

MY SAY, MY WAY





We acknowledge Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of the land and waters throughout Australia and recognise their continuing connection to Country, culture and community. We pay our respects to all First Nations people, communities and cultures and their Elders past and present.



This book is here to help all our little ones learn about their bodies, boundary setting, consent, and safe and unsafe touch. Talking about these things can be hard for all of us, but this book is here to help start the conversation. In the spirit of our culture, we want our kids to be strong, brave and resilient on their life journey. Knowing about having healthy relationships with themselves and others is an important skill to have.



This is the story of Billy and Bindi.

Billy likes toy cars – he makes them go ‘VROOM!’
but he’d rather go fishing on Country than stay in his room.



Bindi likes to play footy – she’s got a great kick!
She also enjoys painting with Nan and is learning real quick.

“We like to go to school and run and jump and play.
But the thing we like best is learning culture **OUR WAY!**”



Billy and **Bindi** aren't just friends,
they're cuzzies, who've known each other **FOREVER!**



They live with Bindi's **Mum** and **Dad**, who keep everything together.
Then there's **Kirra**, Bindi's sister, and her big brother **Jed**.

And of course there's **Nan** and there's **Pop**,
who **ALWAYS** wears a hat on his head!



Billy and Bindi are learning how to look
after their bodies as they're growing.

From brushing their teeth,
to washing their hands,
they're keeping clean and it's
REALLY SHOWING.



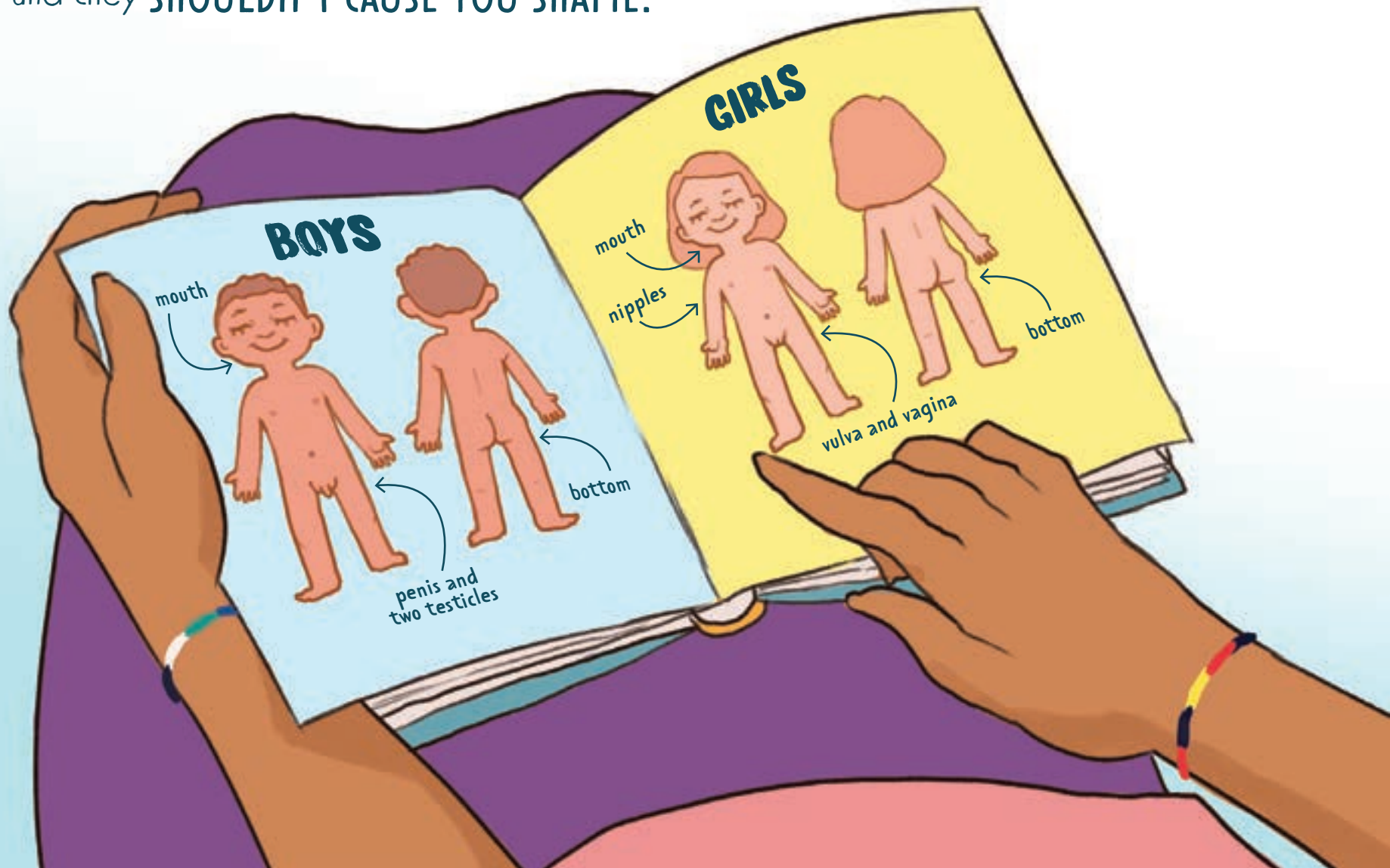
But Mum wants to teach them something else today, so she pulls out a book. While Kirra is sleeping, she asks Billy and Bindi to come look.

It's about keeping their bodies safe and is called **MY SAY, MY WAY.** "Let's read this together, and learn what kind of touch is okay."



When girls and boys are born they have some body parts that are different, and some that are the same.

Some of these are called **PRIVATE PARTS** and they **SHOULDN'T CAUSE YOU SHAME.**



**Girls have nipples,
a vulva, and a vagina too.
Boys have a penis and
two testicles – it's true!**

There are other private parts that both
boys and girls have in common.
Like their mouths, and of course,
their bottoms!

Nobody is allowed to touch
your private parts, and you shouldn't
look at or touch any of theirs.

If someone asks you to do this, say '**NO!**'
and tell a grown up that you trust
–IT'S IMPORTANT THAT YOU SHARE.

A doctor might need to touch
your private parts when you're
sick and not feeling bright.
It's okay as long as you give permission,
and the grown up you go with
tells you it's alright.



Dad joins them and asks
Bindi and Billy who their
SAFE PEOPLE are.

“Can you name three of
your safe people?” he asks.
“Are they near or are they far?”



Bindi says, “Mum, Nan and Officer Culbarra,
who talks to us at kindy about keeping **SAFE AND SOUND.**”
Billy says, “Uncle Ted, Coach Kev and Miss Cathcart from the school
—she’s great to be around!”

“Remember to talk to a safe person if someone asks
to see or touch your private parts,” says Dad.
“Anything that makes your body feel yucky is a warning sign,
so telling someone ‘no’ is never bad.
If they tell you it should be secret, remember that’s not okay.
And say to yourself that’s not right, it’s ...



**MY SAY,
MY WAY!”**

Billy says, “But what about the cake we’re making for Jed’s birthday – isn’t that a secret? Should I tell my safe people about that, or is that different?”

Dad smiles and says, “Jed’s cake is a happy surprise that we all plan to share, but a secret is something that stays hidden, and might make you feel scared.

**TELL YOUR SAFE PERSON ABOUT
ANY SECRET, BECAUSE THAT’S NOT OKAY,**

**AND IF THEY’RE NOT THERE,
REMEMBER YOUR VOICE, AND SAY ...”**

NO!
MY SAY
MY WAY



“How does a hug from me make you feel?”

Mum asks, holding them both tight.

“Happy!” “Safe!” “Like everything’s alright!”

Dad says, “Trust what you feel,” and squeezes them tight.

“Your body will tell you if something’s not right.”

Our bodies are smart and can pick up early warning signs on the go.

So to help tell if a touch is safe or unsafe,

**LISTEN TO YOUR BODY’S SIGNALS,
‘CAUSE THEY’RE TRYING TO LET YOU KNOW.**

A safe touch makes you feel warm and cosy inside.

Like when you hug a family member you trust,
or give a friend a high five.





FEEL YUCKY

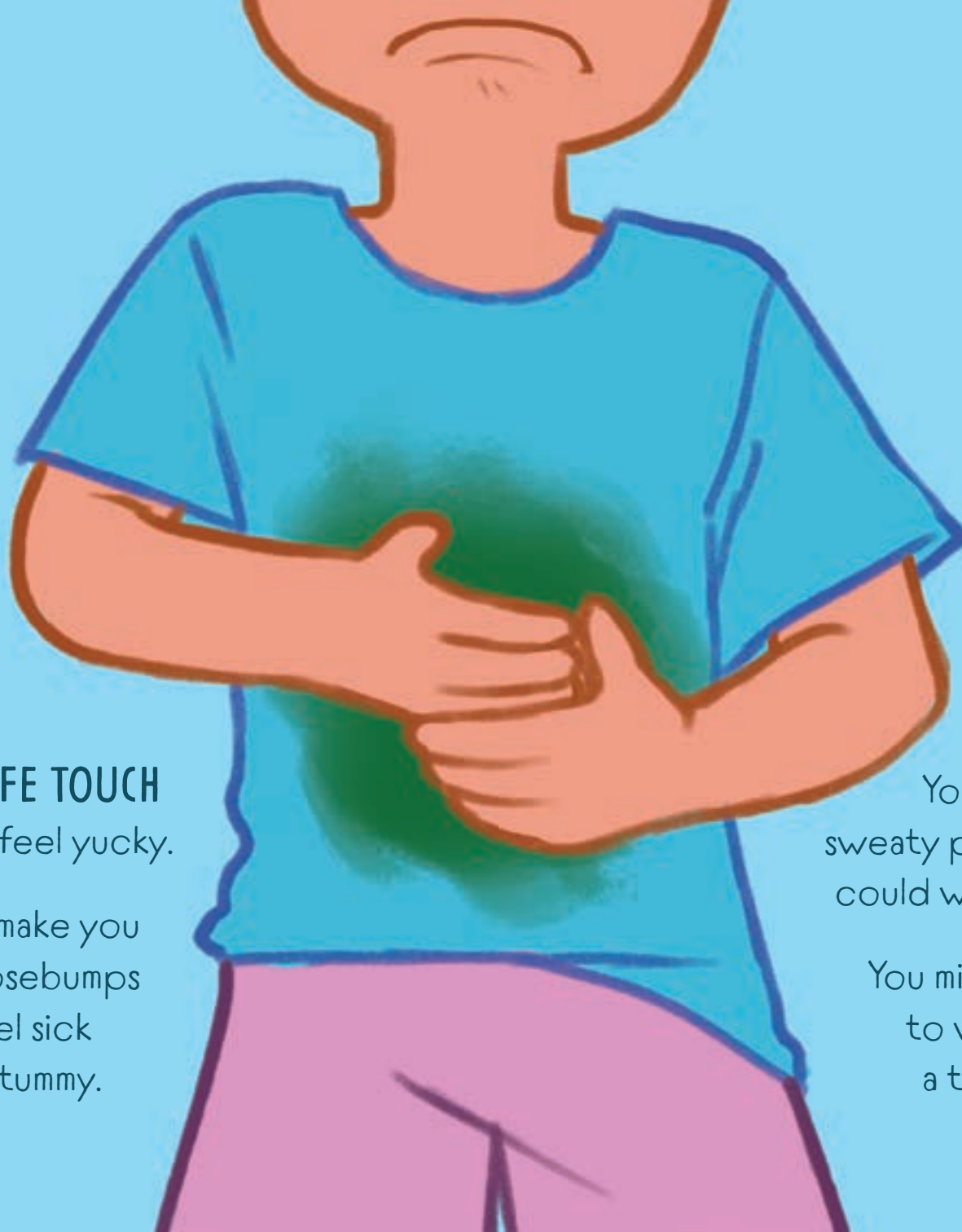
SWEATY PALMS

FEEL SICK IN THE TUMMY

COOGE BUMPS

NEED TO GO TO THE TOILET

WORRY LEGS AND SHAKE

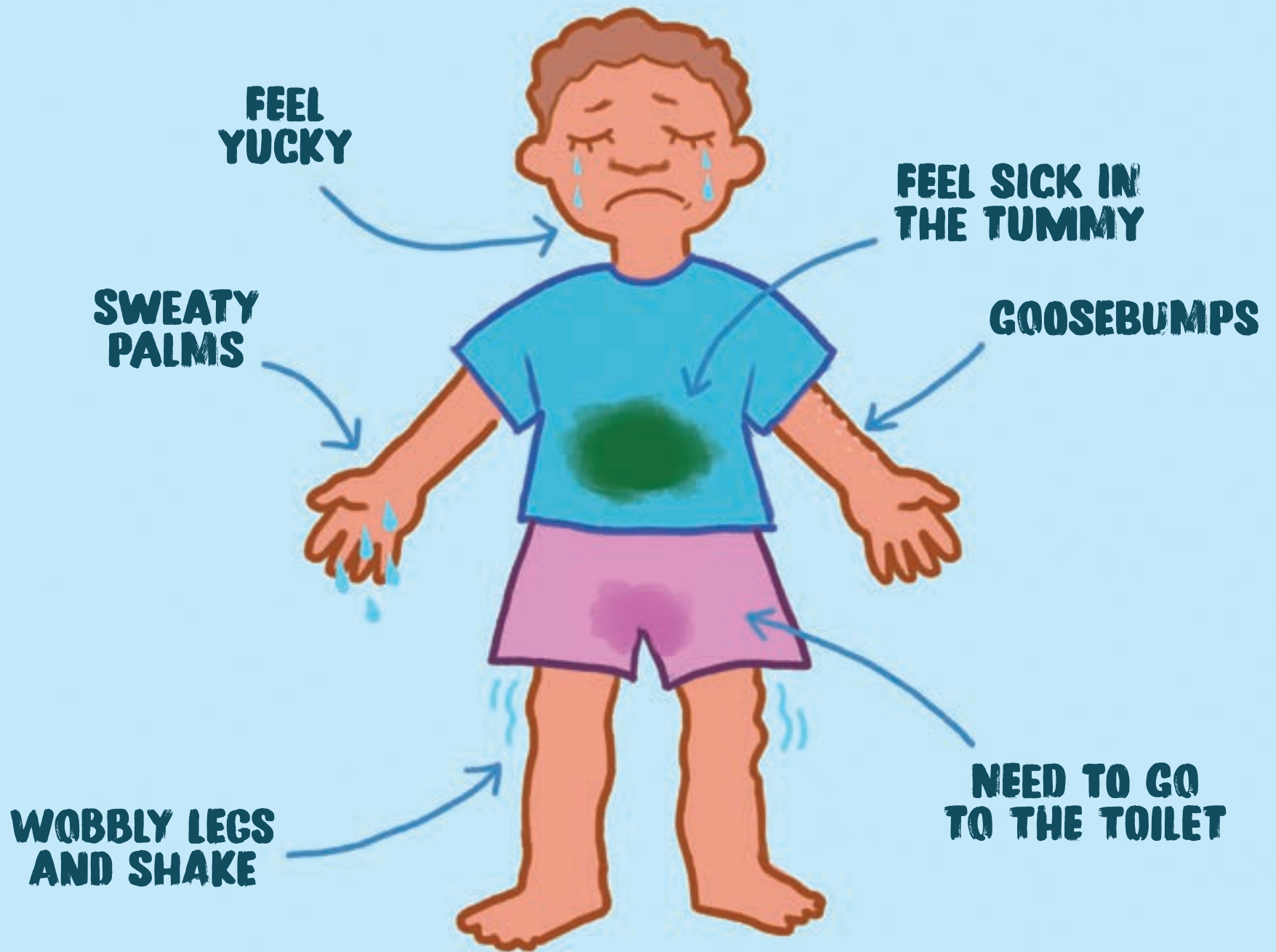


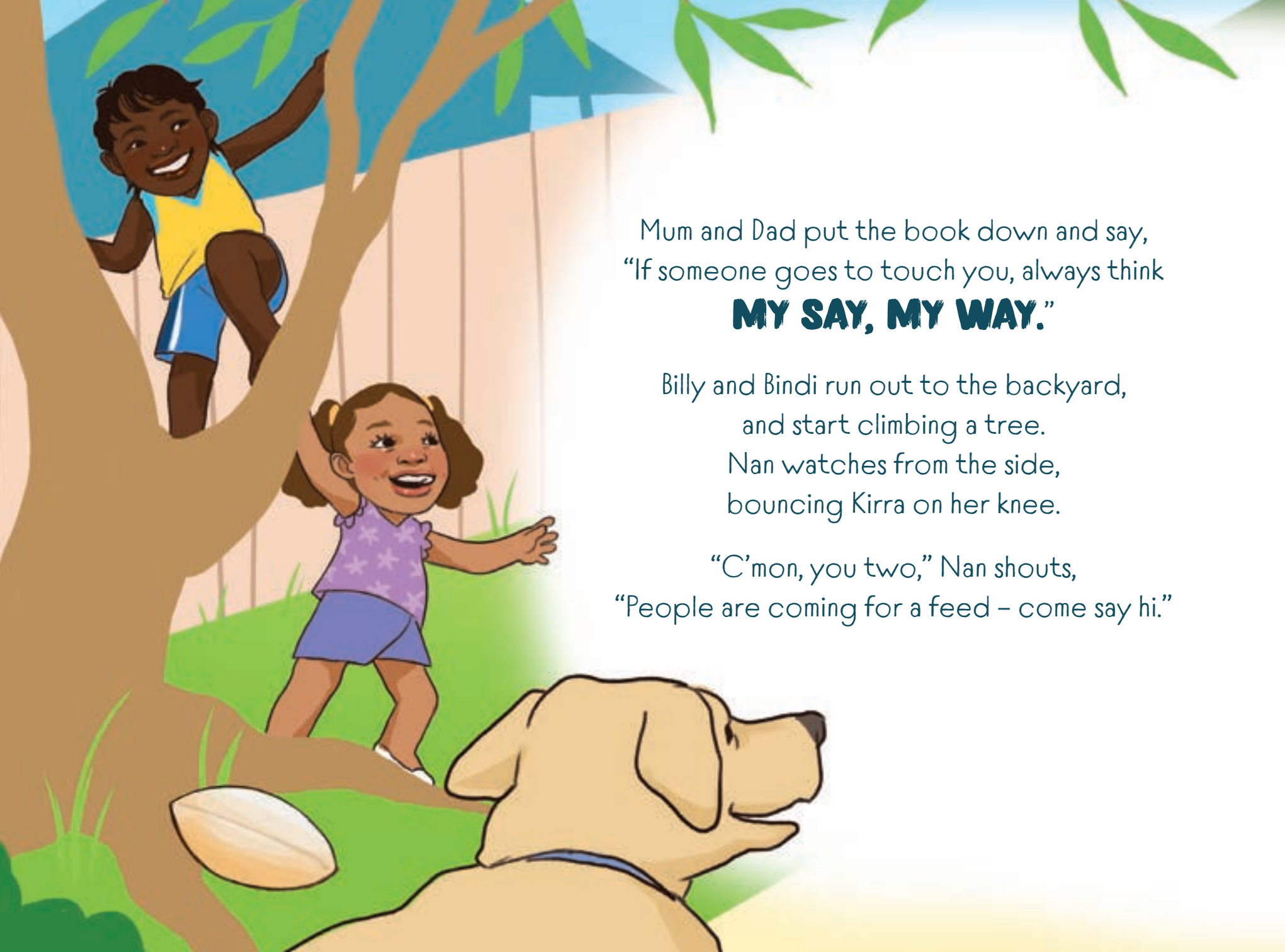
AN UNSAFE TOUCH
makes you feel yucky.

It might make you
get goosebumps
or feel sick
in the tummy.

You might get
sweaty palms, or your legs
could wobble and shake.

You might even need
to wee, or have
a toilet break.





Mum and Dad put the book down and say,
“If someone goes to touch you, always think
MY SAY, MY WAY.”

Billy and Bindi run out to the backyard,
and start climbing a tree.
Nan watches from the side,
bouncing Kirra on her knee.

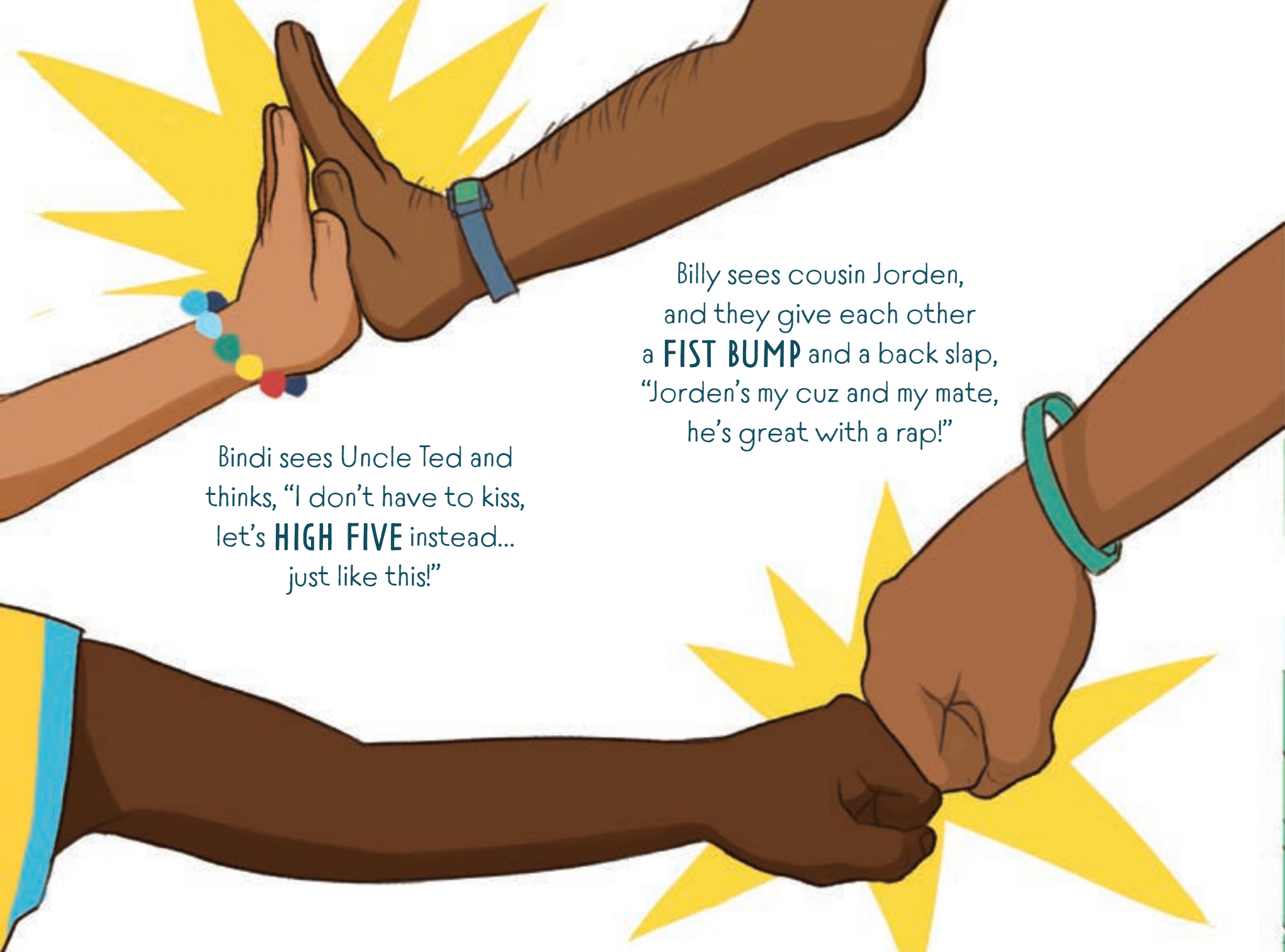
“C’mon, you two,” Nan shouts,
“People are coming for a feed – come say hi.”

As Aunties, Uncles and friends start to arrive, Billy and Bindi think about what Mum and Dad said, and what touches feel right to say hello and goodbye.

They yarn with Nan, and she nods
and tells them not to worry.
“When you say hello, do what feels
right for you – **DON’T BE SORRY.**”

Your body is yours so remember
every day, when it comes
to touching my body it’s
MY SAY, MY WAY!”





Bindi sees Uncle Ted and
thinks, "I don't have to kiss,
let's **HIGH FIVE** instead...
just like this!"

Billy sees cousin Jorden,
and they give each other
a **FIST BUMP** and a back slap,
"Jorden's my cuz and my mate,
he's great with a rap!"

Bindi sees Miss Cathcart and gives them a smile and a big wave.
They smile and wave back, and Nan says, “See?”

**YOUR WAY
IS ALWAYS
OKAY!”**



As the sun sets after they've been playing all day,
Billy and **Bindi** come together and shout ...



IT'S
**MY SAY,
MY WAY**



What's that word mean?

HELP TO EXPLAIN SOME OF THE WORDS USED IN THIS BOOK

This educational storybook includes words like 'consent', as well as the names of body parts that may be new to children and young people. These, and their simple definitions, are listed below. Teaching kids these terms gives them the language to talk about their bodies and understand what's safe and unsafe. It's one of the ways we can help to prevent child sexual abuse.

UNSAFE TOUCH: An unsafe touch is any kind of touch that makes you feel bad, yucky, or uncomfortable. This can mean:

- Someone touching your private parts or asking you to touch theirs.
- Someone asking you to take off your clothes or do things with your body that don't feel right.
- Someone showing you their private parts.
- Someone talking to you about private or sexual things.
- Someone making you look at pictures, videos, or things on the internet that show private parts or sexual things – even if it was made by a computer (AI).

All of these are **NOT OKAY**. They are called child sexual abuse.

Children can **NEVER SAY YES** to these things, because it is always wrong.

CONSENT: Consent means giving permission for something to happen. For example, agreeing to give someone a hug because you want to. Someone gives consent when they agree clearly, without pressure or shame, like by saying 'yes' or nodding. It's always okay to say 'no' if you don't want to do something or to change your mind at any time.

VULVA: This is the name for the outside parts of a girl's private area between her legs. There are different parts to the vulva including the lips (labia), the clitoris, and the urethra (the place where wee comes out).

VAGINA: This is the part of a girl's body that connects the vulva to the inside. You can't see it from the outside. It connects to other body parts that help women make babies.

PENIS: This is the name for the outside part of a boy's private area that is between his legs. It has a urethra that is used to wee.

TESTICLES: These are two small round parts inside the skin behind the penis. They make special cells (sperm) that help men make babies.

LET'S TALK ABOUT BOY BODY PARTS AND GIRL BODY PARTS...

This book talks about boy body parts and girl body parts but some people are born with a mix of body parts – like having both a vagina and testicles or something that is different from typical boys' or girls' parts. This is called being intersex, which is just another natural way bodies can be.

WHAT THIS BOOK DOESN'T TALK ABOUT, BUT IS IMPORTANT TO KNOW, is that some people don't always feel like their body parts match who they feel like inside. This is called being transgender, or gender diverse. You might have heard about Sistagirls, who are born with boys' body parts but have a woman's spirit, and Brothaboys, who are born with girls' body parts but have a man's spirit. Sistagirl and Brothaboy are also names sometimes used by people who identify as Queer or feel like they fit somewhere else on the gender spectrum.



ABOUT THIS BOOK

This book has been produced with acknowledgement and gratitude to the men and women, mothers, fathers, sisters, Aunties, Uncles, and Elders, alongside their descendants, who helped to guide the pictures and storylines. These First Nations voices from across the nation gave their time and knowledge to co-create this book to bring about change for the next generations.

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Illustrated by Tori-Jay Mordey

Tori-Jay is an established First Nations artist and illustrator based in Meanjin/Brisbane. Growing up she openly shared both her Torres Strait Islander and English heritage, producing work based around her family and siblings as a way of understanding herself, her appearance and racial identity.

Artwork by Jasmine Miikika Craciun

Jasmine is a multi-media artist and graphic designer residing on Gadigal land. Jasmine's art-making process is informed by her diverse background (Barkindji, Malyangapa, Romanian, Austrian) with the goal of celebrating the strength of those who came before her.

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This book was created for



Discover more resources that can help teach kids about body safety

