



Buddy Fox, Curious Raccoon and Playful Pig say:



**NO!** NO! Means if anyone is asking you to do something that makes you feel uncomfortable, weird or sad, or hurts you, **you have the right to say NO!**

**GO!** GO! Means **leave the situation** if you can do so safely. If a situation gives you that sick or icky feeling in your stomach, **trust your feelings!**

**TELL!** TELL! Means, as soon as you can, **tell a trusted adult**. If that adult doesn't listen, go to another trusted adult and **keep telling** until someone listens and believes you. **And remember, it is not your fault.**



Your child has learned a lot in the last three sessions with Blue Sky Bridge. As with anything, practice and continued communication is key for behaviors to become second nature. We hope that you implement the touching rules, the "no secrets" policy and regularly review your child's trusted adults. A good practice is to provide scenarios or "what ifs" for your child. This will help your child to practice and become confident using the NO, GO, TELL plan.



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