. Activity book for ages 6 to 9.

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COMPASS'S WORDS OF WISDOM



Your Logbook for Learning About
Privacy, Safety and Equality.

Ages 6 to 9

HI THERE!



My name is Compass. I'm 18 years old.

I've worked as a camp counsellor at kids' camps for the past two years. I work with day camp groups as well as nature classes and summer camps. I love my job, since it enables me to meet tons of unique kids who make me laugh and teach me something new every day. Allow me to introduce my sidekick, Marvin. This friend of mine is a big softy. He goes everywhere I go and helps me talk about prevention with the young people I meet.

This logbook is yours. As you use this book you'll hang out with Luna, Sami, Marvin and me and discover a wide range of information about privacy, safety and equality. You'll also learn to recognize high-risk situations and ways to protect yourself. Whenever you finish a section, you can have a compass affixed by the trusted adult who gave you the logbook. At the end, you'll be awarded a certificate –

I AM THE MASTER OF MY DESTINATION! And most important, do not hesitate to ask a trusted adult in your immediate environment any questions you might have.



LUNA



MARVIN



SAMI

I DON'T HAND OUT HUGS TO JUST ANYBODY!





There are people we know well, people we know a little, and people we don't know at all. They are called strangers. Some acts are okay with people we know a lot, but not with people we know less. For example: hugs, kisses or tickling. Can you think of others?



Below, you'll see different people Sami and Luna see every day. Use this maze to help Luna and Sami find the people with whom it's okay to share hugs, kisses and tickling.

Neighbour



Stranger



Librarian



Mom



Mummy



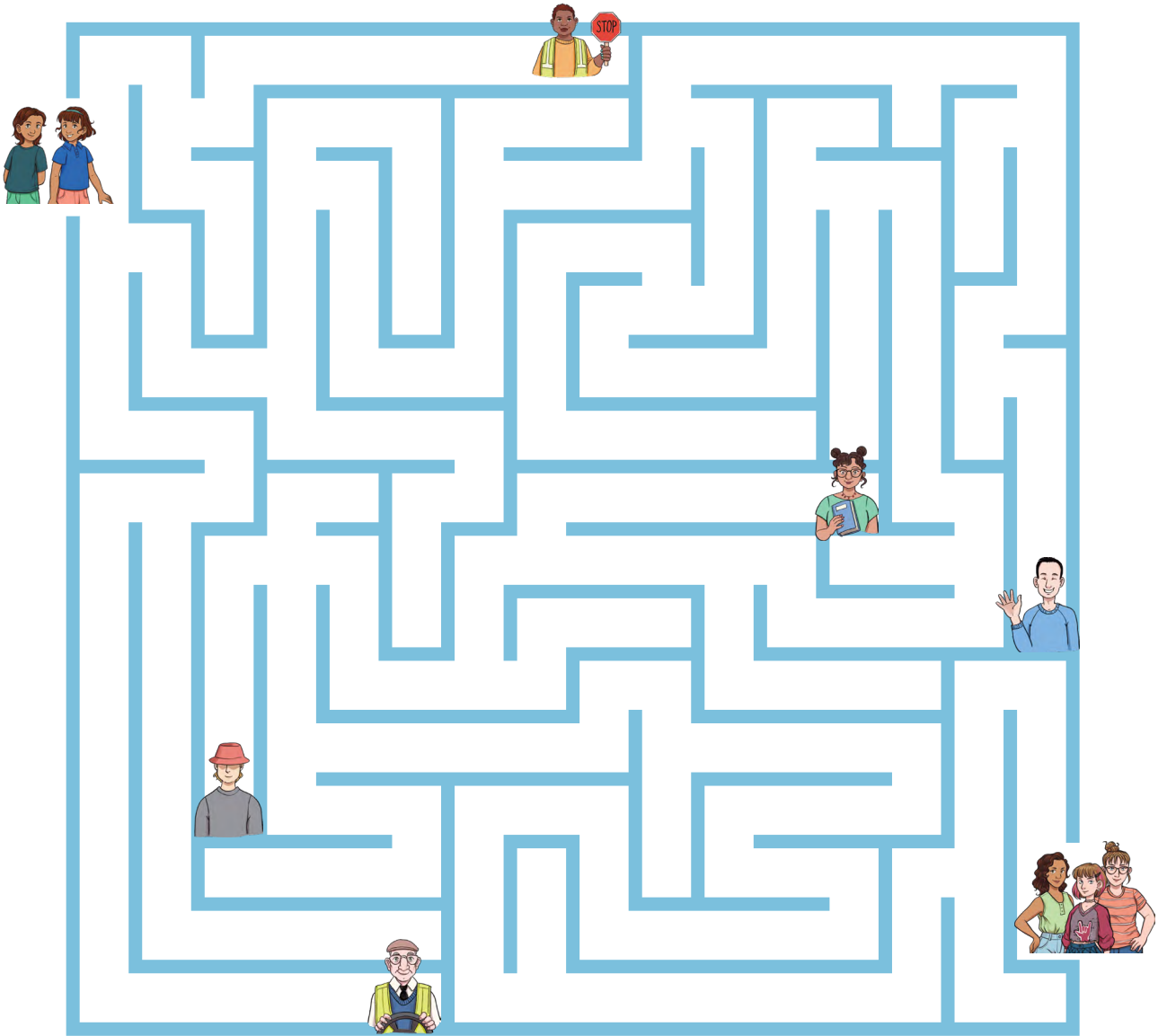
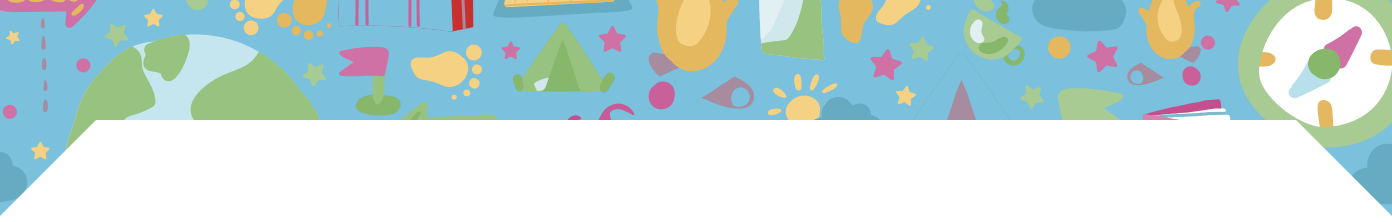
Older sister Fatima




Crossing guard



Bus driver





Sami and Luna love their family. Luna especially likes it when Mom sings her to sleep, even though she's eight years old. Sami always wants to be babysat by her older sister Fatima, who lets him have popcorn as a bedtime snack. Both children appreciate the cooking skills of Mummy, who prepares special dishes from her native country. Sami and Luna both enjoy the times when the whole family gets together for a camp-out by the fireplace in the living room.

And lastly, the children always feel very proud of the fact that their family cares about the environment: they don't have a car, they keep a small garden, and their moms make their own compost!

What makes your family special?

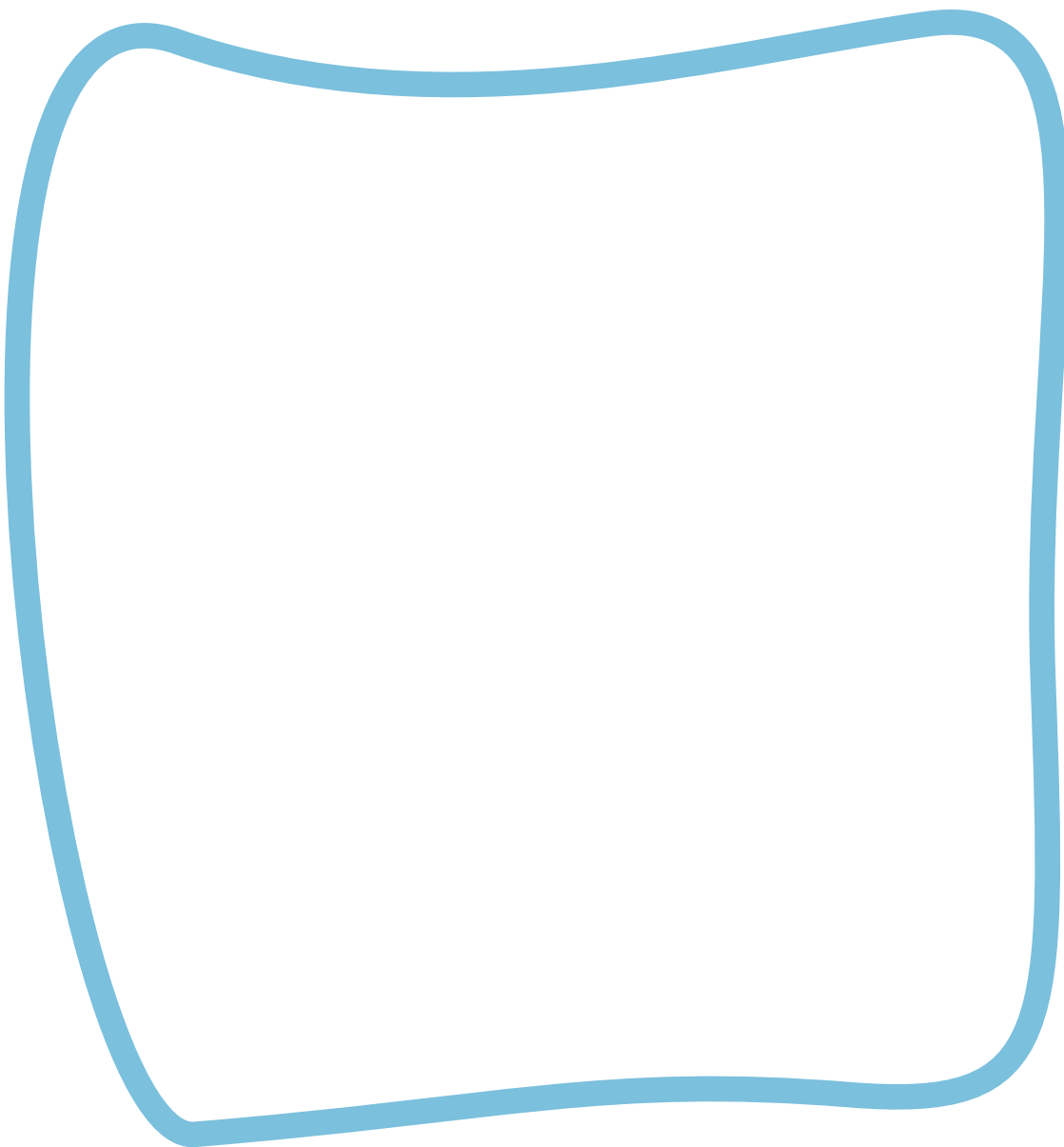
What activities do you enjoy doing with your family?

Which acts would you engage in with family members but not with other people?



A decorative border at the top of the page featuring various travel-related icons such as a globe, a tent, a hot air balloon, a compass, and a backpack.

Could you draw a picture
of your family?





WELL DONE!

You have completed this section!

Go get your compass affixed by your
trusted adult before starting the next section.



ASSERTING YOURSELF TO GAIN RESPECT

This is great. We got here in time for the Monday variety show!

Hey, look, there's Compass and Grizzly. And they're both wearing tutus! That's so funny!



Hello, everyone! We're super happy to see you all here today. The other counsellors and I have prepared a little surprise dance routine for you. And-a one, a-two, a-three...



We need your energy to make this really great. Who wants to get up and dance with us?

I will! Come on, Sami, let's dance!

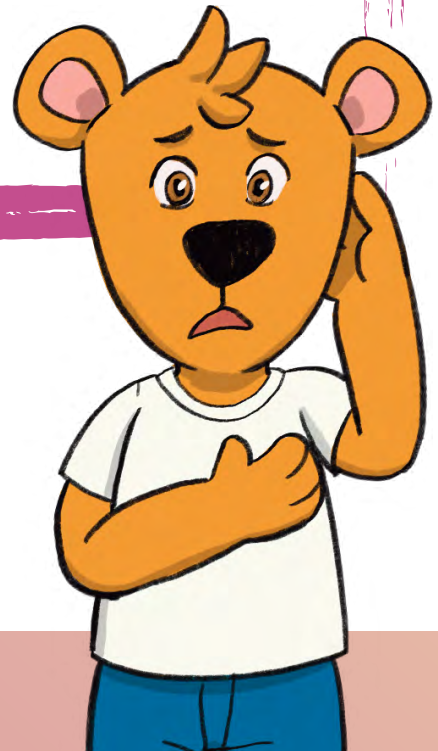
No! You go ahead. I'll watch.







When a situation, behaviour or comment makes you feel uncomfortable, you always have the right to say NO! Even to people you love or the people who are responsible for your care. It's OK, and sometimes even necessary, to say no, because others can't guess what you are thinking. Asserting yourself is telling others to respect you.



Practice asserting yourself, with Marvin.

1. Stand straight, chin up, one foot planted firmly forward, and put your hands on your hips or held up in front of you.
2. Look the other person in the eyes.
3. Breathe deeply, and speak loudly and slowly to make sure you're being clearly understood.

Back off!
You're bothering me!

No!
I don't want
to play that
game!



Stop!
I don't like that!

It can sometimes be difficult to assert yourself. When that happens, it helps to think of things that give you courage or strength. I like to imagine myself as a superhero. It makes things easier!



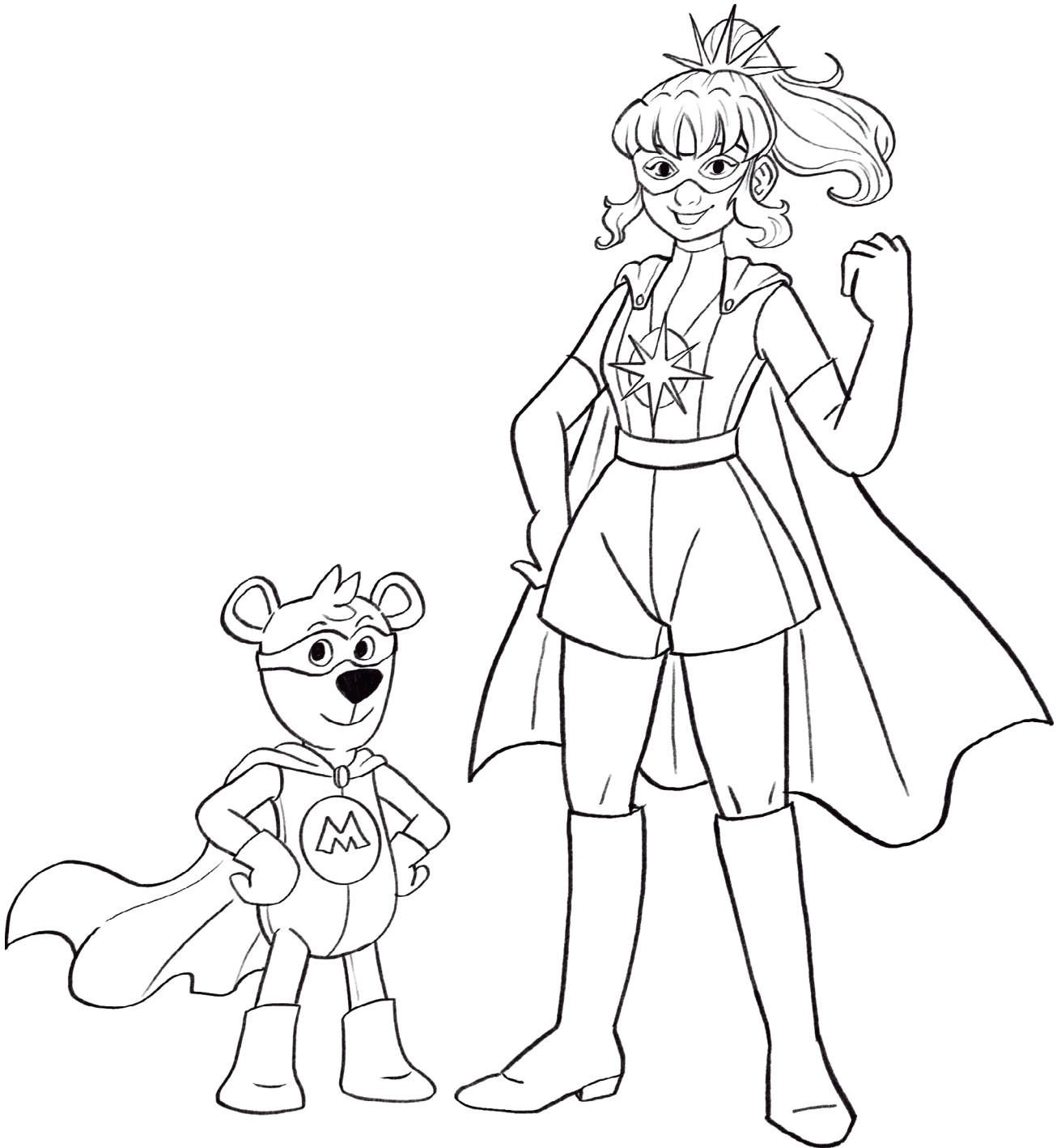
What helps you assert yourself?

I have trouble asserting myself when...

It easier for me to assert myself when...

What helps you assert yourself?

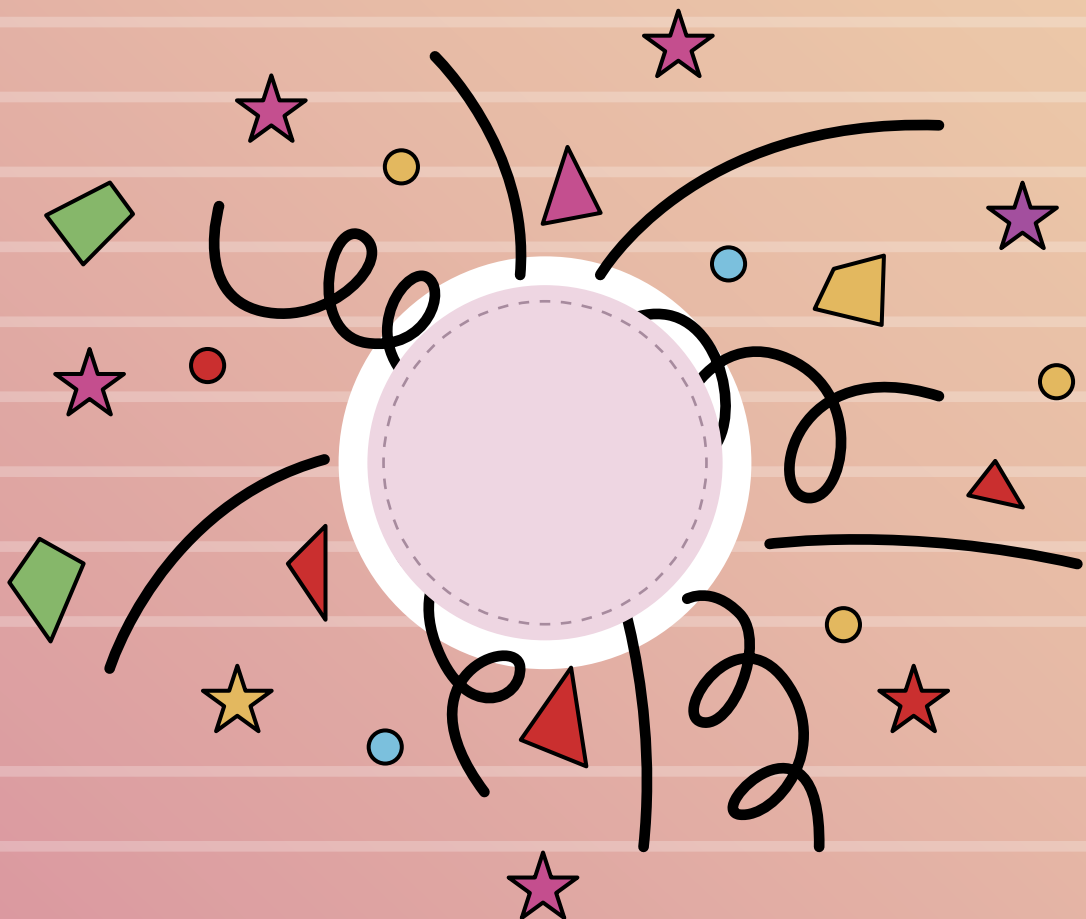
**Colour Super-Compass and
her sidekick Marvin any way you like
to help them assert themselves!**



WELL DONE!

You have completed this section!

Go get your compass affixed by your
trusted adult before starting the next section.



MY BODY IS MINE, AND NOBODY ELSE'S!



Compass,
can you help
me with the
sunscreen?
I'm having
trouble with it.

No problem, Luna. I'll use the spray
sunscreen on you, and you can
rub it into your skin. How's that?
Sami, are you doing okay with
your sunscreen?

I can
do it
myself!

Compass...I can't
do the back of my
neck and my face.
And I don't want
anyone to touch me
– not a friend, not
even my brother!
But I don't know
how to tell them
without hurting their
feelings.

Well, Luna, your
body is yours and
nobody else's, so
that decision is
up to you. If you
don't like other
people touching
you, even people
close to you, even
people you love,
you're allowed to
say so. And they
must respect your
decision.

Really?

Yes, really! Respect for your and other peoples' bodies is very important. One should always ask for permission before touching others. And other people should always ask our permission before touching us.

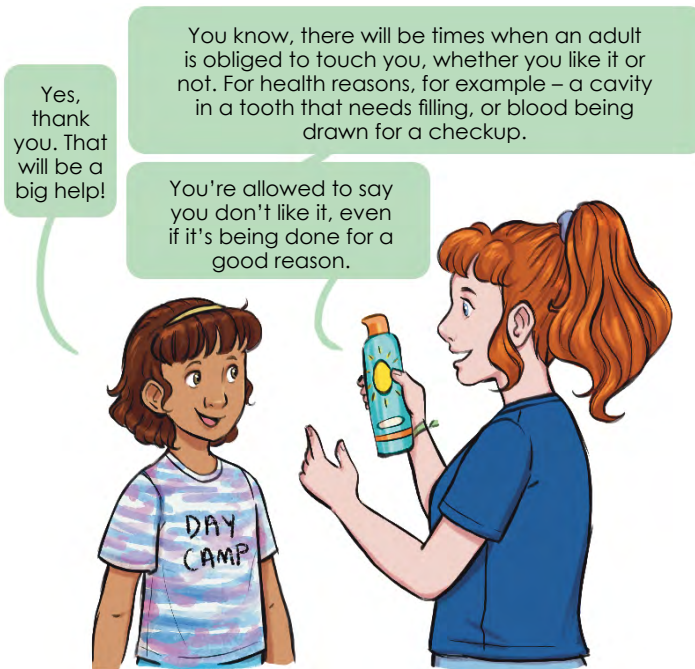
With that in mind, may I apply sunscreen to the back of your neck and on your face?



Yes, thank you. That will be a big help!

You know, there will be times when an adult is obliged to touch you, whether you like it or not. For health reasons, for example – a cavity in a tooth that needs filling, or blood being drawn for a checkup.

You're allowed to say you don't like it, even if it's being done for a good reason.





There are times I enjoy it when someone touches me. Like when Mom strokes my hair to help me fall asleep at night.



Or when I see my best friend Undina and she gives me a big hug! Those times make me feel good.

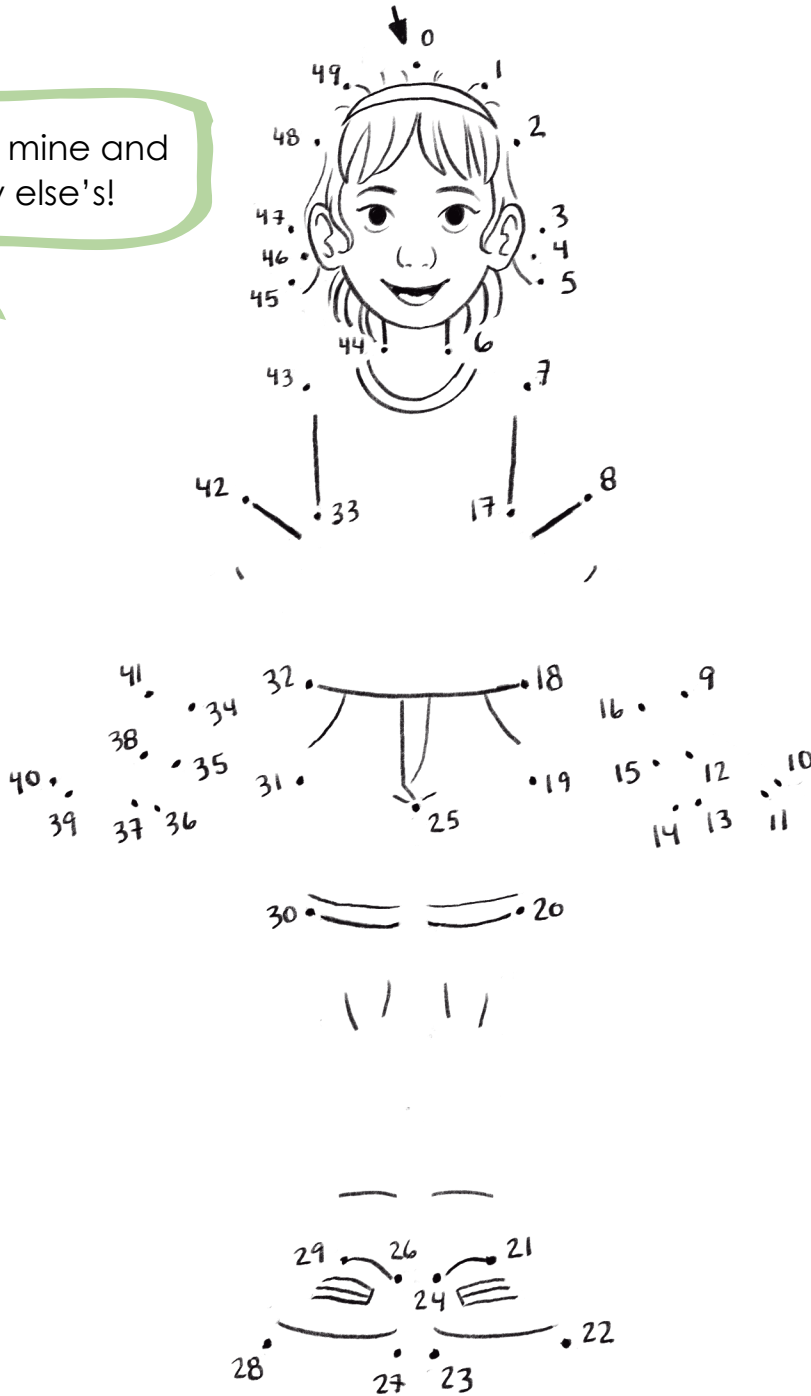


And that is perfectly normal! Feel free to express your feelings to that person, too. It is always nice to know that someone enjoys our hugs and caresses. It helps us understand what's going on in their heart, body and mind.



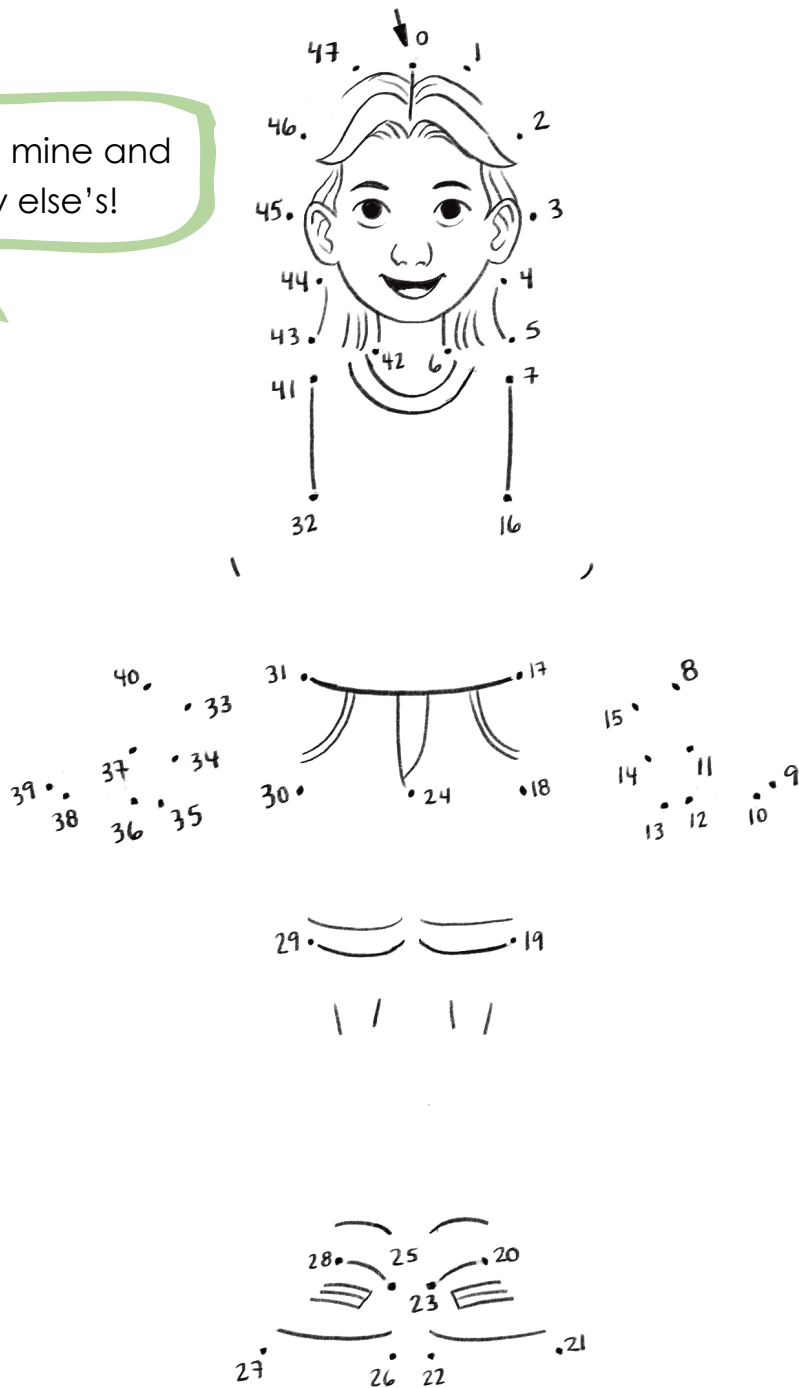
Connect the dots to help Luna and Sami understand that their body belongs to them.

My body is mine and nobody else's!



Connect the dots to help Luna and Sami understand that their bodies belongs to them.

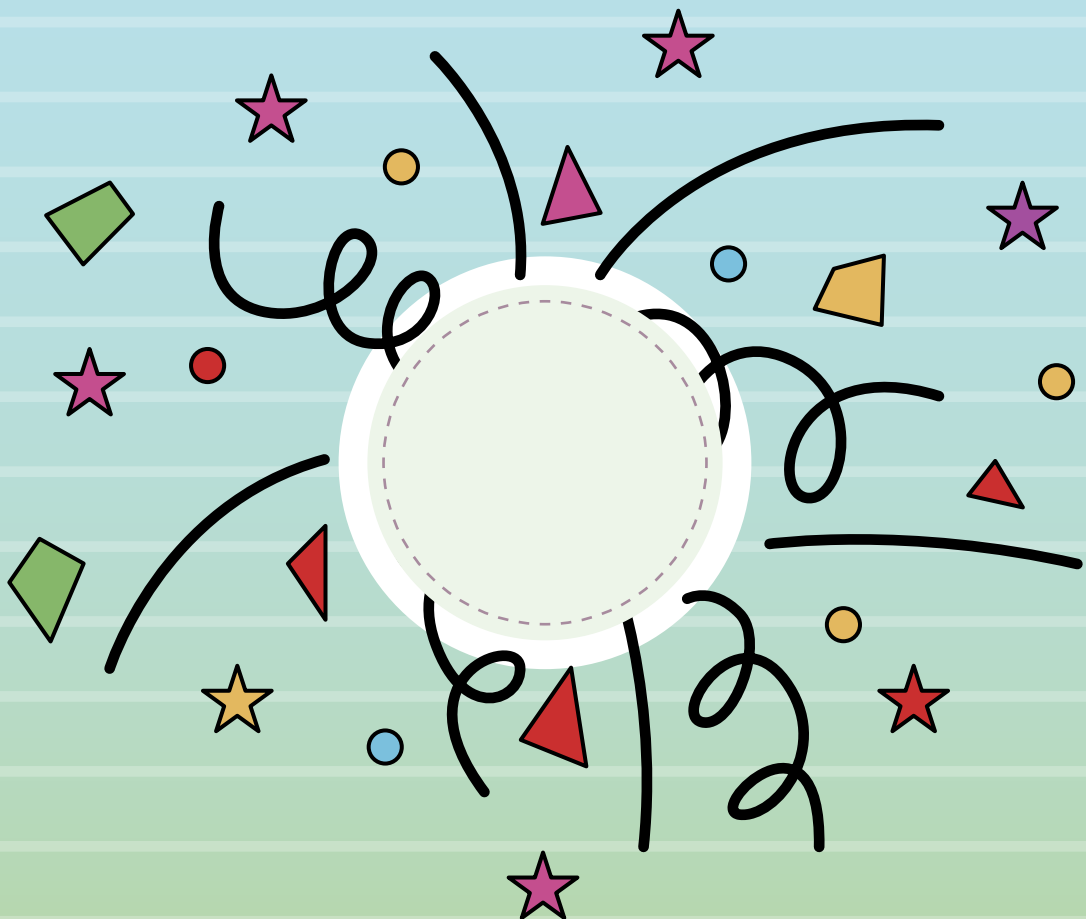
My body is mine and nobody else's!



WELL DONE!

You have completed this section!

Go get your compass affixed by your
trusted adult before starting the next section.



NOBODY ELSE IS EXACTLY LIKE ME

Okay, everyone in the 6 to 9 age group, it's time for our Olympic Games! Compete against the counsellors to see which team will win the lion trophy. Or should I say, tro-feline?!



Ha ha! Good pun with the word feline. The lion trophy is a tro-feline! Are you coming, Sami? Let's go show them all that we're unbeatable.

You go ahead. I want to stay here and finish making my bracelet for Mummy.



You're making bracelets? Bracelets are for girls!



Hey! Wow! Sami, your bracelets are really cool! Just the other day I was watching a video of my favourite gamer, and he was wearing some. I have no idea how to make them. Think you could make one for me, Sami? Please?



I'd be happy to! What are your favourite colours?

Pink, yellow, and aqua. And if you can, put a heart-shaped bead in there. I'll have the best-looking bracelet around!



You see, Paul, there's no such thing as hobbies just for girls or for boys. Each person does what they want in keeping with their own interests! It's important to respect each person's choice. Making fun of others is not nice or funny. I like the Olympic Games, but I also like nice jewelry. What about you?





























Why do you suppose Paul is making fun of Sami?




What are your favourite hobbies?

Your favourite activities?

Name one thing you have never done but would like to try.

Complete the secret code to help
Sami and Paul understand that
they are free to be themselves.

A	B	C	D	E	F	G	H	I	J	K	L	M
												
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
												

There are all sorts of ways to be a      _____.

As you age, you discover more aspects of who you are,
what you like, and what you don't like. All human beings

are       _____. Each person can be

      _____, feel    _____

and cry, jump for    _____, boil with     

_____ or feel           

_____. Each person can enjoy different

          _____, different

      _____ and       

_____ of clothing, different     _____.

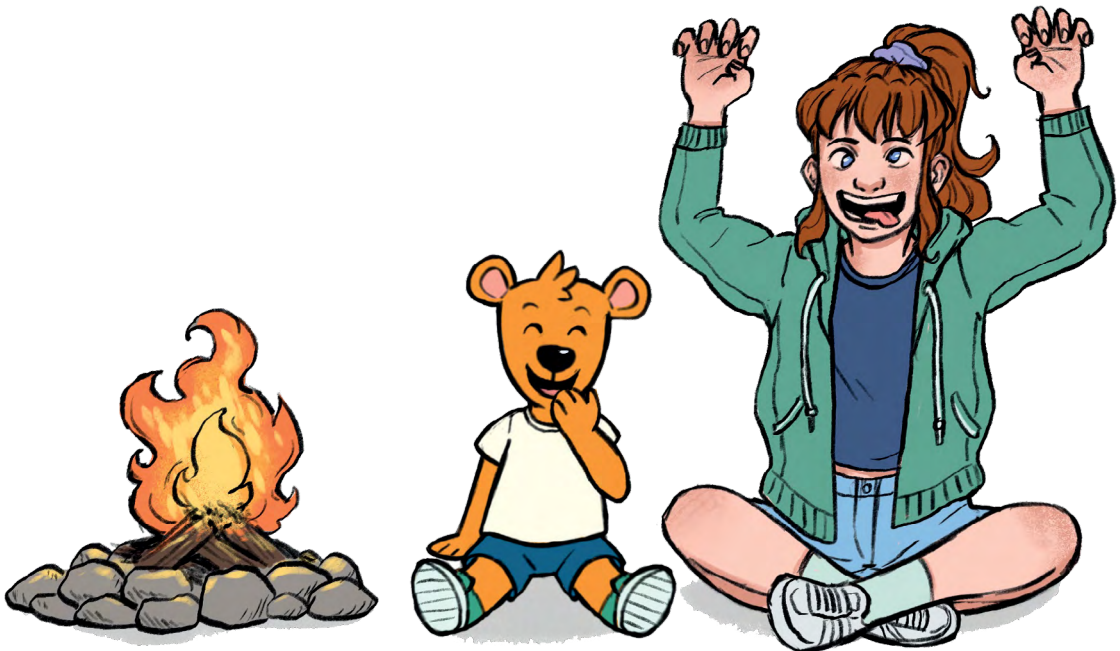
What makes the world beautiful, unique and interesting is

         _____! If we

were all the same, it would be       _____!



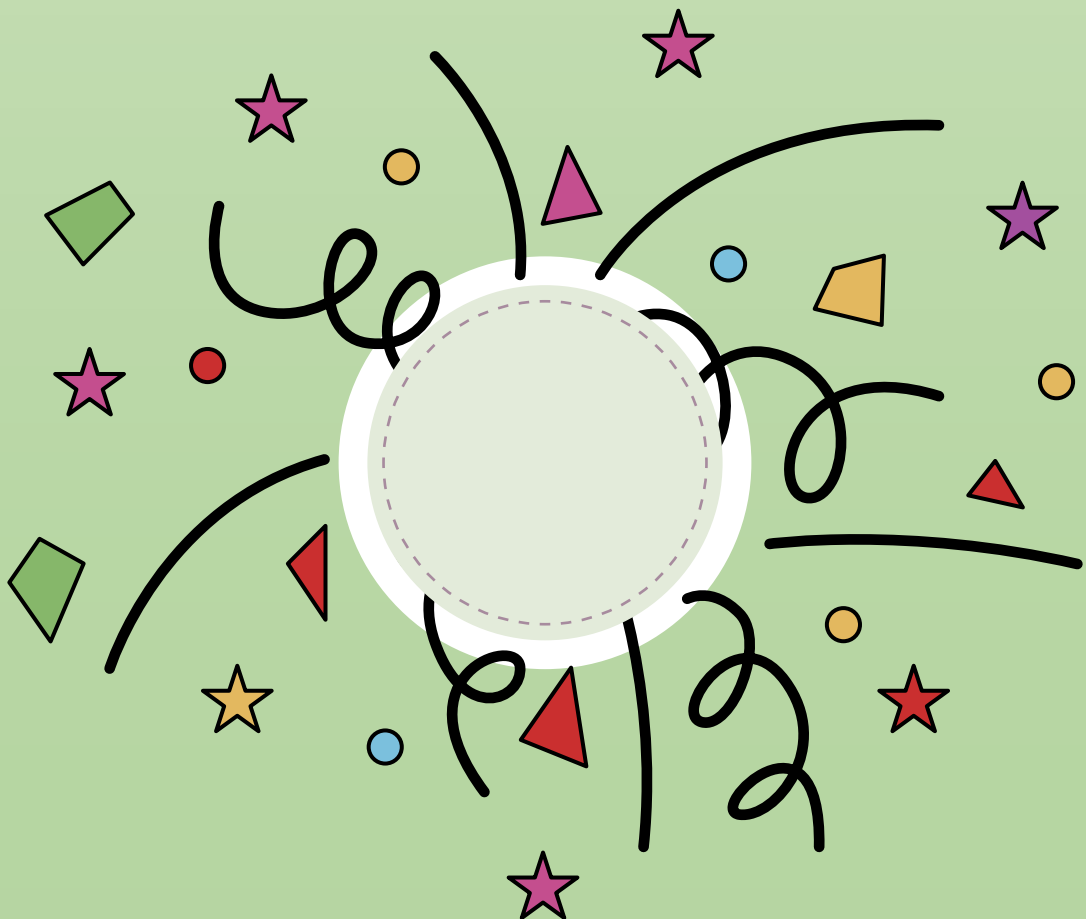
Have you ever heard the term gender stereotypes? A gender stereotype is a misconception people develop about what girls and boys should like, be able to do or not do, or how they should behave. Such ideas put children and adults into little boxes from which it can be hard to escape. These labels do not fully represent the world's diversity. They can prevent us from being free and being our true selves.



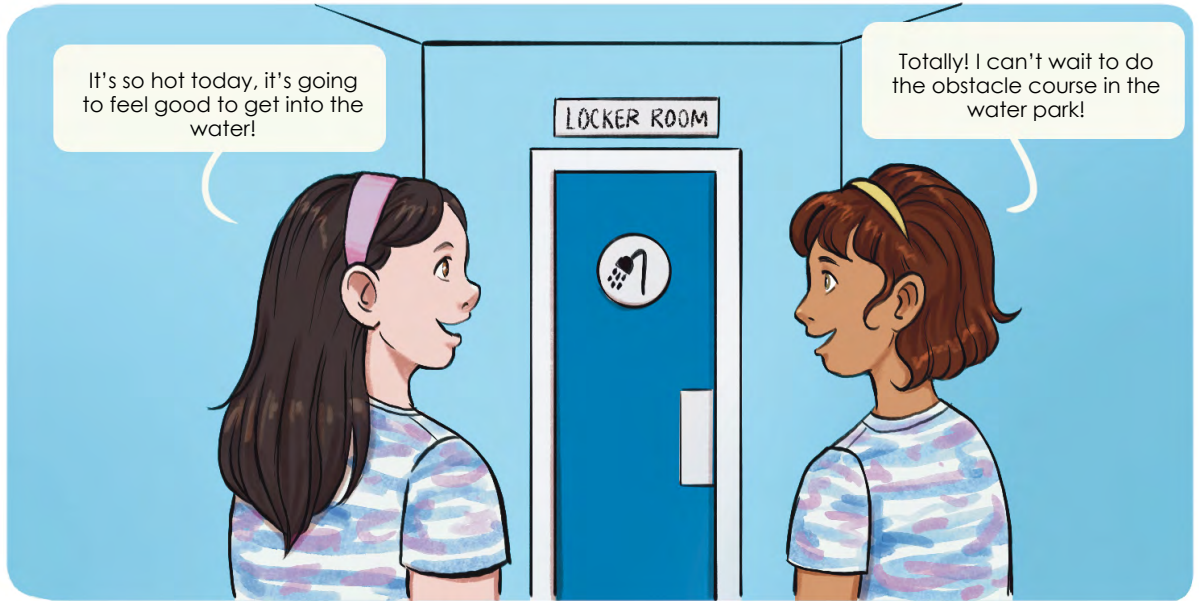
WELL DONE!

You have completed this section!

Go get your compass affixed by your
trusted adult before starting the next section.




I'M ENTITLED TO PRIVACY!




A LITTLE LATER...







Compass... the other girls laughed at me while I was getting changed. And Jasmine pointed at me and said I was gross. That made me feel really sad.



I can understand that your friends' reaction was hurtful. But when you get changed in front of other people, they can see your private parts, like your buttocks and vulva. That can make them feel uncomfortable. Did you know that our private parts are meant to be kept private?



They are?



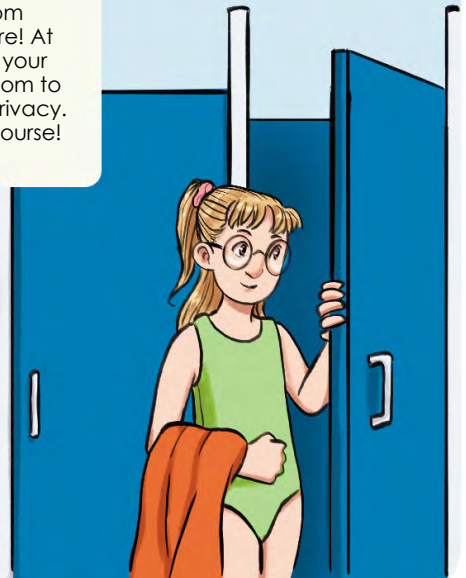
Yes! What just happened to you is unfortunate. While it's understandable that the other girls didn't want to see you naked, I think they didn't really know how to tell you. They made a poor choice by making fun of you. I'll talk to them about it.

To avoid this kind of situation in the future, just remember that your private parts are precious and yours only. They are private!



So where should I get into my bathing suit?

In the changing room cubicles right over there! At home, you would use your bedroom or the bathroom to get undressed in total privacy. With the door shut, of course!





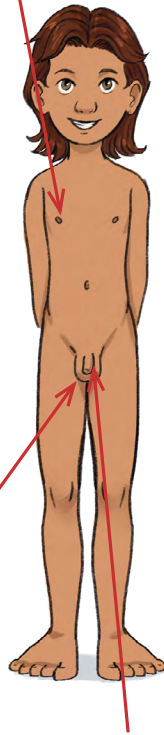
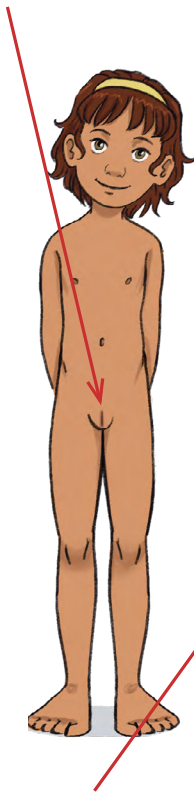
Private parts are the parts of the body that are under your bathing suit or underwear. Lots of kids find it funny or embarrassing to talk about private parts, but they are body parts just like any other!

Solve these anagrams to find out the names of private parts.

VLUAV _____

PLESPIN _____

TRABESS _____



TIECSLSE _____

NEPIS _____

CUTBSOKT _____

Answers: vulva, nipples, breasts, testicles, penis, buttocks.



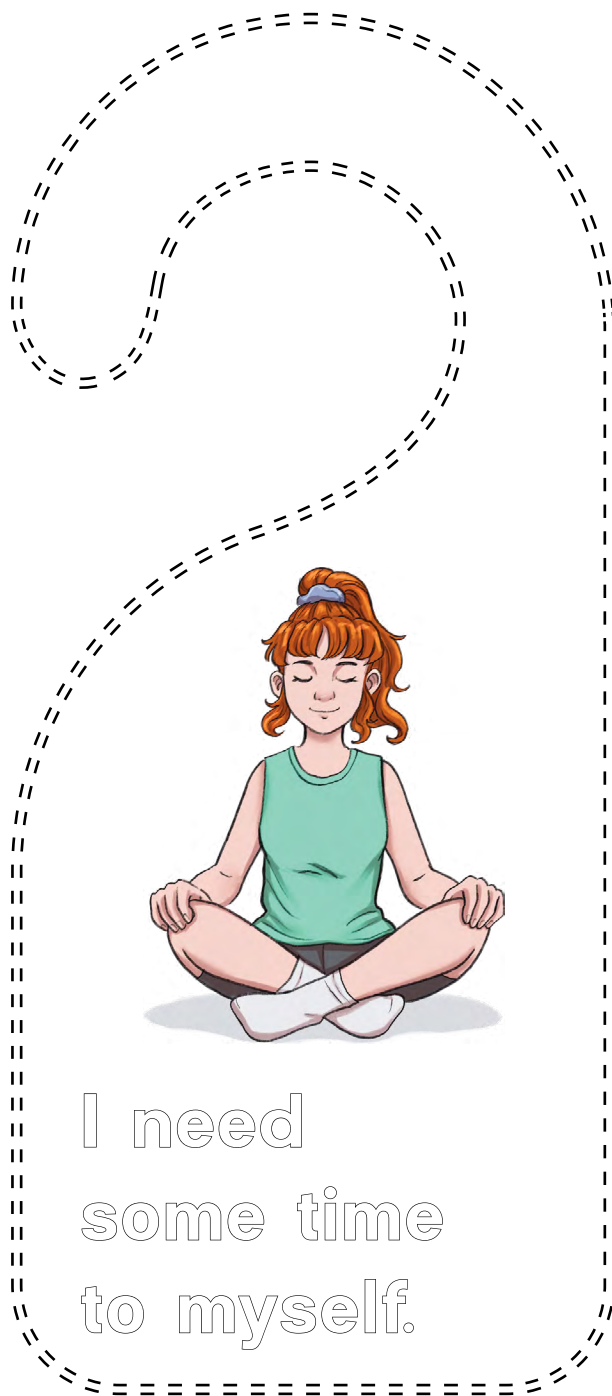
PSST! The need for privacy is the need to do certain things alone, in private. As you get older, you may feel a greater need for privacy.

Sometimes it's hard to get others to respect your privacy and make them understand that you need some time to yourself. To help you with that, Marvin and I came up with this door hanger.

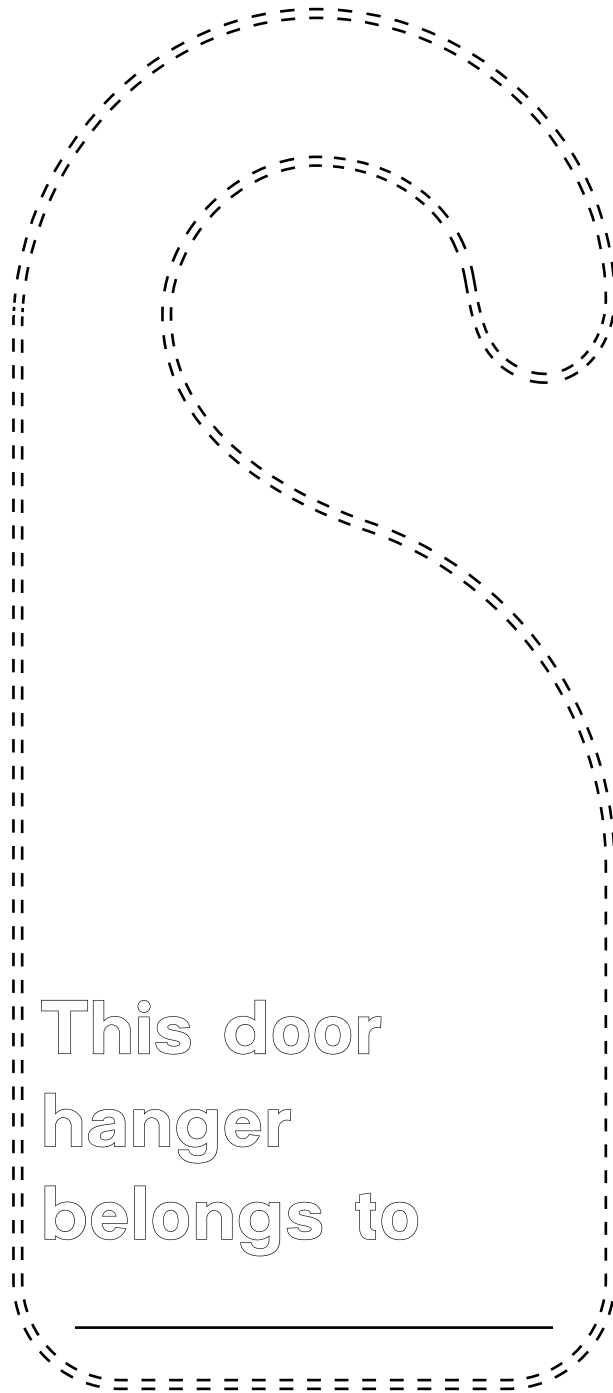
Colour it any way you want, cut it out, and tape it to a piece of stiff cardboard, which you'll also cut out in the shape of the door hanger.

Ask for help from an adult if need be.

Whenever you need some time to yourself, hang it on your bedroom doorknob.



I need
some time
to myself.



This door
hanger
belongs to

Insert the correct words in the blanks to complete the following.

Curiosity, trusted adult, private, public, body, private parts, precious, genitals, pleasurable, books, discover, sensations, privacy, respect, sexual organs.

It is perfectly normal to feel _____ about bodies, _____ (also known as _____ or _____) and _____ your own _____. You might want to compare your body with other peoples' to understand how it is made. Remember, though, that _____ for privacy – yours and others – is very important. The private parts are _____ and, well... _____! This is the reason why we don't go naked in _____. Imagine if people walked around without any clothes on! How would you feel?

You might also find it _____ to touch your private parts because it helps you discover new and pleasant _____. This is absolutely normal! If you have the urge to look at or touch your private parts, you should do so in a private place. This shows respect for your _____, and other people's.

And always keep in mind that if you have questions about bodies and private parts or their functions, you can ask a _____ or consult _____ that explain the topic. You will find interesting examples in the Mini Book Club section.

Answers: curiosity, private parts, genitals, sexual organs, discover, respect, precious, private, public, pleasurable, sensations, privacy, respect, body, trusted adult, books.

About private parts...



It is possible that someone might commit an inappropriate act involving your private parts or theirs. This type of behaviour can be hard to understand, and can cause a range of emotions: fear, anger, sadness, confusion, embarrassment, shame... Remember this: **NOBODY** is allowed to touch your private parts, look at them, put their mouth on them, take photos or film them. Conversely, nobody can demand that you look at, touch, film, photograph or put your mouth on their private parts. This applies to online behaviour, as well; nobody has the right to share videos or images of their private parts or those of another person, nor videos or images of a sexual nature, nor to make sexual comments directed at you or in your presence. These behaviours all constitute sexual violence and are unacceptable. Even though you might find it funny, even if someone tells you to keep it a secret, and even if it happens with a person you love.

You might also think that it's your fault, feel sorry that you didn't talk about it sooner, or wonder if you've done something wrong. If this ever happens, remind yourself that adults are aware of the law and know the acts that are prohibited with children. They and they alone are always responsible.

It is NEVER your fault. You may not know what to do in such a situation. If so, ask a trusted adult for help. If that person does nothing to help, talk to someone else until you get the help you need.





When you have a problem, friends can listen but can't help the same way an adult can. If you experience something that makes you feel angry, sad, afraid or a mix of emotions, you should speak to a trusted adult.

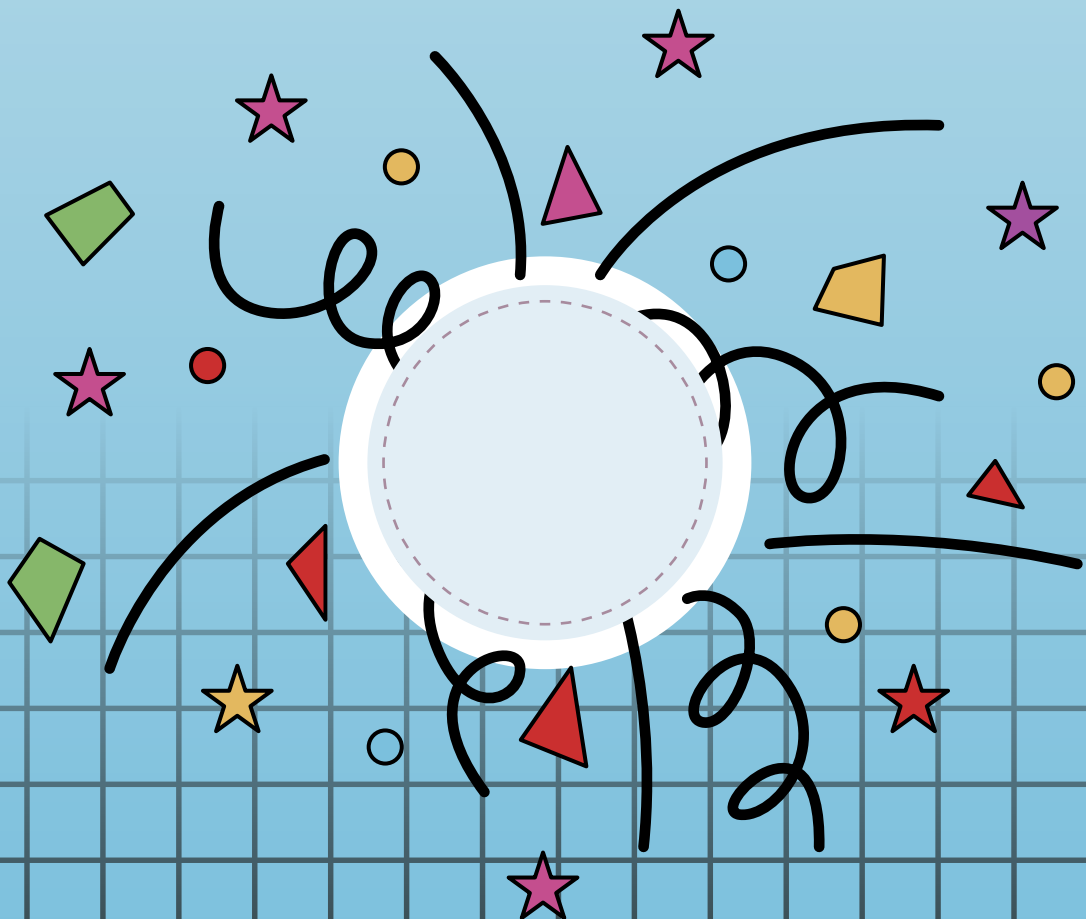
**Marvin is wondering what a trusted adult is.
Can you explain it to him?**

Answer: A trusted adult is someone you are always glad to see, with whom you feel comfortable, and who helps when you have a problem. The trusted adult always respects your privacy, your personal space, and your boundaries.

WELL DONE!

You have completed this section!

Go get your compass affixed by your
trusted adult before starting the next section.



TRUSTING THAT LITTLE VOICE (MY INSTINCT)



OK, let's listen to our little voice, then.
ON THREE! 1, 2, 3, GO!



NO! We don't want
to play your silly
prank!



Compass, that big kid
over there wanted us
to go hide with him to
play a joke on you! He
threatened to steal our
lunches if we didn't go
with him!

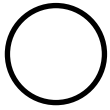
Thank you for
letting me know.
You're both very
brave!

And you made
the right choice.
I will speak with
his counsellor.

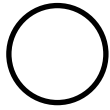


Help Marvin protect himself when something isn't right.

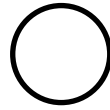
Rearrange the self-protection sequence to put the
actions in the correct order, numbering from 1 to 4.



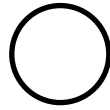
Speak to a trusted adult



Assert yourself



Run away or
defend yourself



Listen to your head,
heart and body

Answer: Listen to your head, heart and body; assert yourself;
run away or defend yourself; speak to a trusted adult.



If you should find yourself in a situation that puts you in danger
and that you feel in your head, heart and body is wrong, you
can always assert yourself by speaking up in a loud voice
(or shouting). You can also use physical force to defend yourself
and run away to seek help from a trusted adult. This is called
self-protection, and it is a right.

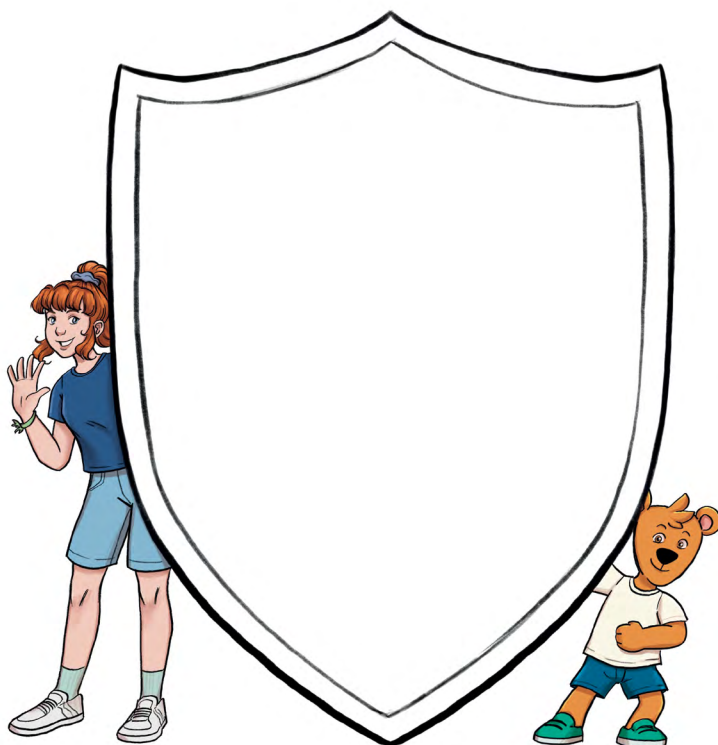
Identify the trusted adults in your life.

A shield is a defensive tool that has been used by brave knights, rebellious queens, valiant warriors and superheroes to protect themselves from physical harm. In everyday modern life, we don't use actual shields. But to protect yourself from sexual violence, you can always rely on trusted adults. Their protection can shield you from danger.

Decorate your shield with the names of at least three trusted adults in your life.

You could also draw them or stick their photos on it!

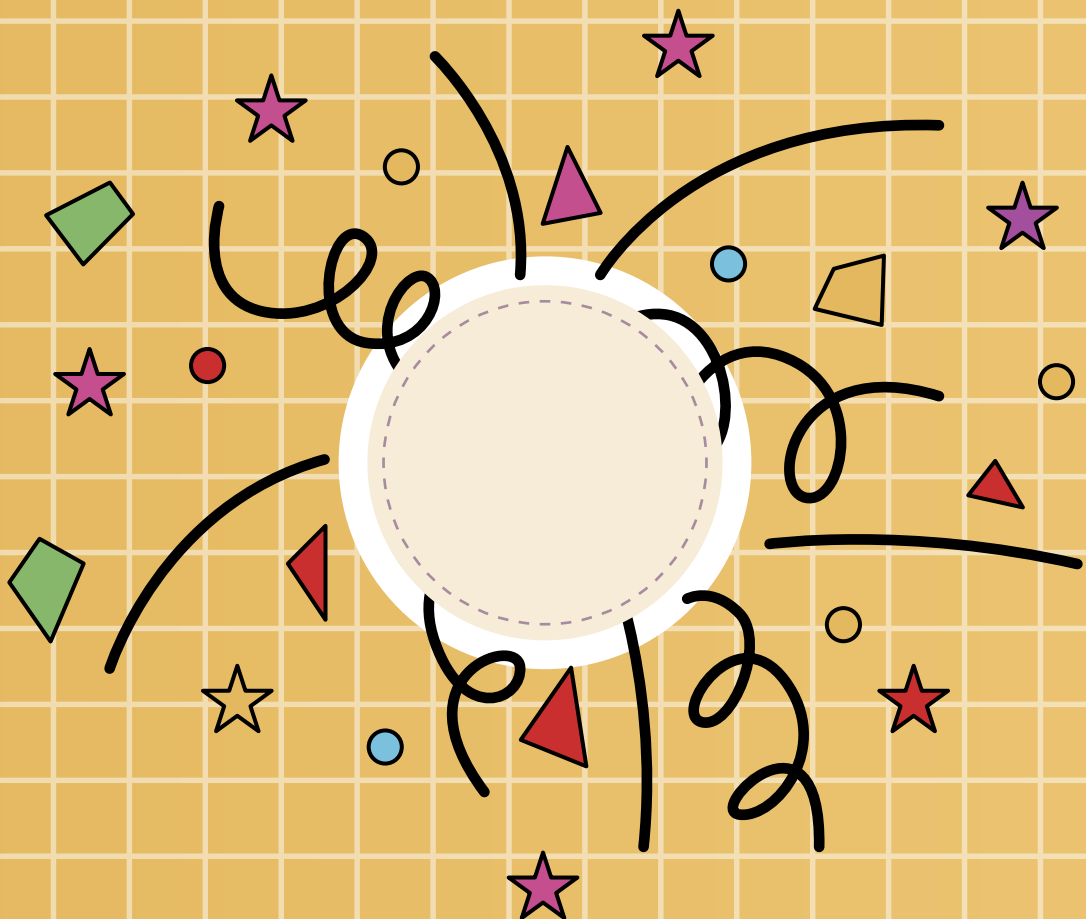
Ask for help if you have trouble finding three names.



WELL DONE!

You have completed this section!

Go get your compass affixed by your
trusted adult before starting the next section.



SUNNY SECRET = 😊 😊 😊 😊

CLOUDY SECRET = 😐 😐 😞 😡 😡

Hey kids, I need you for a top-secret mission. Are you in? It's Grizzly's birthday today and I'd like to surprise him with something nice.



We'll hide behind the doors at the main entrance and when he comes in with Ketchup, we'll blast him with Silly String.



What a fun idea!

Yes! Yes!





Exactly, Sami!
It puts sunshine
in your heart. A
good secret is
one we can tell
a trusted adult.
It has an expiry
date: you can't
keep it forever.



If your secret can't be told to anyone, if you are obliged to keep it
quiet a long time, if it puts a dark cloud over your heart, if it makes
you feel uncomfortable or angry or sad, or if your emotions are
mixed... it is not a good secret.

So, is my secret a good or a bad one?

It's a good secret!



Identify good and bad secrets.

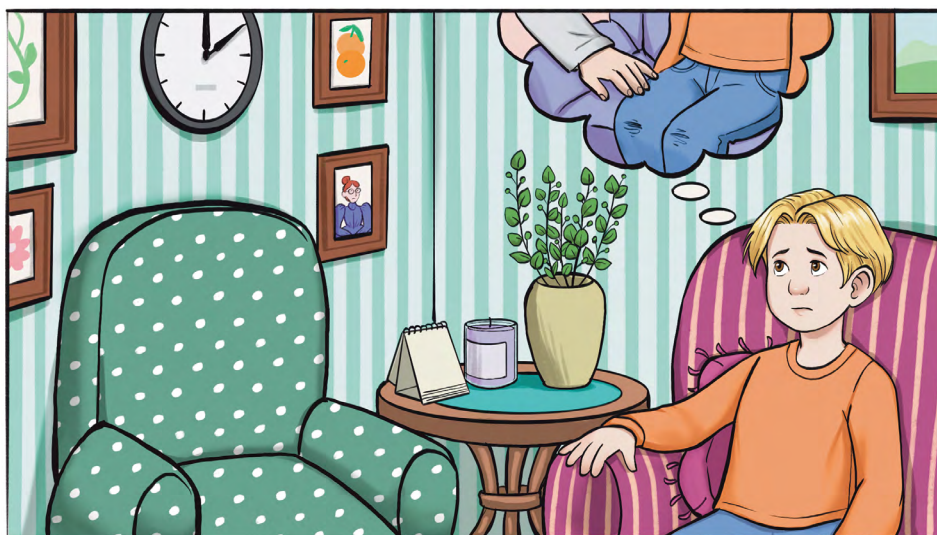
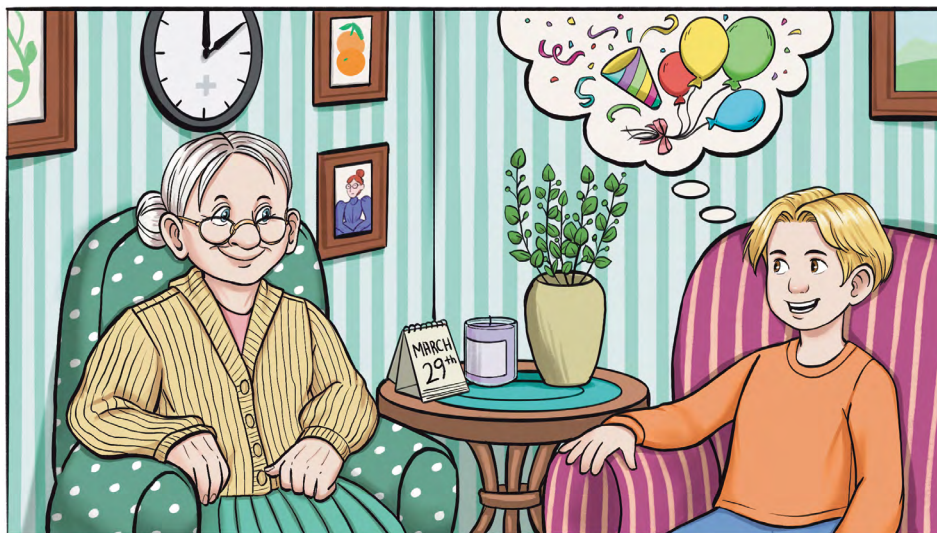
- | | GOOD | BAD | |
|---|--------------------------|--------------------------|--|
| 1 | <input type="checkbox"/> | <input type="checkbox"/> | Mummy is making Mom's favourite cake for her birthday and asks the twins to help. She wants to be sure the cake is a surprise. |
| 2 | <input type="checkbox"/> | <input type="checkbox"/> | Sami has broken his sister Fatima's favourite teacup and feels guilty. Luna helps him hide the broken pieces and tells Sami she'll keep his secret. |
| 3 | <input type="checkbox"/> | <input type="checkbox"/> | When Grizzly was little, his older neighbor touched his private parts and forced him not to tell any adults. He said he would be scolded and might be sent to jail. Grizzly was really scared. |
| 4 | <input type="checkbox"/> | <input type="checkbox"/> | Luna and Sami decide to create a secret society, with a secret code for brother and sister to use. Even Mom and Mummy don't know the code. The kids want to bury treasure in the backyard and draw up a treasure map to use later. Luna and Sami feel nervous butterflies but can't wait to get started! |
| 5 | <input type="checkbox"/> | <input type="checkbox"/> | Luna has a friend who often has bruises on her arms and face. Luna is worried about her and frequently asks what caused these bruises. After a few such episodes, the friend finally confides that her father beats her when he gets angry. The friend doesn't want Luna to tell anyone. |
| 6 | <input type="checkbox"/> | <input type="checkbox"/> | Compass often plays video games online. A player she doesn't know offers to share bonus game items in exchange for a photo of her in her underwear. Compass refuses, and the other player threatens to block her account if she tells anybody. |
| 7 | <input type="checkbox"/> | <input type="checkbox"/> | Luna is making a bracelet for Sami to wear at his first skateboard competition, coming up at the end of the month. Luna asks Mummy for help choosing Sami's favourite colours and asks her to keep the bracelet a secret. |

Answers:

Bad secrets: 2, 3, 5, 6

Good secrets: 1, 4, 7

Find the eight differences between the images that differentiate good secrets from bad ones!



Answers: the thought bubble, the child's facial expression, the presence of a trusted adult, the clock, the calendar, the cushion, the framed pictures, the tabletop



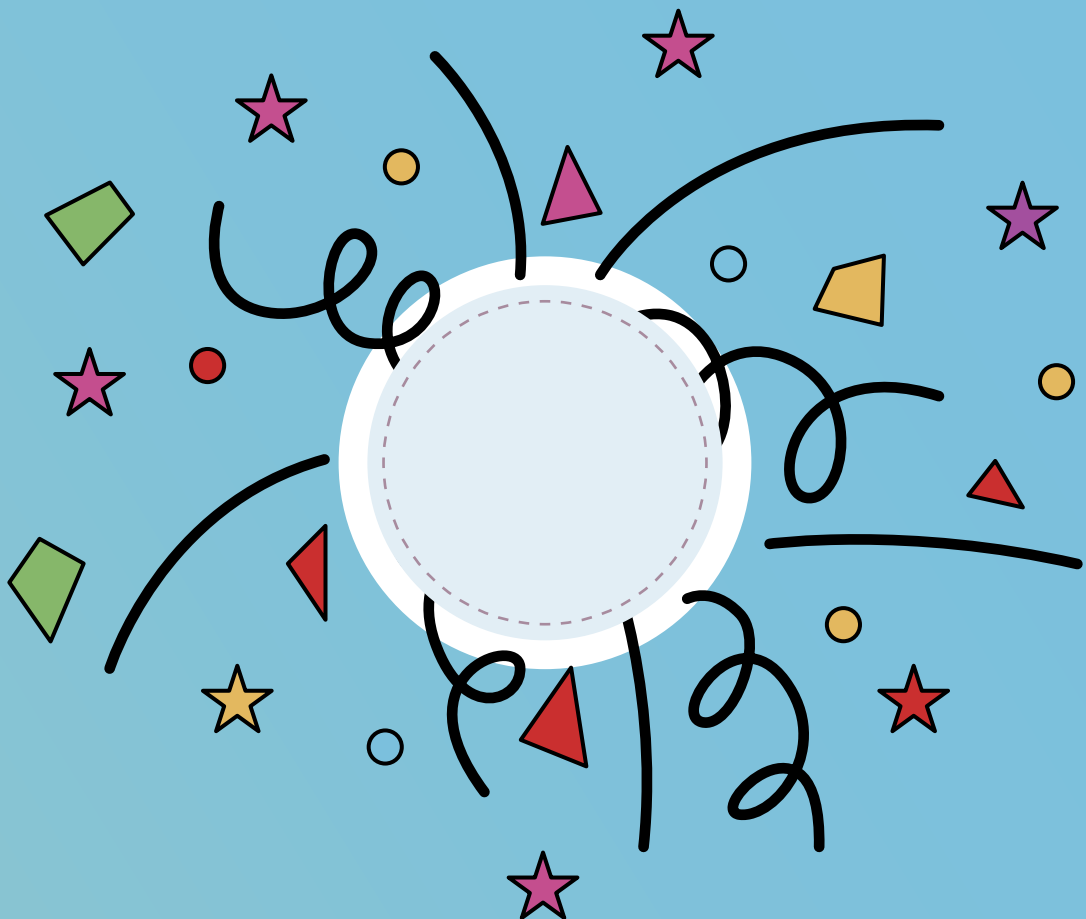
When someone asks you to keep a bad secret or commits an unacceptable act against you, you could feel a range of emotions. You might feel afraid, angry, worried, guilty or confused. You might be worried about hurting the other person's feelings or causing them problems. These feelings can create a dark cloud in your heart. And these feelings are also perfectly normal. When you feel this way and talk to a trusted adult about it, you might then feel relief, pride, calm or contentment. Knowing we can get help makes us feel safe once again.

Psst! If your secret involves your private parts or an unacceptable physical act, it is not a good secret. If someone demands that you keep a bad secret, you must talk to a trusted adult.

WELL DONE!

You have completed this section!

Go get your compass affixed by your
trusted adult before starting the next section.



PERSONAL SPACE, BIG AND SMALL

Luna, Sami, your mom's here!



Great! Bye, Grizzly, bye, Compass,
see you tomorrow!

Oh, no... already?
I don't want to
leave just yet, I'd
rather stay with you,
Compass!



Oh, my! Not so fast, my dear. You know what would be awesome? If you asked my permission before giving me hugs.

Really?



Yes, really, Luna, it's the same thing as when Mummy asks you to respect MY personal space. You need to ask for my permission, it's the respectful thing to do.

Exactly, Sami.



Oh, okay then. Sorry, Compass. Can I give you a hug before we leave?

Of course!

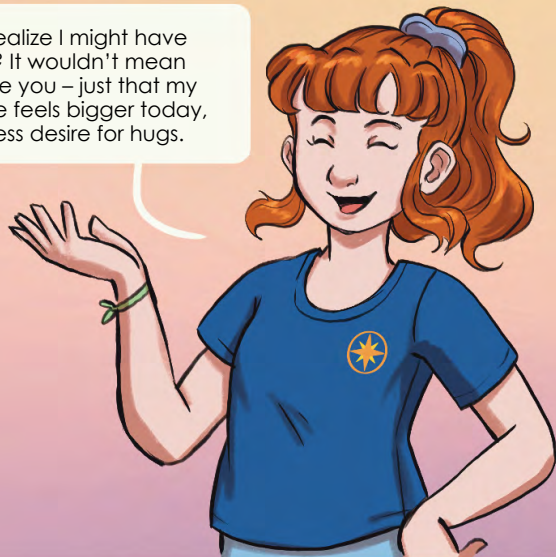




I'm so
happy
you said
yes!



Ha ha, you realize I might have
said no, too? It wouldn't mean
that I don't like you – just that my
personal space feels bigger today,
and I have less desire for hugs.





Personal space is the area around you that you need to feel comfortable. The space can be big or small.

It can change size with the time of day; for example, when you come back from school after having an argument with a friend, your space might be very large and you need time to yourself. At bedtime, you want to cuddle with a parent or have them stroke your hair while they read you a story. Your personal space then has shrunk to a very small size! You can always say no when people don't respect the boundaries of your personal space – even when it's someone you love, like a parent, brother, sister or friend, another family member, or even someone who is responsible for your care, such as a teacher, camp counsellor or caseworker.

What size is your personal space today?

Draw a self-portrait in one of the bubbles. The smaller the space you choose to have around you, the closer you feel like being to other people.



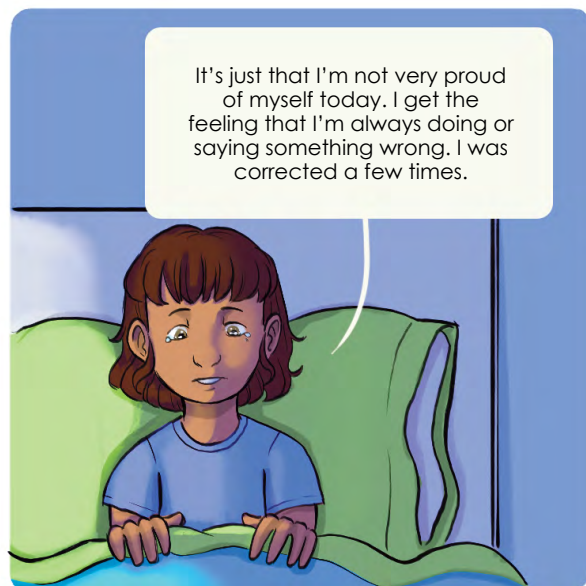
WELL DONE!

You have completed this section!

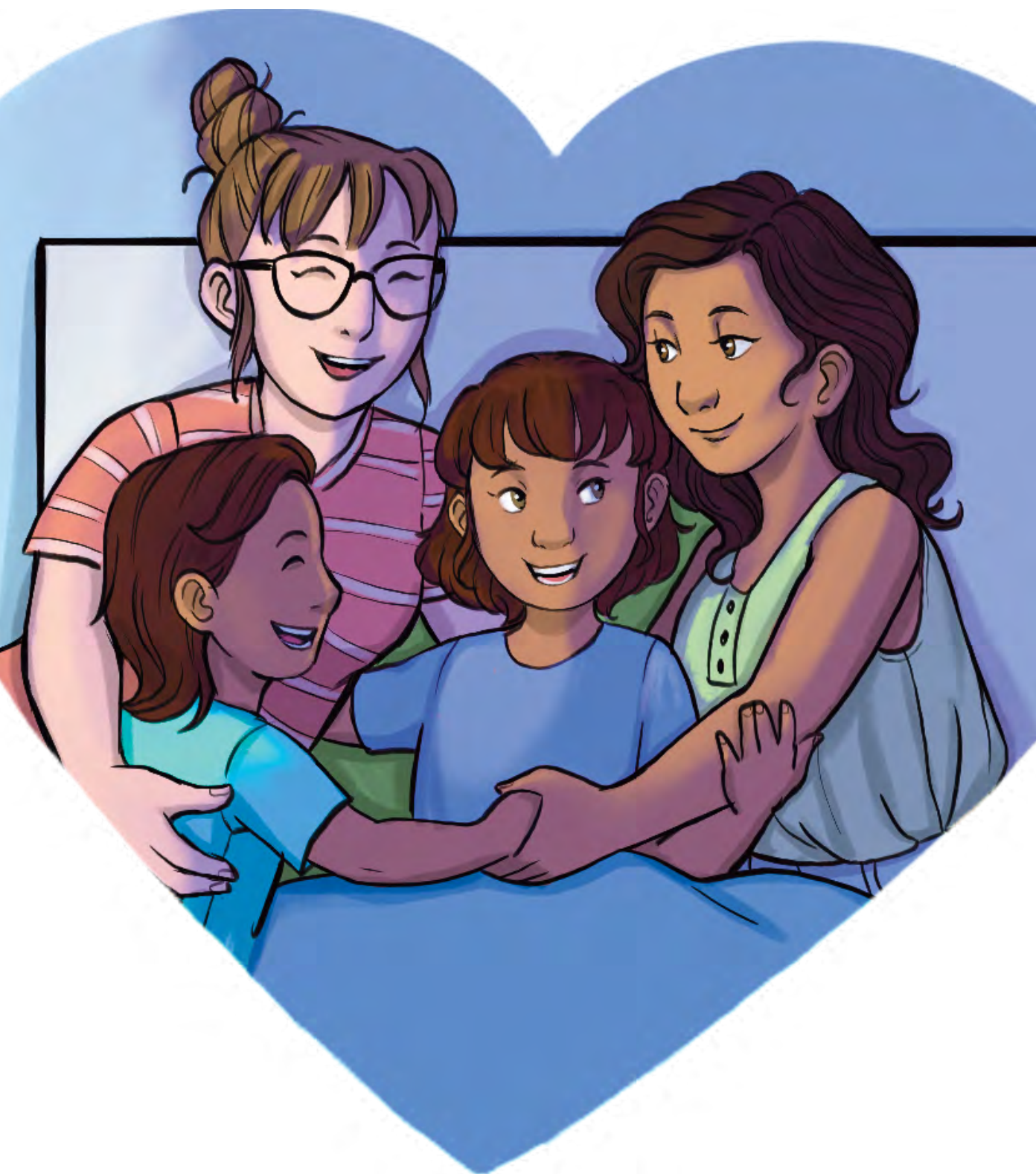
Go get your compass affixed by your
trusted adult before starting the next section.



LOVE ISN'T EARNED





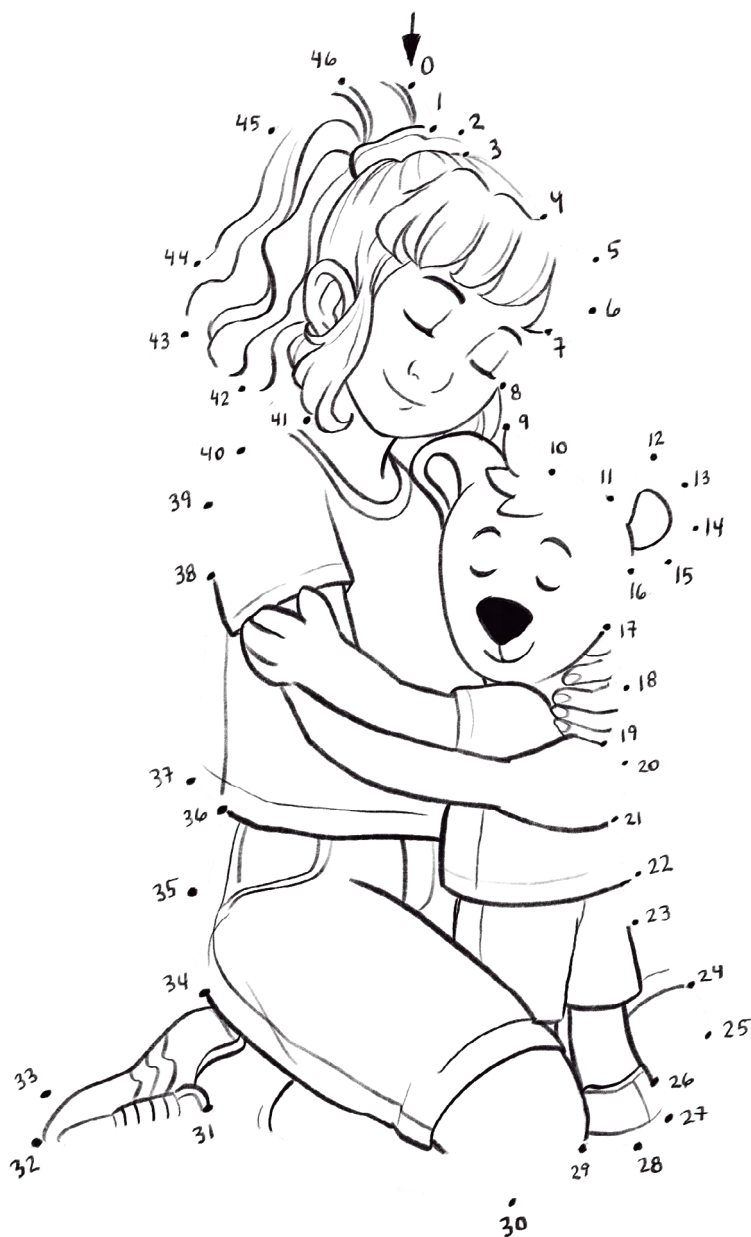




Sometimes you might feel that you're not up to the task and be afraid to disappoint the people you love. You may also find it hard to assert yourself or say no to the people you love, because you're afraid of hurting their feelings. Or maybe that person is promising you things you really want, and you don't know how to react. Your head, your heart and your body are all mixed up! If this happens to you, remember this: love, positive attention and affection are ALWAYS FREE.



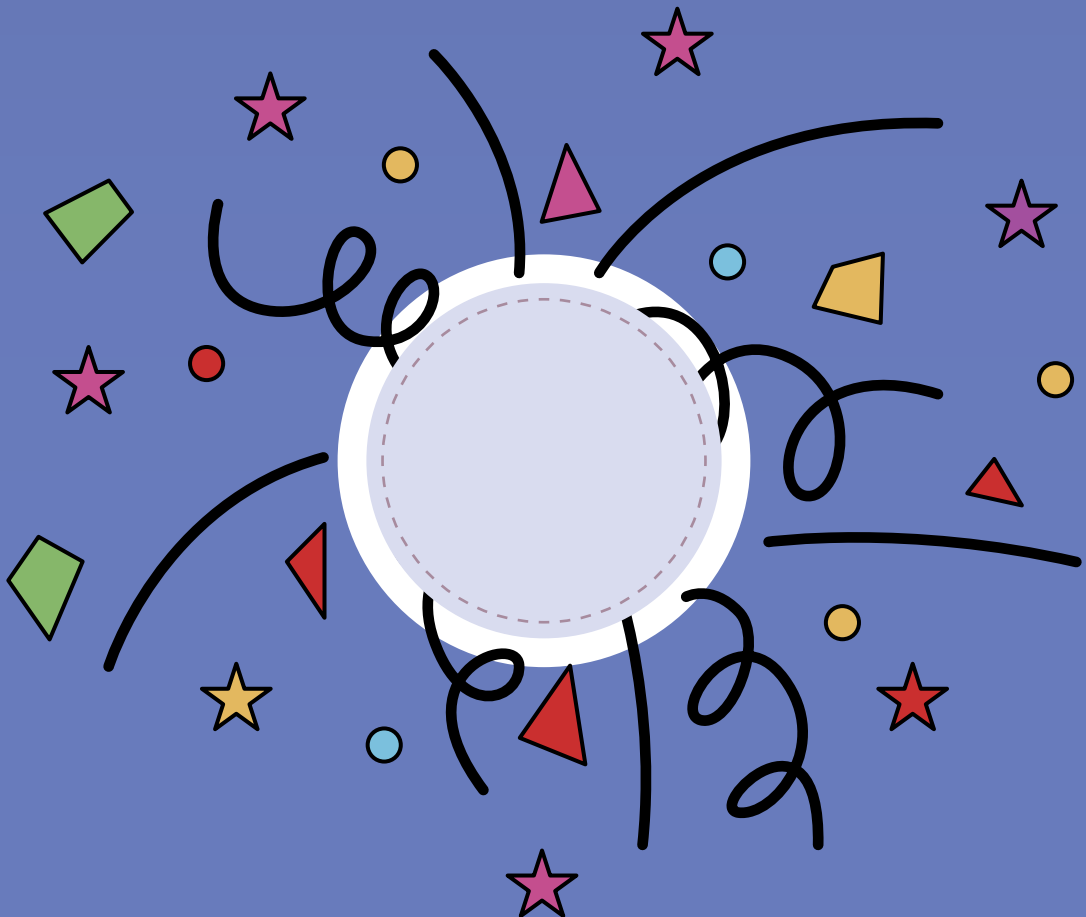
Connect the dots to see the drawing
of Compass and Marvin hugging.



WELL DONE!

You have completed this section!

Go get your compass affixed by your
trusted adult before starting the next section.



MINI BOOK CLUB

If you'd like to learn more about your body, sexuality, and healthy, egalitarian relationships, here is some suggested reading. You can take the time to read these books on your own or with a trusted adult.

Draw a heart for those you've already read and a smiley face for the ones you'd like to read.

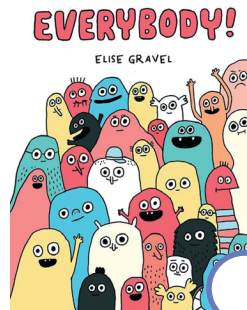
YOU CAN BE
ELISE GRAVEL



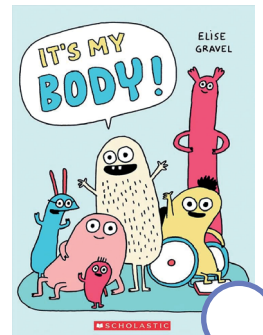
You Can Be
Élise Gravel



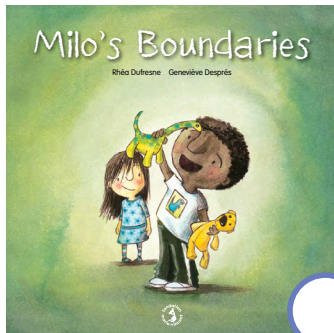
**Pink, Blue,
and You!**
Élise Gravel



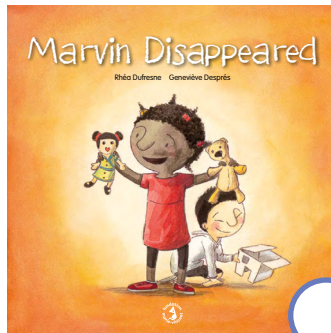
Everybody!
Élise Gravel



It's My Body!
Élise Gravel



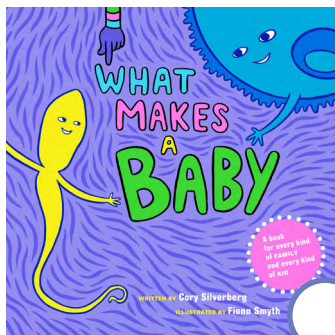
Milo's Boundaries
Rhéa Dufresne
Geneviève Després



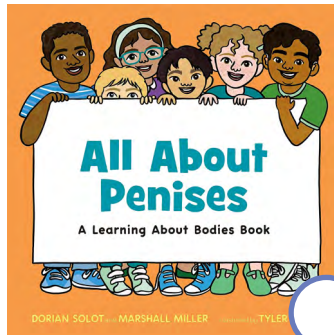
Marvin Disappeared
Rhéa Dufresne
Geneviève Després



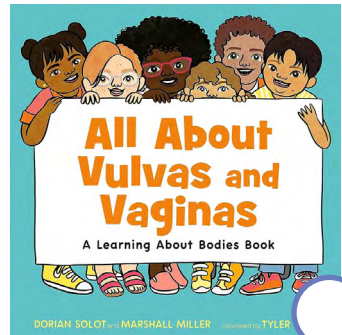
**My body,
my rights!**
Espace
Gaspésie-Les-Îles



**What Makes
a Baby**
Fiona Smyth
Cory Silverberg



**All About Penises:
A Learning About
Bodies Book**
Dorian Solot
Marshall Miller



**All About Vulvas and
Vaginas: A Learning
About Bodies Book**
Dorian Solot
Marshall Miller



Morris Micklewhite and the Tangerine Dress

Isabelle Malenfant
Christine
Baldacchino



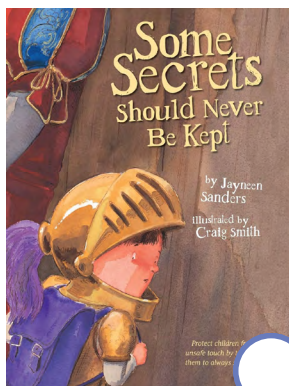
We are Family

Ryan Wheatcroft
Patricia Hegarty



From the Stars in the Sky to the Fish in the Sea

Kai Cheng Thom
Wai-Yant Li
Kai Yun Ching
Kama La Mackerel



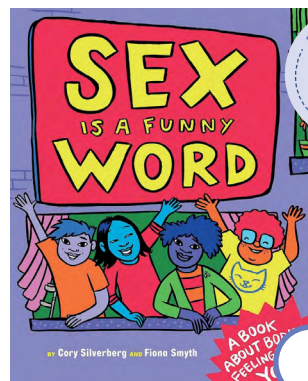
Some Secrets Should Never Be Kept

Jayneen Sanders



Riley Can't Stop Crying

Agathe
Bray-Bourret
Stéphanie
Boulay



Sex is a Funny Word

Fiona Smyth
Cory Silverberg

FINAL STAGE OF OUR ADVENTURE

Complete this crossword puzzle to earn your official I AM THE MASTER OF MY DESTINATION! certificate. You can look up the answers you need in the pages of this logbook.

Across

3) It is one of your rights. It is a set of acts you can take if you find yourself in a situation where your instinct says you are in danger.

4) When an act is committed that makes you feel angry, sad or a mix of emotions, or involves your private parts, we describe that act as...

6) The thing you should always listen to when it speaks; it acts as a guide when you're uneasy or uncomfortable. It can also be called a flag or alert.

8) The strength that allows you to overcome fear or discomfort. It takes a good dose of it to talk about the things that are bothering you.

9) An adult you like to spend time with, who makes you feel comfortable, helps when you have a problem and always respects your personal space and boundaries is called a _____ adult.

11) When you feel protected from harm, you feel...

Down

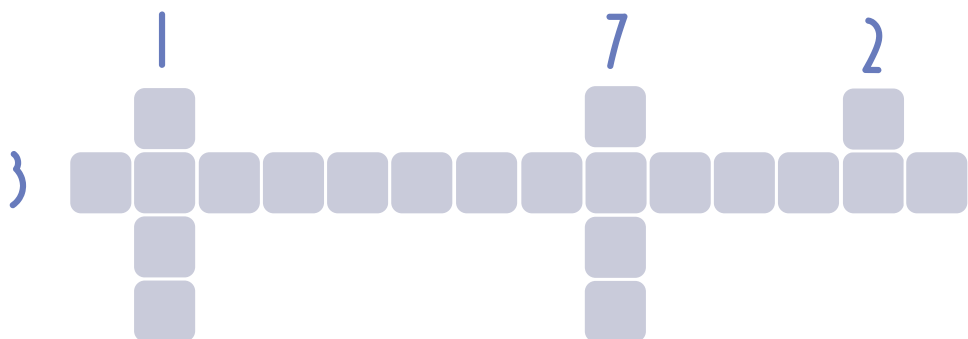
1) This is the space around you that you need in order to feel good. It can be large or small. It depends on each person and can change with circumstances.

2) A very important word. To make others respect your personal space, you can use this word at any time and with everyone, even with people you love and those in charge of your care.

5) They are personal and precious. Nobody has the right to touch them, look at them, film or photograph them, or put their mouth on them, nor to ask that you do any of these things to theirs

7) When you talk to a trusted adult about a problem or issue, those adults are obligated to...

10) What you should do when you feel sad, angry or a mix of emotions caused by keeping a bad secret. You can do this at any time with a trusted adult.



CROSSWORD ANSWERS

Across

- 3 Self-protection
- 4 Unacceptable
- 6 Little voice
- 8 Courage
- 9 Trusted
- 11 Safe

Down

- 1 Personal space
- 2 No
- 5 Private parts
- 7 Help
- 10 Talk to



WELL DONE!

You have completed the logbook!

Go get your compass affixed
by your trusted adult.

