

Hear me

ROAR!



**An activity book
to help start a
conversation
about consent**

Written by Francis Everwoods
Illustrated by Demi Seva'aetasi

Presented by the Monterey County Rape Crisis Center

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Our Mission

The Monterey County Rape Crisis Center (MCRCC) is a nonprofit agency whose mission is to provide ongoing advocacy, support and healing for all victims and survivors of sexual assault, human trafficking and child abuse; and to prevent sexual violence in our community through education.

Child Abuse Prevention

MCRCC presents information about personal safety and abuse prevention to over 10,000 school children each year. MCRCC also provides counseling to children who have experienced abuse and adult survivors of child abuse.

Contact Us

24/7 Crisis Line: (831) 375-4357

Monterey Office: (831) 373-3955
Salinas Office: (831) 771-0411
info@mtryrapecrisis.org
www.MtryRapeCrisis.org



Guardian's Guide

This is a story about safe touches. It teaches:

- You must always ask for permission to touch someone else
- Other people always need permission before touching you

These two simple rules introduce the idea of respect for oneself and for others by giving and receiving consent. This is an important skill that will be used in many situations throughout your child's life.



Throughout the story, you will find discussion questions to ask your child that are marked with grey boxes and paw prints. There is a guide of how you may want to navigate these conversations at the back of the book.

It is recommended that you read the story and the answer guide before reading the story with your child.



Why Have Conversations About Consent?

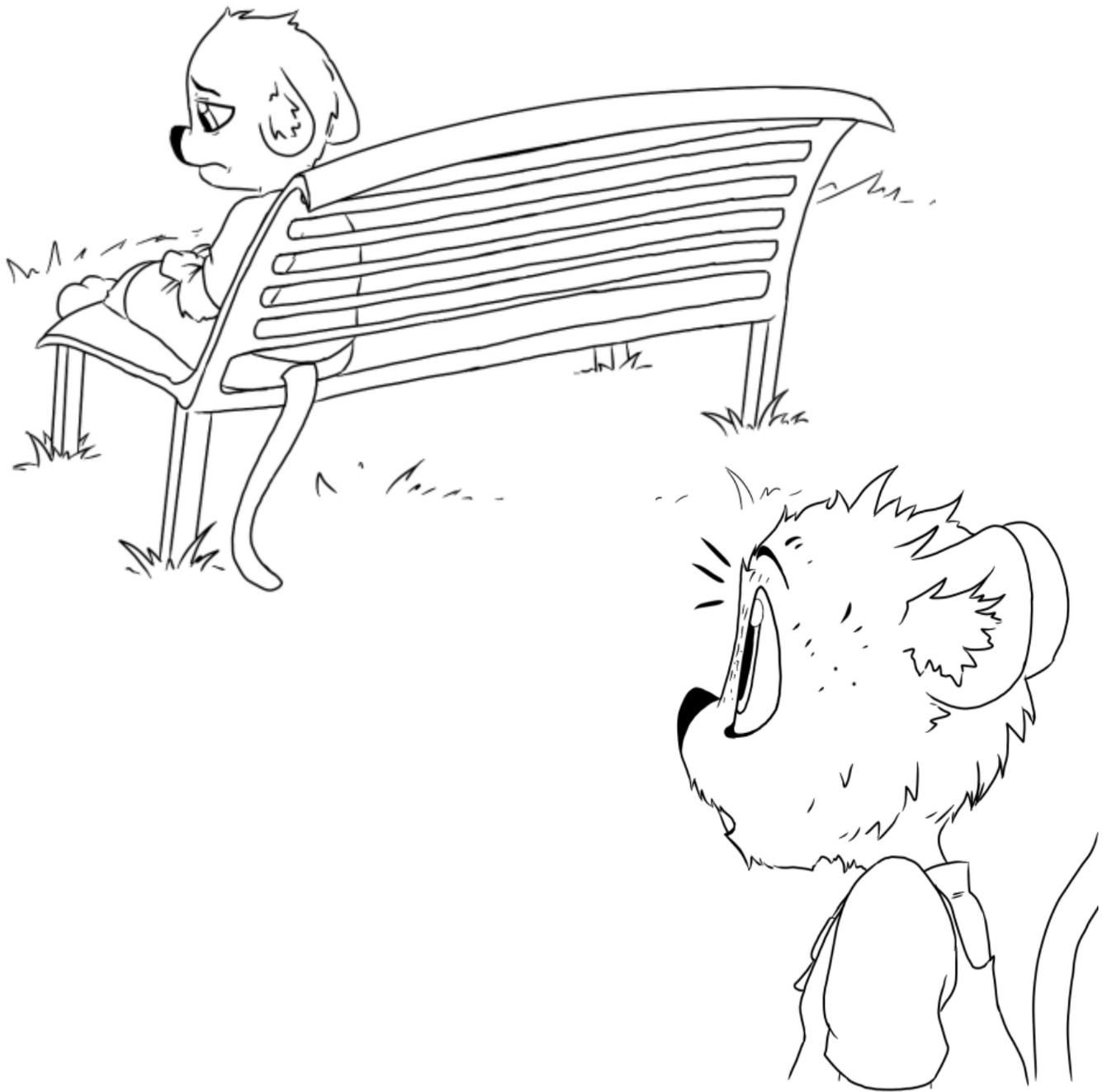
Physical affection is important for the health and wellbeing of children. Hugs, kisses, tickles, and wrestling matches can all help a child grow up happy, healthy, and strong. For these gestures to be fun, the child must want them. When we force children to touch or be touched, we unintentionally teach them that they have no control over their bodies.

When we teach children from a young age that they have the right to make decisions about their own bodies, we are helping to keep them safe.

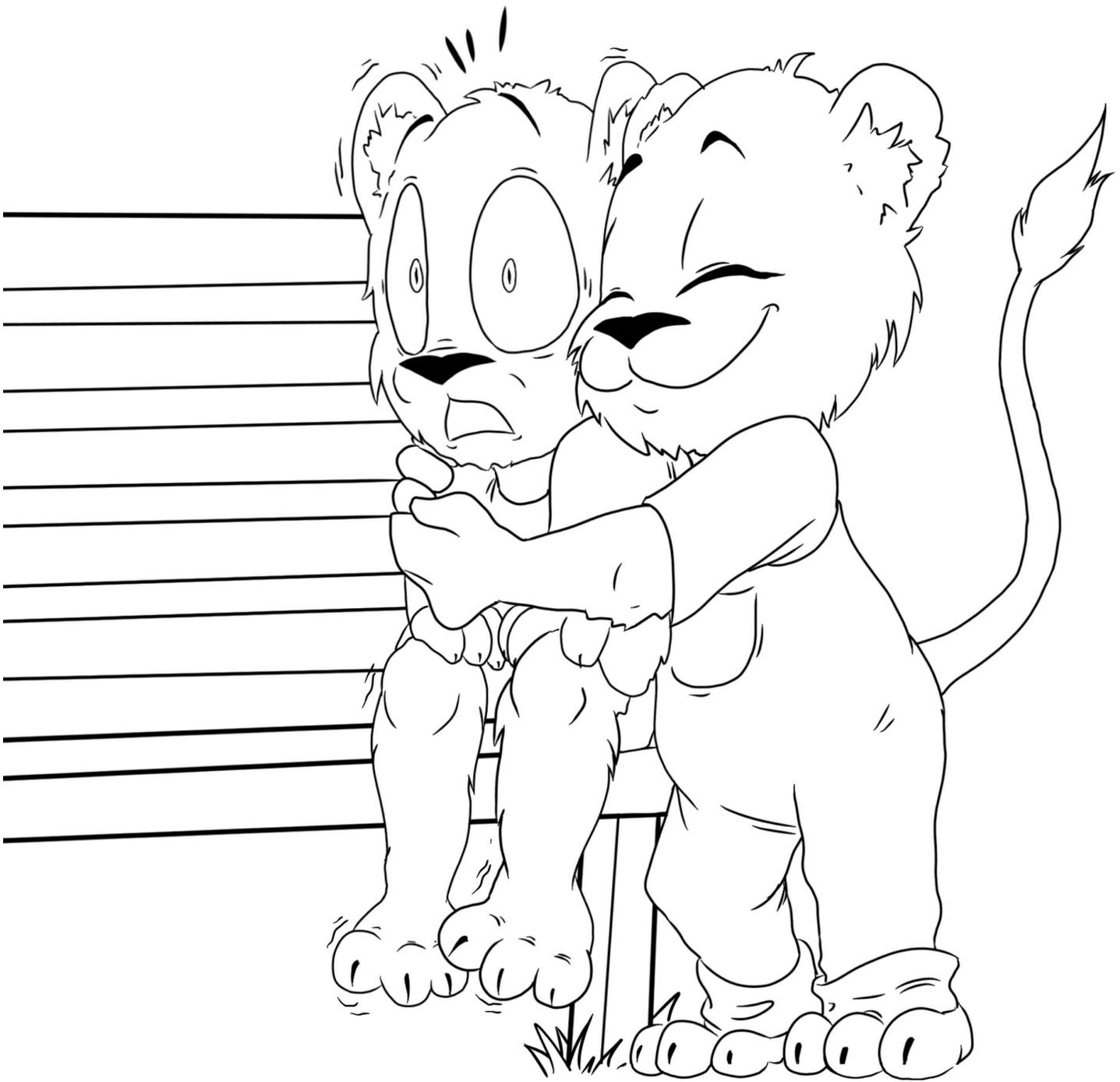
Sometimes, conversations about consent become conversations about a specific experience. The best thing you can do for the children in your life is to believe them when they tell you what happened to them. Listen calmly and patiently while letting them tell the story in their own way. Reassure them that they are not in trouble for telling, and that you are glad that they told you.

The Monterey County Rape Crisis Center is always available to help after these conversations. Call the number on the inside cover for specific guidance and resources.

To learn more about the Hear Me Roar project and the Monterey County Rape Crisis Center, please visit www.mtryrapecrisis.org/roar



Roary and Pat are friends. Roary saw Pat all alone.
Roary thought, "I must go cheer Pat up!"



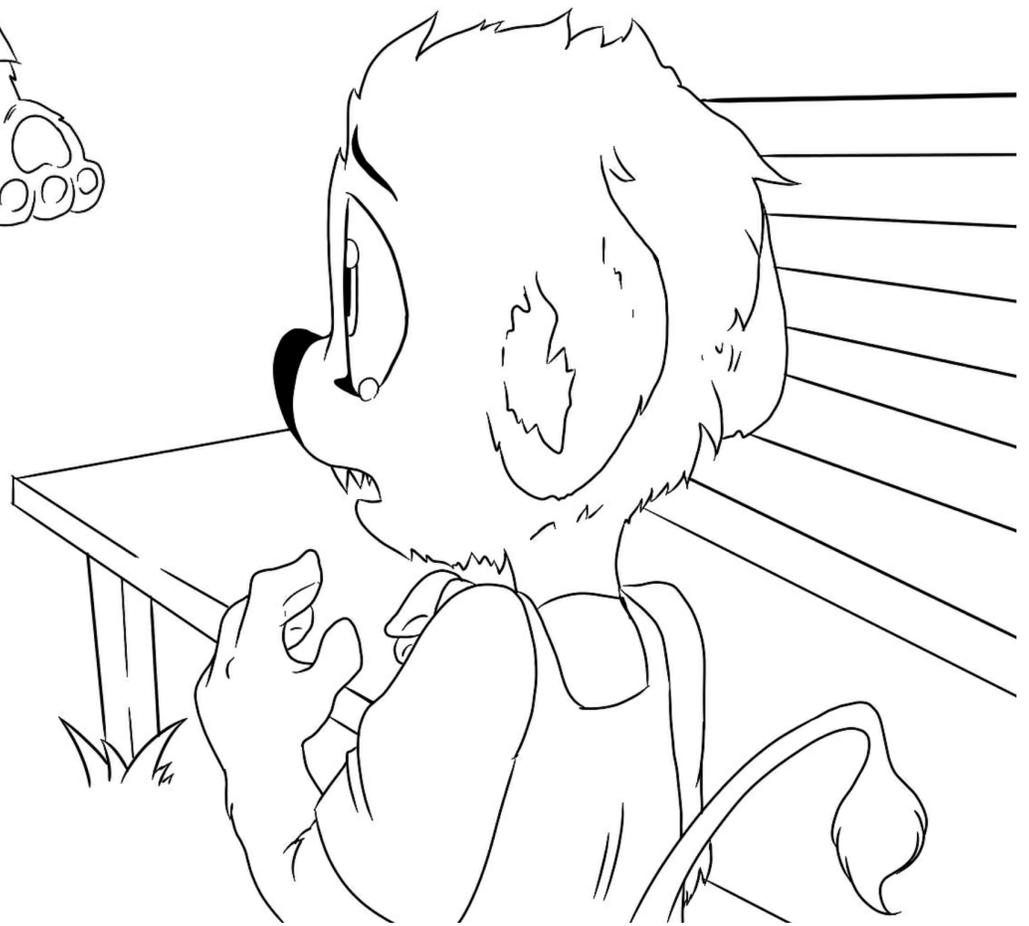
Roary gave Pat a big hug. Does Pat look happy?



How do you know when someone is happy?

An answer guide is at the back of the book to help the adult reader navigate these discussion questions.





How do you think Pat is feeling?

Did Roary mean to make Pat feel this way?



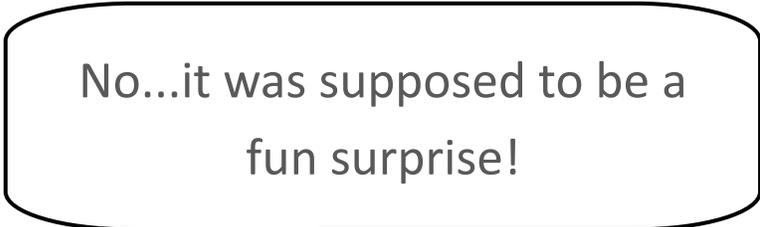
Roary tells Teacher Lee the whole story. Teacher Lee always helps when Roary feels confused.



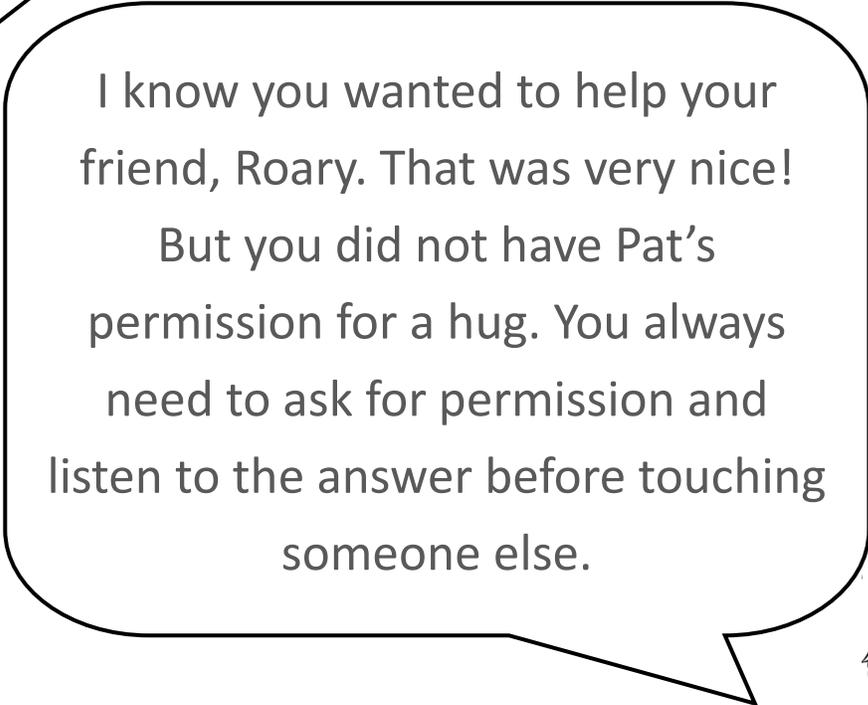
Why did Pat get upset?



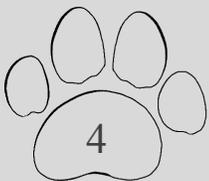
Did you ask if Pat wanted a hug?



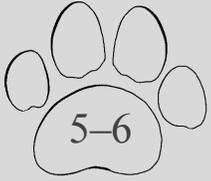
No...it was supposed to be a fun surprise!



I know you wanted to help your friend, Roary. That was very nice!
But you did not have Pat's permission for a hug. You always need to ask for permission and listen to the answer before touching someone else.



Permission is asking before you do something, and only doing it if the answer is "yes." What else do you need to ask permission to do?



What is happening in each thought bubble?

Why did everyone need Roary's permission?

Everyone needs permission before touching someone else, even family members and friends.





Reminders about Permission

- * Having someone's permission means that they are comfortable with what you are doing.
 - * When someone feels safe, they are comfortable.



What does it feel like to be comfortable?

What does it feel like to be uncomfortable?

- * It is not enough to just ask for permission. We also need to listen to the answer.
- * We can give permission without using our words. If someone holds their arms out for a hug, or their hand up for a high-five, they are giving permission to be touched.



What are ways we can ask for permission to touch someone?

“What should I do if I don’t want someone to touch me?” asked Roary.

“First, you can tell them ‘No, thank you.’”



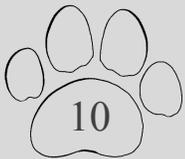
“That should make them stop. No one should be angry that you don’t feel like being touched right now.”



NO!

If they don't listen, then you can run away! You can tell them "No!" in your biggest, toughest voice, and you can get away from them. You can even roar!

Sometimes it doesn't feel safe to be big and loud. That's okay. You should do what you think will keep you safe.



Let's practice saying "No!"

What does it sound like to say "No, thank you"?

What does it look like when we say "no" with our body instead of our words?

What does it sound like to roar? How can you make your voice big and tough if someone is not listening to you?

If someone touches you without permission,
you should always tell a trusted adult as soon
as you can.

A trusted adult is a grown up that you feel safe
talking to.



Trusted adults can be in your family...

...and outside of your family!

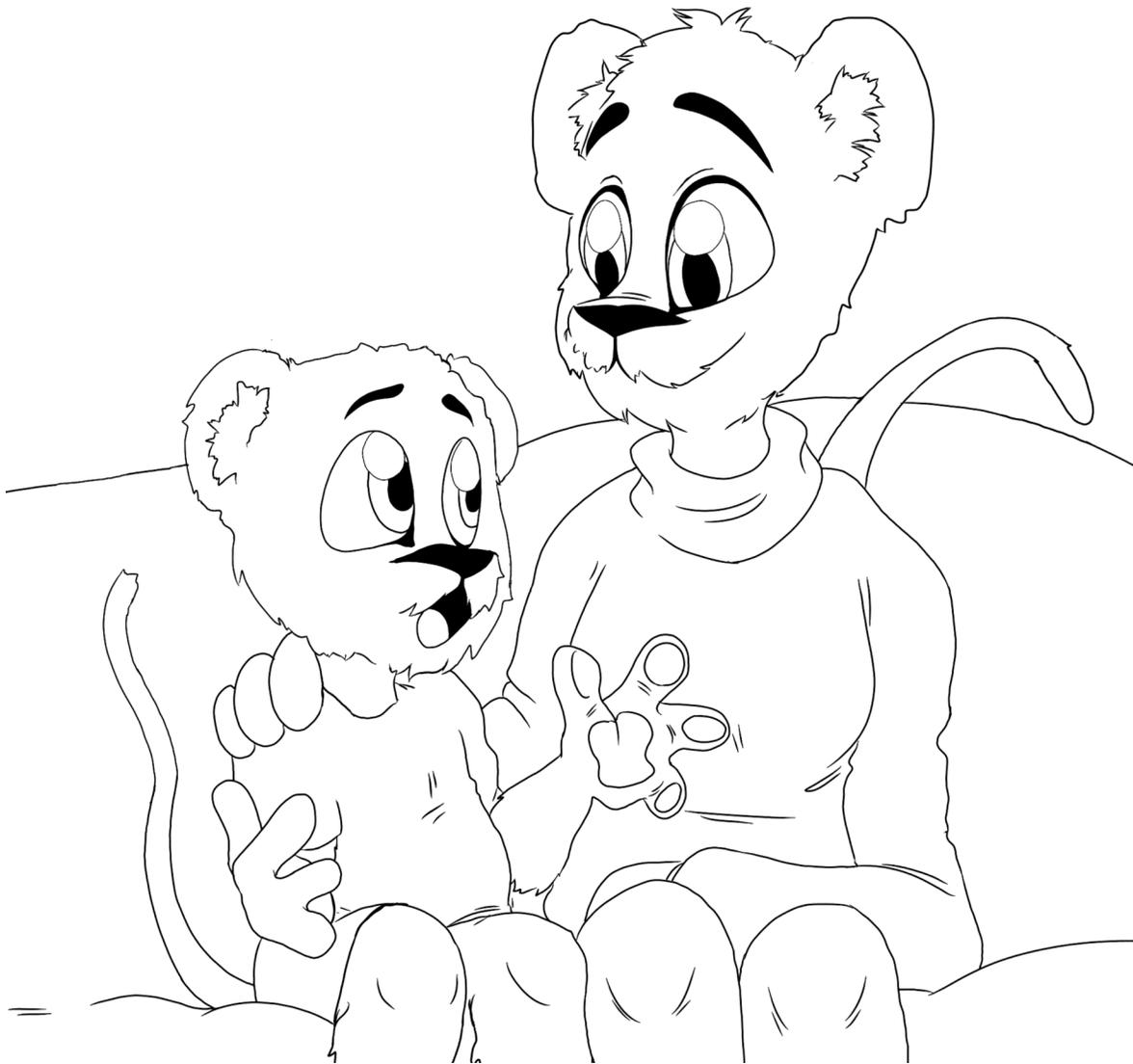


Everyone's trusted adults will be a little different, and that's okay!



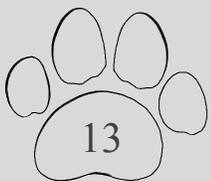
*Who are adults that **you** trust?*

What can you do if you can't talk to the adults you are closest to? Who else could you talk to?



It's very important to always tell about unwanted touching. Telling an adult means they can help make it stop.

No matter what happened, it is never your fault. You did nothing wrong.

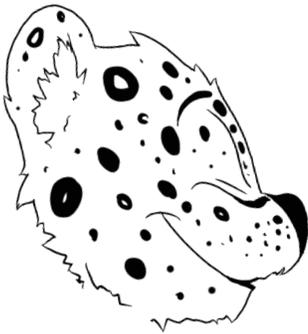


*What can you do if the first adult you tell doesn't listen or isn't able to help?
What other adults can you tell?*



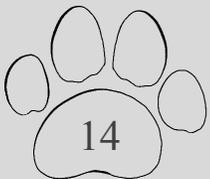
Why do you think Pat roared?

I guess Pat didn't feel safe, and wanted to get away from me.



You're probably right. So, what did you learn about touching?

Lots!



What have you learned so far?

Trace Roary's answers on the chalkboard.

What should someone do if they want to hug, high

Ask first, and listen

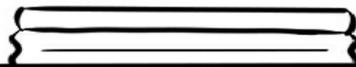
Who needs permission before touching you?

Everyone needs my

What should you do if someone touches you with

Roar! Say no, get

tell a trusted adult



five, or touch someone else?

to the answer.

permission!

out permission?

away, and

right away.





“Thank you for talking to me about this, Roary. I’m very proud of you. Would you like a high five?”

“Yes!”



The next day, Pat found Roary on the playground.

Roary knew that yesterday's hug made Pat feel uncomfortable.

"I'm sorry I touched you without permission," said Roary. "I'm sorry that it made you feel scared."



When you say you're sorry, it's called "apologizing." Why is important to apologize after we make someone uncomfortable? Do we still need to apologize if it was an accident?

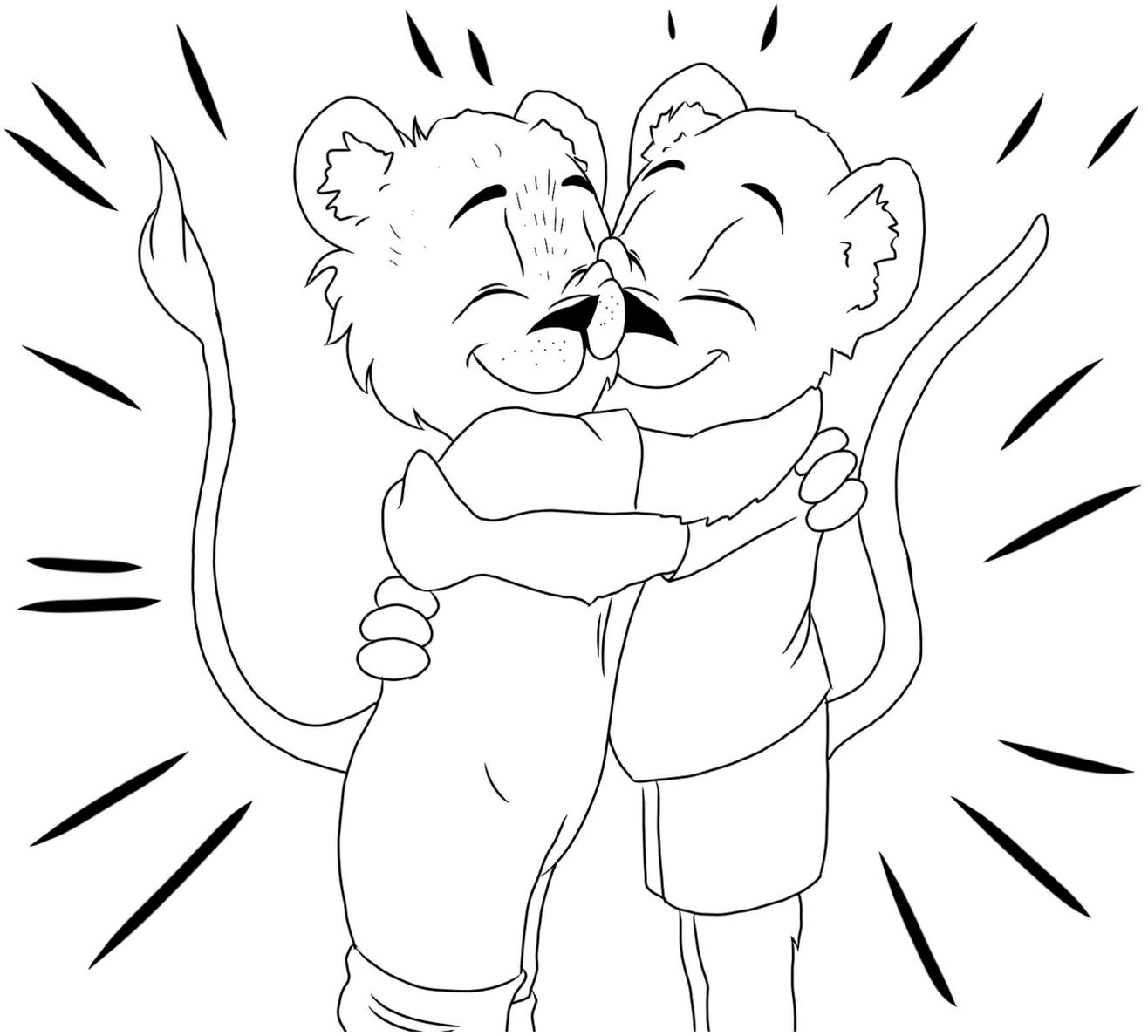


“Thank you for saying sorry,” said Pat.

“I will do my best to ask before touching anyone from now on,” said Roary.

Pat smiled. “Would you like a hug?”

“Yes!” said Roary, who was glad to give permission.



Who are my trusted adults?

Trusted adults are the grown-ups that you can go to when you feel uncomfortable. They can be family, friends' parents, coaches, community organization leaders, or other adults in your life.

Everyone's trusted adults will be a little different.

Name	Phone Number

Who else can be a trusted adult?

Circle adults that you can talk to if you feel uncomfortable.

Teacher

my dog

Nurse

Police Officer

my teddy bear

Yard Duty

Principal

my little sibling

Connect the Dots

“Would you like a hug?”

“Yes!”



Word Search

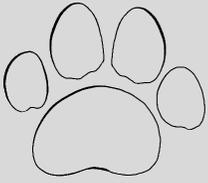
C T A Z H X Z F
 M O R X B H R U S W N E
 E E N U U S U U E I D H A D W S
 J R J T S E F G Z M H N H R T A F A W A
 L D J F E T N F B P T H V I L X E P E A E I
 O E A Q O N E G I L N L N W F A S P A P Q H I N
 P O J O Y T D F V A W A Y F L U W E F C Y C R B
 K P H P T A A B P J D Q W O D G N R U P H L A D
 U A I F U E D O F F I C E R L H R M N I B E A I
 R R G S V I U B Z G C A M Z F L T I G E R L R T
 W D H A R A L Y E X O T R S I Y Y S U L G V R T
 U W K H C T Y N E N S T D S N U S F A V B P
 Y V J P G U H L Z S F Q O T X Q I H L I O N
 S K A R N K G N E I E C V E U O O R N J
 A L Q I M I D N V F T H I I N P L F
 Z E I N G A T E A O Q X V G F N
 M K N C S I G M R P H I Q P
 V Q Y I N S I D P Y M M
 P J K P T L U P X U
 S W C A Y X F B
 J W A L A C
 E I Z Y
 M C

Joy
 Safe
 Glad
 Laugh
 Happy
 Content

Trusted Adult
 Family
 Doctor
 Officer
 Teacher
 Principal

Consent
 Permission
 Hug
 Wave
 High Five
 Fist Bump

Cat
 Lion
 Lynx
 Tiger
 Panther
 Leopard



Discussion Question Answer Guide

These answers may help guide the conversations you have with your child as you both read the story. Every family is different and these suggested responses can be modified to meet the needs of your family.

1. How do you know when someone is happy?

Happy people usually smile or even laugh. They also often look relaxed. *Model: Practice making happy faces with your child. You can both try big smiles, little smiles, and relaxed faces that are calm but not smiling. Practicing these cues will help your child recognize when people are happy.*

2. How do you think Pat is feeling?

We can guess that Pat is upset and unhappy because Pat is very tense. Point out Pat's expression and body language. Some children may feel that Pat is overreacting; this is an opportunity to explain that everyone reacts to things differently, and no reaction is wrong.

3. Did Roary mean to make Pat feel this way?

It was an accident. Roary wanted to cheer Pat up, not make Pat more upset. Accidents can and do happen; how we respond to them is what matters.

4. Permission is asking before you do something, and only doing it if the answer is "yes." What else do you need to ask permission to do?

Every family will be different. Does your child need permission to walk somewhere by himself? Before she rides her bike? Before going to a friend's house?

The reason your child needs permission before doing these things is because you need to know that they are safe. Explain that permission keeps people safe and comfortable.

5. What is happening in each thought bubble?

Pictures show Roary high-fiving a friend, visiting a doctor, having a bath, getting a hug, and getting a haircut.

6. Why did everyone need Roary's permission?

Adults, like doctors and family, help keep children clean and healthy. When they are very little, children cannot give permission to be touched. As children age, they gain the ability to make decisions about their bodies.

7. What does it feel like to be comfortable?

Feeling comfortable means feeling safe. You may feel happy, calm, or peaceful. Think about being in a big, squishy, soft chair. It's nice to sit there because it makes you feel comfortable.

8. What does it feel like to be uncomfortable?

Feeling uncomfortable can make you angry, sad, worried, tense, or annoyed. You may feel like running away or not being near other people. Imagine if a chair was too small for you and felt sticky and gross. You wouldn't want to sit there for long! That chair would make you feel uncomfortable.

9. What are ways we can ask for permission to touch someone?

You can use your words and ask "Would you like a hug?" "Can I high-five you?" or "How about a handshake?"

You can also ask without using your words. When people hold out their arms for a hug, or their hand out for a handshake, they are asking without saying anything. You can ask this way, and then wait for the other person to answer before touching them.

10. Let's practice saying "No!"

Children can practice saying "no" very politely, very loudly, and even silently. *Model: Shake your head, cross your arms, make a frowny face, and find other ways to say "no" with only your body language. This practice will help the child recognize when others give them nonverbal "no"s.*

11. Who are adults that you trust?

Every child will have different people they can trust. Ask the child to think of family members, coaches, teachers, family friends, community leaders, or other adults they might feel comfortable talking to about something that may be upsetting.

12. What can you do if you can't talk to the adults you are closest to? Who else could you talk to?

Review the different places your child goes often, and which adults can help them there. Talk about school, after school programs, sports practice, sleepovers, or anywhere else that their closest adults may not be available. These trusted adult are always safe to talk to, so long as your child feels comfortable with them.

13. What can you do if the first adult you tell doesn't listen or isn't able to help? What other adults can you tell?

Sometimes, the people we trust don't understand what we mean, or they are unable to fix the problem. It is important to keep telling other people until the problem stops. Just because one person doesn't help, it doesn't mean the problem is unimportant. Keep telling until someone listens and can help you.

14. What have you learned so far?

Every child will have a different response. The next page will go over the three most important take-away messages for you and your child to review.

15. Why is important to apologize after we make someone uncomfortable? Do we still need to apologize if it was an accident?

It is important that the person you accidentally hurt knows that you understand your mistake, and that you will do your best not to do it again. Even when it was an accident, we need to apologize.

Books to Continue the Conversation

All listed books are available through the Monterey County Free Libraries. There are many books available to help guide conversations about consent and safety; ask your local librarian for help with finding more options that will be a good fit for your family.

Your Body Belongs to You by Cornelia Spelman

Perfect for very young children, this book goes over a child's right to make decisions about their own body and what happens to it.

The Right Touch by Sandy Kleven

This gentle story overviews safe and unsafe touches, and reassures children that abuse is never their fault.

No Means No! by Jayneen Sanders

This lively story follows a child who exercises her right to say "no!" in a variety of situations. This book can help your child find or strengthen their voice when speaking up for themselves.

No More Secrets for Me by Oralee Wachter

Geared toward older children, this book provides realistic examples of unsafe situations and equips readers with the skills to recognize when they need to tell a trusted adult.



WHAT IS PERMISSION?

When do you need permission to do something?

When do others need permission from you?

Who are your trusted adults?

Hear Me Roar is a coloring book with activities and discussion questions that will help your family begin to learn about consent and personal safety.

