



**You Decide**

**READ MY LIPS - NO!**

Make your No mean NO - back it up with your actions: Make an assertive statement like: "I don't like what you're doing and I want you to stop".  
If that doesn't get the message across - get loud or get away - you don't have to be polite.



**Nobody deserves to be abused**

**Be Confident**

**It's your right**

You decide your own sexual limits. If you're only interested in hugs, kisses or touches without going 'all the way', talk openly with the other person.  
Remember that strong feelings or affection do not always have to lead to sex. And.. Just because you say YES to sex once doesn't mean you can't say NO next

**Think Safe**

**I have the right to say NO!**



**Trust your instincts**

- Don't trust a person just because someone says you should. If you feel uneasy about how someone behaves - give them a miss - even if you think they're really cool.
- Think ahead when u go out - make sure you have a mobile with credit or \$ for a phone call, bus or taxi
- When you're out with a group of friends, look out for each other.

**Act Safe**

**Speak Out**  
Maybe you have a family member or friend that you trust and can talk to about your worries. Here's some other people you can get information or advice from: \* School nurse or teacher \* Doctor \* Kids Helpline 1800551800 \* Laurel Place Ph 54827911  
Nothing's so bad you can't talk to some one about it!

**Help is available**

