

I'm Brave, I say NO!



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Introduction

Talking about body safety can feel uncomfortable, but it is one of the most important conversations we can ever have with our children—and with ourselves as adults. Children need to know that their bodies belong to them, that they have the right to say no, and that trusted adults will listen and protect them when something feels wrong. For parents, teachers, and caregivers, this story is a tool to open the door to those vital discussions in a gentle, age-appropriate way. By reading it together, we can nurture courage, build trust, and remind every child that they are never alone.

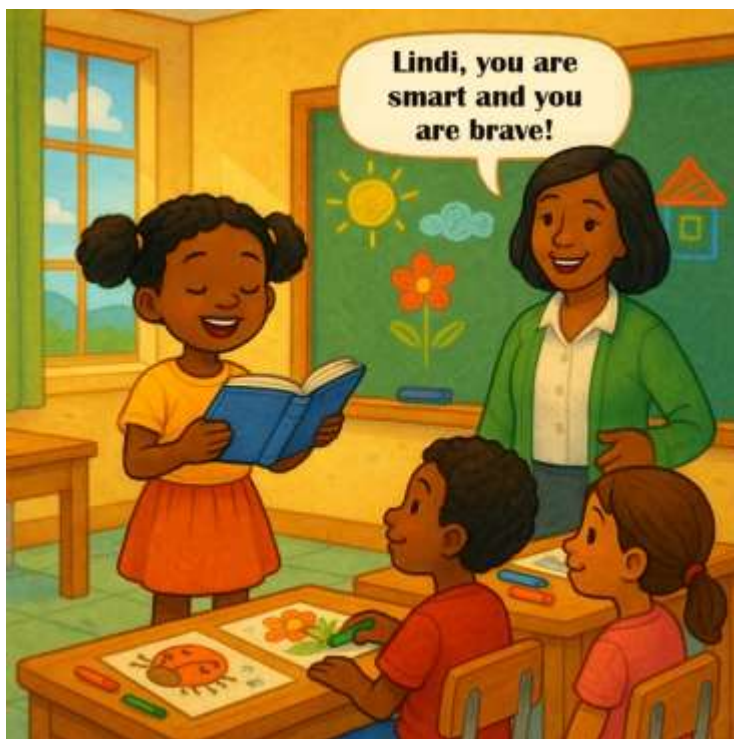
Lindi was a happy little girl who loved jumping rope, drawing with chalk, and picking flowers behind her house in Willowmore.

She lived with her mama, her little brother Thabo, and her dog Nala.



At school, Lindi liked to read out loud and colour in bright pictures. Her teacher always said, "Lindi, you are smart and you are brave!"

Lindi smiled when she heard that. She liked being brave.



One afternoon, Lindi went to play at her friend Susan's house. Susan's uncle was sitting on the stoep. He smiled and waved.

"Hello, Lindi," he said. "Come give me a hug."



Lindi stepped forward. But then something felt... strange. His hug was too tight. His hand brushed across her chest. It didn't feel right.

Lindi froze. Her tummy felt twisty. She didn't like it.



That night, Lindi didn't eat her dinner.
Mama noticed.

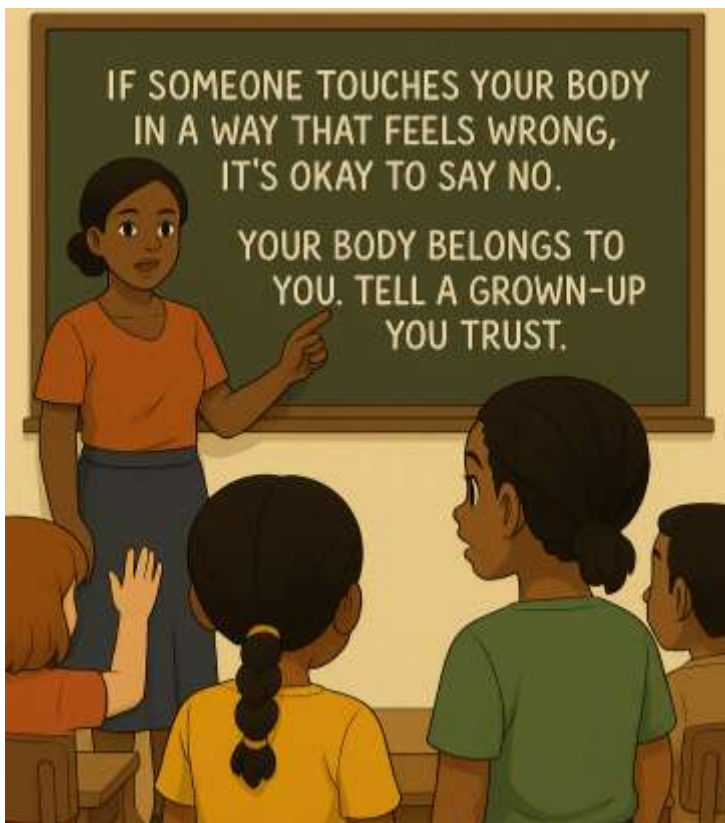
"What's wrong, my girl?" she asked
gently.

Lindi looked down. She didn't know
how to say it. She was scared and
confused. Would Mama believe her?



Then Lindi remembered what her teacher said in Life Skills class:

“If someone touches your body in a way that feels wrong, it’s okay to say no. Your body belongs to YOU. Tell a grown-up you trust.”



So Lindi took a deep breath. "Mama," she whispered, "Susan's uncle touched me today, and it made me feel yucky and scared."

Mama's face grew serious. She held Lindi close. "Thank you for telling me," Mama said. "You did the right thing. You are so brave."



Mama called the teacher and then spoke to Connie, the nice social worker at school. They believed Lindi. They promised to make sure she would be safe. Susan's uncle was not allowed near her again.



Lindi felt lighter—like the weight inside her tummy had flown away. She had spoken up. She had been strong. She had said NO. And the grown-ups had listened.



Now Lindi tells other girls:

“If someone touches you in a way that feels wrong or secret, you can say no.

Tell your mama, your teacher, or someone safe.

It is NOT your fault.

Your body is YOURS.”



Lindi is still the same happy girl.

She still skips rope. She still draws chalk hearts on the pavement.

But now, she knows her power.

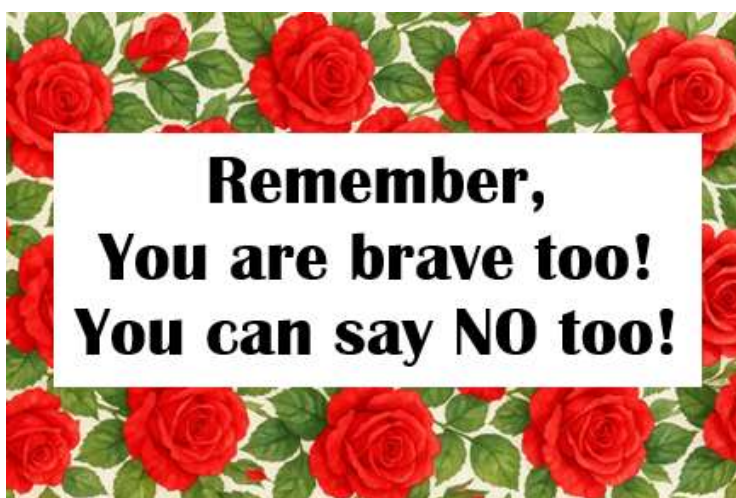
And she never forgets:

“I am brave, I say NO!”



I am brave, I say NO!





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My Safety Plan

My Trusted Adults

(Who I can turn to anytime I feel unsafe or worried)

Name	How they help me	Phone/How to reach them
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

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My Stop Words

(Phrases I can use if someone makes me feel uncomfortable)

"Please stop - I don't like that."

"That's my body - hands off!"

"No, thank you!"

My special stop-words:

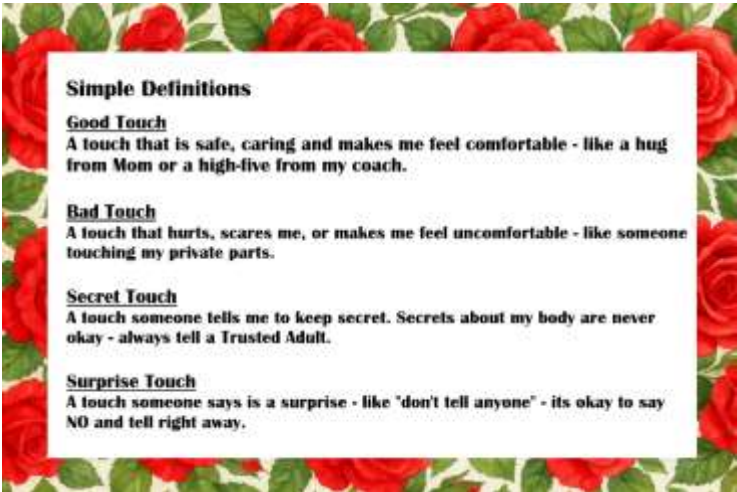
1. _____
2. _____



When & Where to Tell

(Circle or check the ones you'll use first)

- ⇒ At home with my parent or guardian
- ⇒ At school with my teacher or principal
- ⇒ With Mrs. Connie Schoeman, the social worker
- ⇒ Calling my trusted Helpline: " _____ "
- ⇒ Sending a message to: " _____ "



Simple Definitions

Good Touch

A touch that is safe, caring and makes me feel comfortable - like a hug from Mom or a high-five from my coach.

Bad Touch

A touch that hurts, scares me, or makes me feel uncomfortable - like someone touching my private parts.

Secret Touch

A touch someone tells me to keep secret. Secrets about my body are never okay - always tell a Trusted Adult.

Surprise Touch

A touch someone says is a surprise - like "don't tell anyone" - its okay to say NO and tell right away.

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My steps to Stay Safe

1. Recognize

I notice when I feel:

➡ **uncomfortable**

➡ **worried**

➡ **scared**

2. React

Use my Stop Words and move away.

3. Report

I will tell one of my Trusted Adults right away.

4. Reach Out

If I can't find a Trusted Adult, I will call or message:

➡ **Parent/Guardian**

➡ **Teacher**

➡ **Aunt/Uncle/Grandparent**

➡ **Local helpline: " _____ "**

Local Help Resources

Emergencies:

Police (SAPS Willowmore Station): Dial 10111 or +27 44 923 8100 SAPS

Crime Stop (anonymous tip-off): 08600 10111 SAPS

Ambulance & Fire Brigade: 10177 or 112

Child Protection & Counselling:

Childline South Africa (24/7, free from all networks): 08000 55555 or SMS 31531

Childline Eastern Cape Office: (041) 487 1997

Lifeline South Africa (crisis counselling):
0861 322 322

Local Support Services:

Social Development (Willowmore)
65 Wehmeyer St, Willowmore +27 44 923
1105

Willowmore Child & Welfare Society
5th Ave, Willowmore, 6445

Gender-Based Violence Support
GBV Command Centre: 0800 428 428 or
*120*7867#

Department of Social Development

Eastern Cape: (043) 605 5000