

My body my rules

Child safe physical touch for Children

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Things to know

Sometimes a coach may want to correct the position of your body. Remember:

- your coach should always ask if it's OK to touch you, let you know where and why they want to touch you and listen to you if you say no
- even if you say ok, you still have the right to say stop at any time
- speak to someone you trust if you feel uncomfortable or if you aren't listened to when you say stop.



Scan the QR code to watch a fun animation

Working together to keep children safe

More child safe resources and support available at ocg.nsw.gov.au/our-resources