

This book was created by McKenzie LS Roman

**eliminating racism**  
**empowering women**  
**ywca**

**kalamazoo**

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Dear Parent or Guardian,

After receiving the *Very Important People* program in school your child may have questions. Here at the YWCA we feel that you, the parent, are your child's best teacher and understand that talking to your child about his/her body and private areas can be intimidating and uncomfortable. While the *Very Important People* coloring book was created to educate children in a friendly and comfortable manner it can also be useful for parents. The book itself can be used to lead your discussion with your child.

Make sure to give your child your undivided attention and allow them the time to process the information they have received as well as ask questions. Use a calm voice, keep your information simple and don't be afraid to have a sense of humor. Keeping a relaxed manner will help keep your kids from becoming, ashamed, confused and/or unwilling to participate in the conversation.

The program does not teach your child the correct anatomical names for their body parts. However we feel that information is very important for them to have. If anything happens to your child, using the correct terminology will allow them to accurately express to you, other trusted adults and possibly law enforcement, exactly what happened with no confusion.

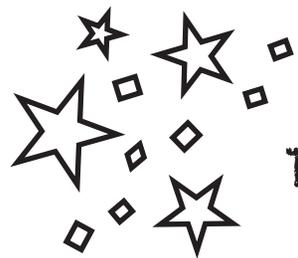
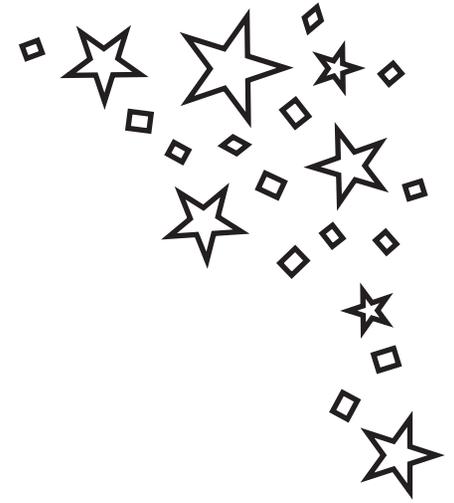
Teaching your children about their bodies and sexual abuse is as important as any other safety information that you provide them. Please use this book and information provided within to help educate and keep your child safe. At any time feel free to contact me or the crisis counselors at the YWCA with any questions or concerns that you may have. The goal of the *Very Important People* program is to keep your child safe and healthy and we are here to help in any way we can.

Sincerely,

*McKenzie Roman*

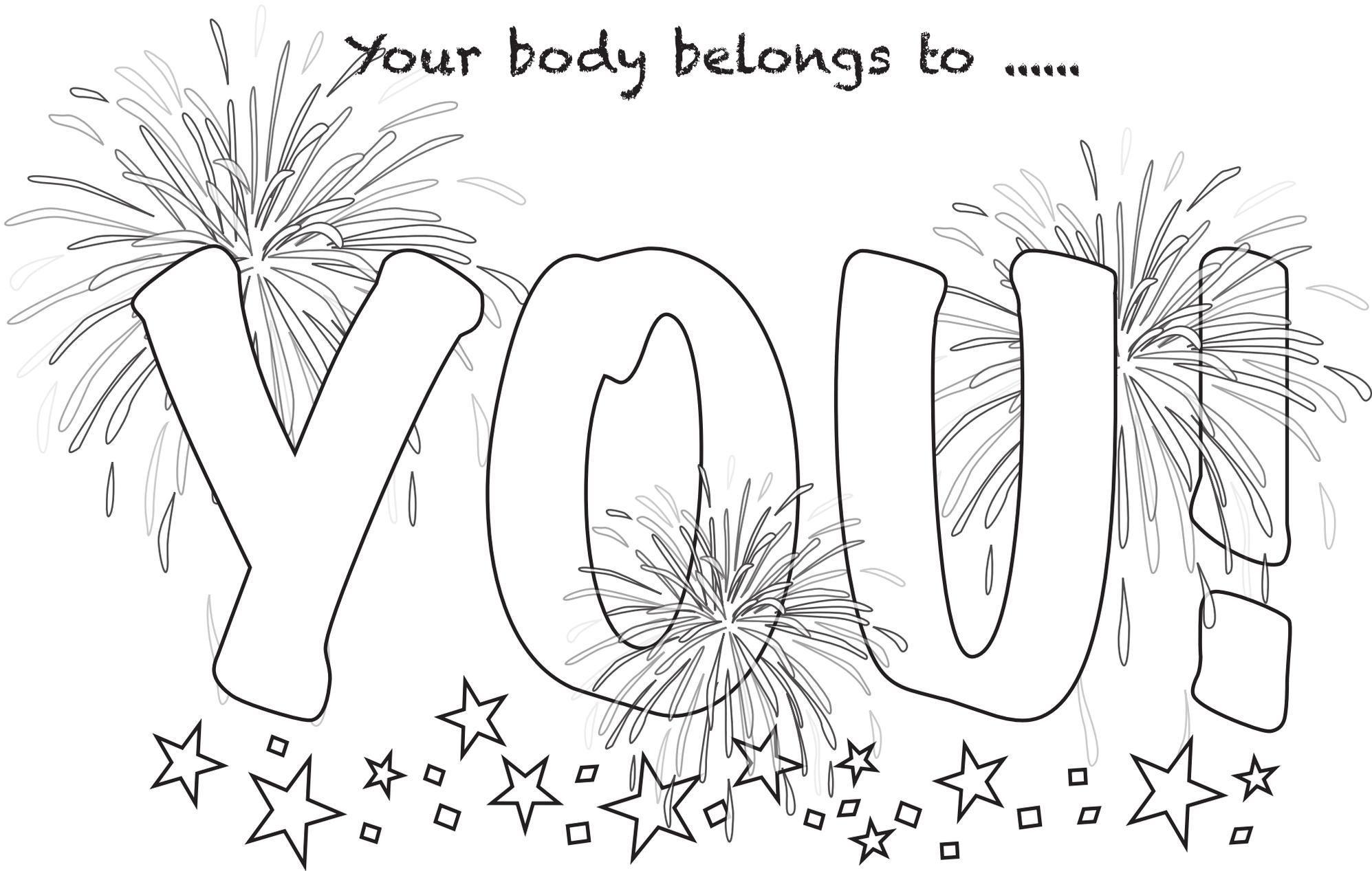
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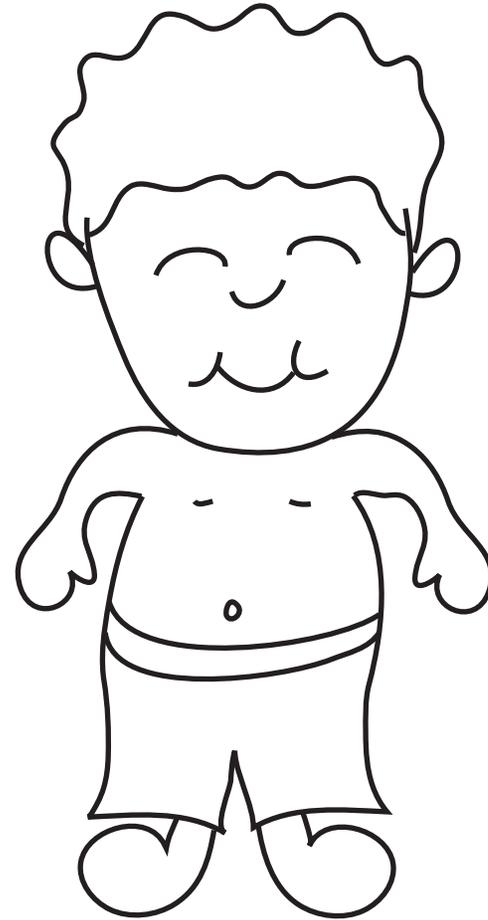
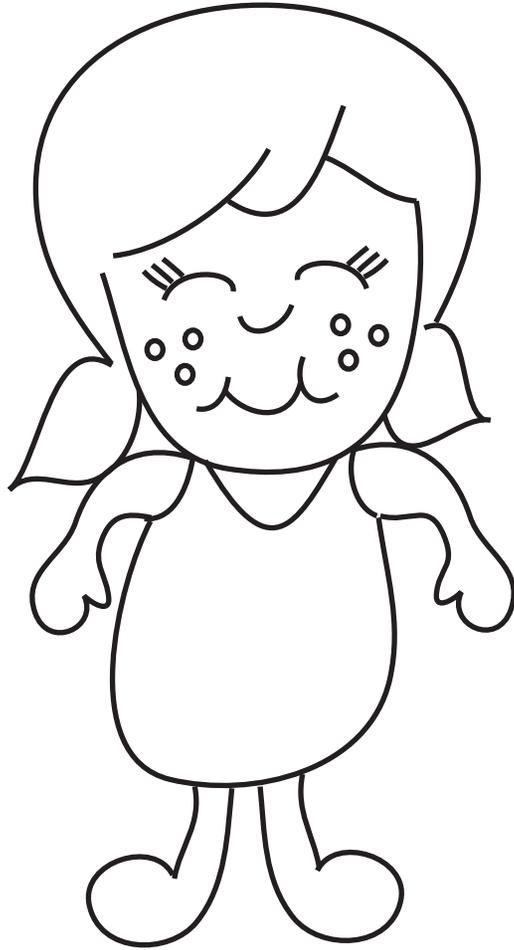


Draw something about you that makes you important.

Your body belongs to .....

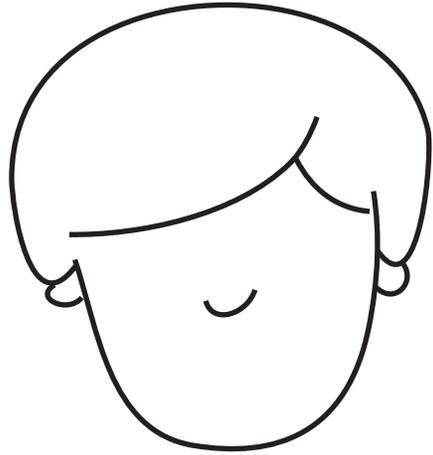


Private parts are the areas covered by my bathing suit.



My private parts belong to me!

Draw the feeling listed below each face.



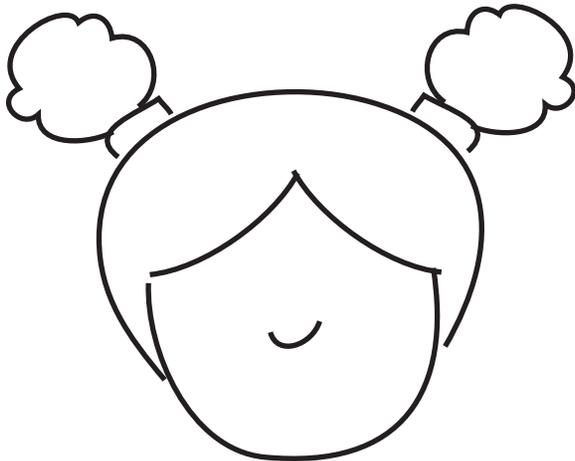
Confused



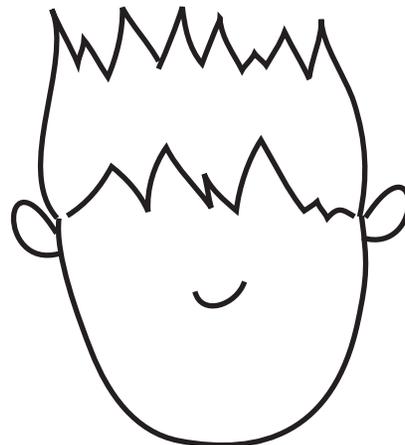
Mad



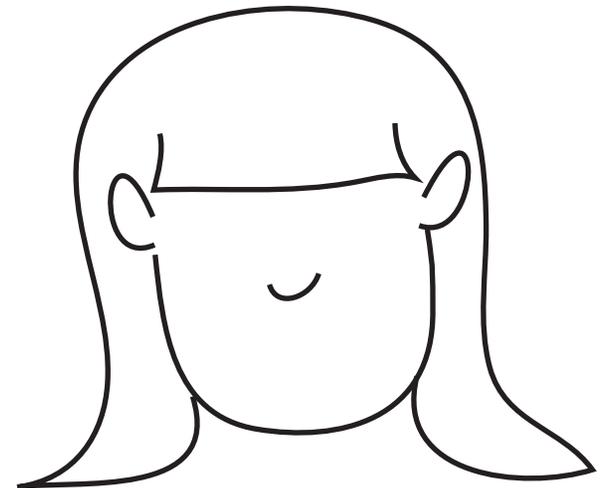
Happy



Shy



Sad

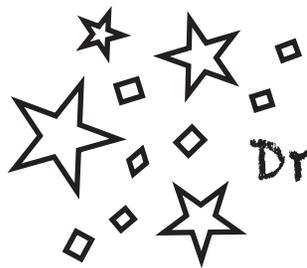
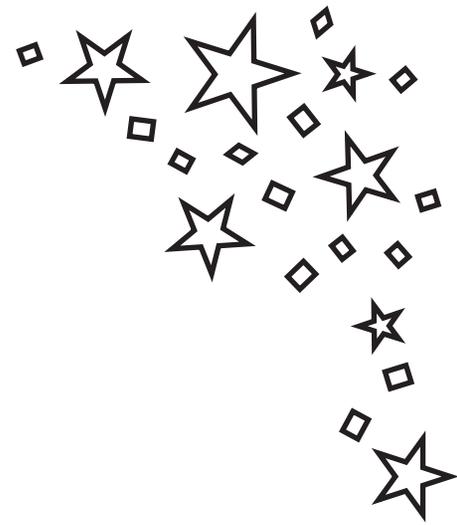


Content

Trust your feelings!

Here are some examples of touches that may make you feel happy, content or safe.





Draw the people at home and at school that you trust.



Sometimes a doctor  
may need  
to check your  
private areas to  
keep you healthy.

A doctor's touches  
will never be a secret!



Touches are always up to you!

Touches should always  
make you feel safe.

Touches should never  
be a secret!

If the touches make you feel  
yucky that's your clue to.....

# NO!

Just say no!

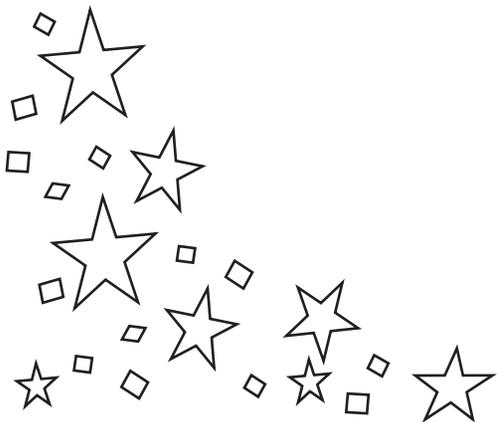


# GO!

Get out of there!

# TELL!

Tell someone you trust!





It's not your fault.

Color the tricky words that might be used to keep you from telling someone you trust.



“Let’s keep this our little secret.”

“No one will believe you!”

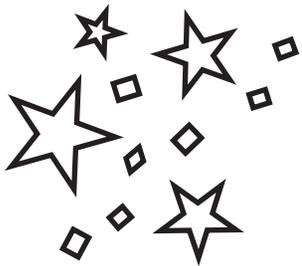
“All the popular kids do it.”

“It’s your fault.” “If you tell it will ruin your family.”

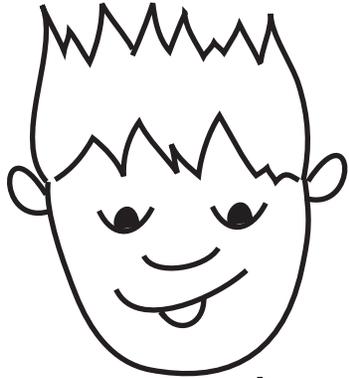
“Don’t be a tattle-tale”

“I will hurt you if you tell.”

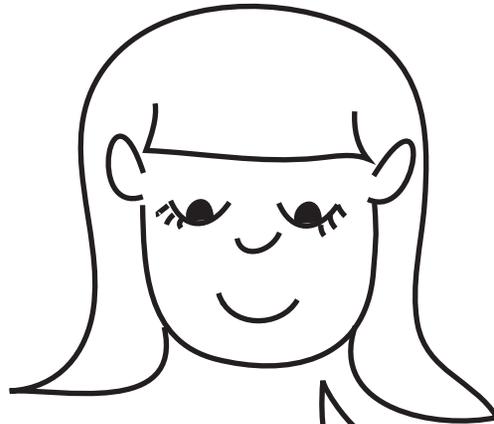
Practice ways you might tell someone you trust;  
draw a picture, write a note or a conversation you  
might have.



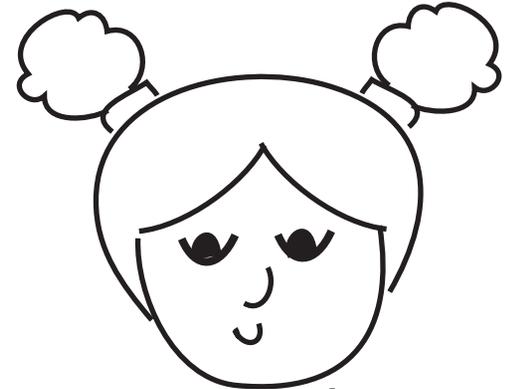
# Real Words from Real Kids



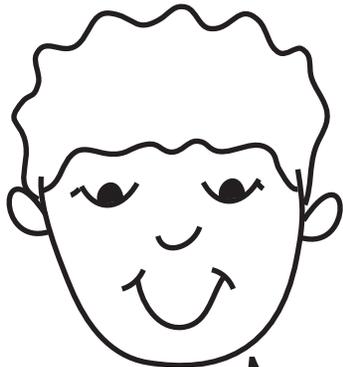
Now I know that I can stick up for myself.



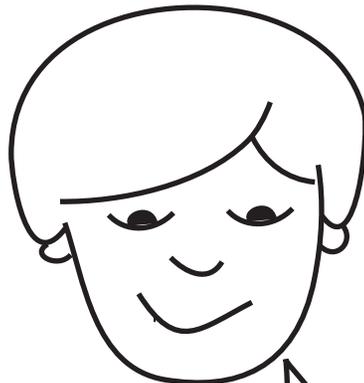
I feel relieved because I actually got away from the person who was abusing me.



I went from not feeling brave to feeling REALLY brave!



I was surprised that I got safe so quickly!



I feel happy because I don't have to worry any more that something is going to happen.



I found that people are there for me and will make sure I'm safe.

# Our Sincerest Thanks

- Rebecca Lallier for use of material found on her blog @ [schoolcounselingbyheart.wordpress.com](http://schoolcounselingbyheart.wordpress.com)

## Contact US

### Phone Numbers

#### General

- (269) 345-5595 (*business*)
- (269) 345-8230 (*fax*)

#### YWCA Children's Center

- (269) 342-1519

#### YWCA Community & Member Services

- (269) 345-5595

#### YWCA Domestic Assault Program

- (269) 385-2869 (*business*)
- (269) 385-3587 (*crisis*)

#### YWCA Mentoring Program

- (269) 345-6025

#### YWCA Sexual Assault Program

- (269) 385-2869 (*business*)
- (269) 385-3587 (*crisis*)

### Email

- [info@ywcakalamazoo.org](mailto:info@ywcakalamazoo.org)

### Website

- [www.ywcakalamazoo.org](http://www.ywcakalamazoo.org)

### Mailing Address

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