

The UNDES rule

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Undies cover your private parts. Your private parts are private.

No one should ask to look, touch



Don't forget your body belongs to you

or feel the private parts of your body.

If a secret makes you feel upset or sad talk about it.

it's always ok to say, 'NO'.

Everybody should learn about the undies rule.



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Speak up! Talk to your five heroes if you ever feel scared, worried or upset.

How do you stay safe?

Part of the SAFE book series ocg.nsw.gov.au

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