

it's all about me activity book

Illustrated by Scott Wisneski and Rob Stinogle



coloring book created by Pittsburgh Action Against Rape,
Education & Training Department
for Pennsylvania Coalition Against Rape

Supported in part by the Commonwealth of Pennsylvania Department of Public Welfare

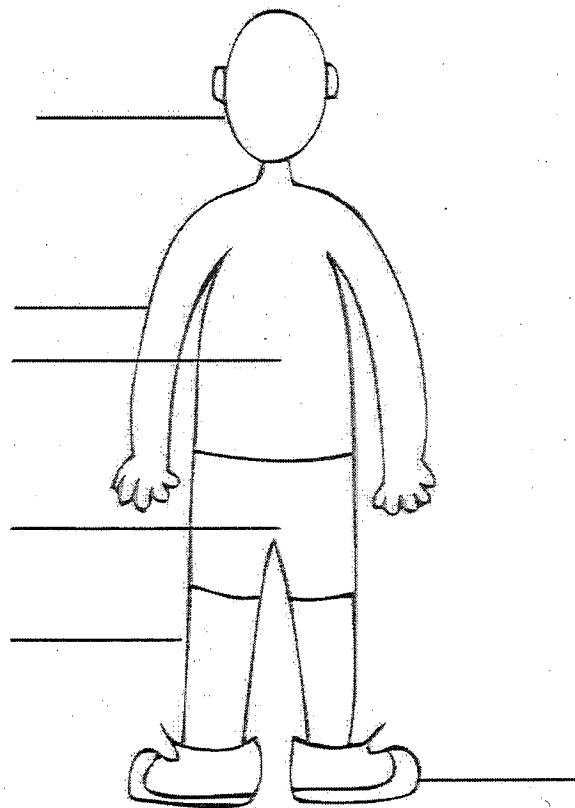
If I feel unsafe I could ask
any of these people
for help:

- My mom or dad
- My stepparents
- My grandparents
- My brother or sister
- My aunt or uncle
- My teacher
- My neighbor
- My doctor or nurse

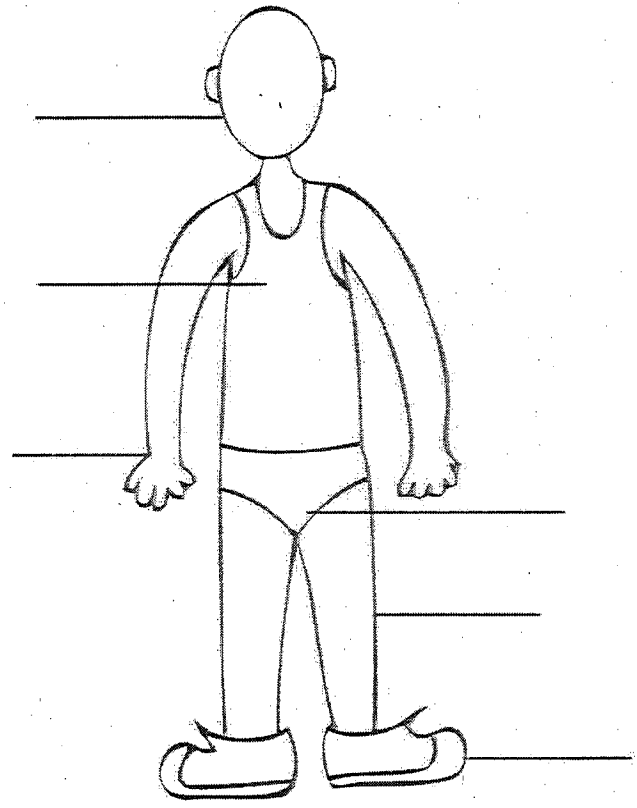


IT'S OUR BODY

boy



girl



Name each body part.

Draw your face and color in.

Word Search



SAFETY

SPECIAL

HEALTHY

FEELINGS

ADULT

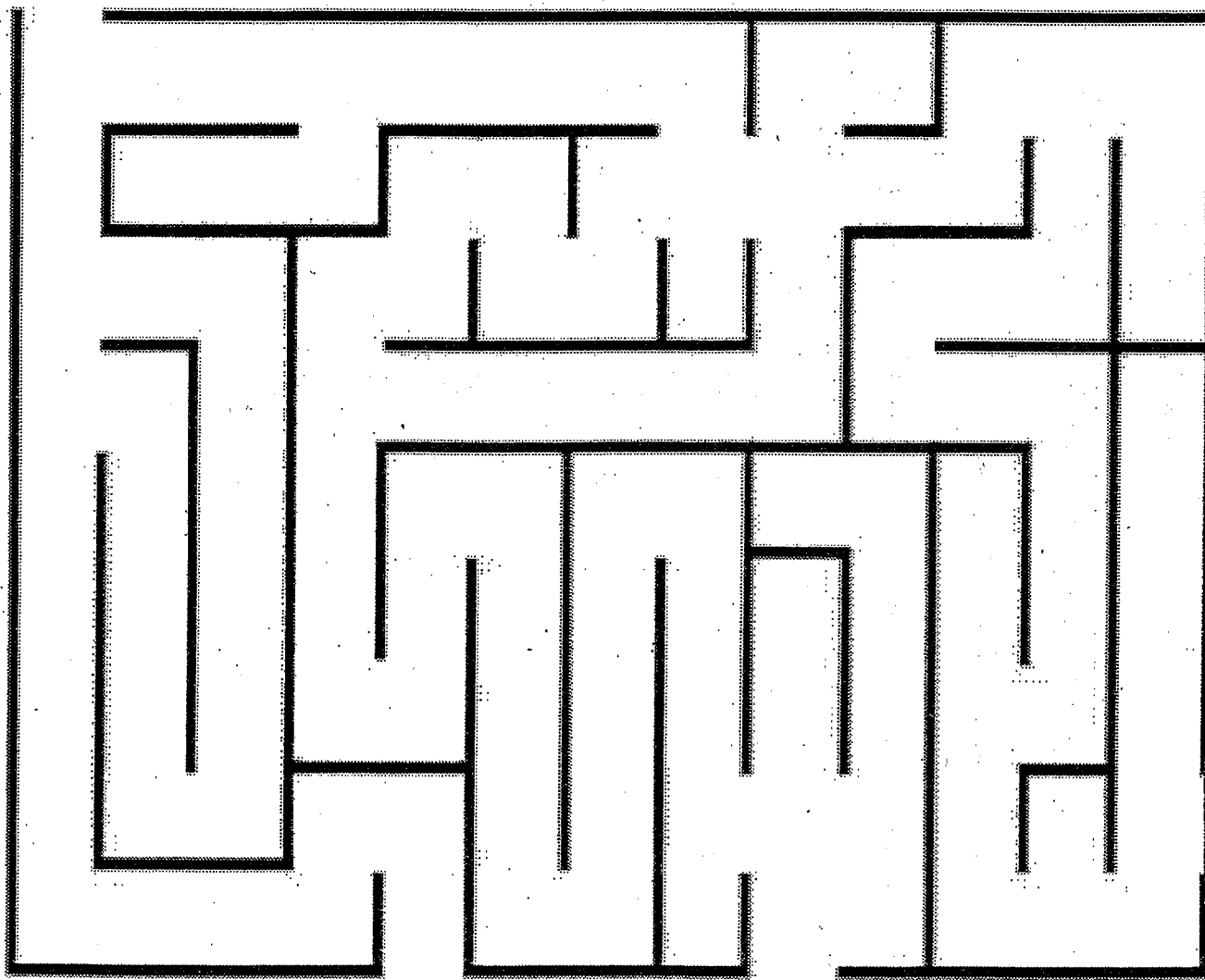
FRIEND

RESPECT

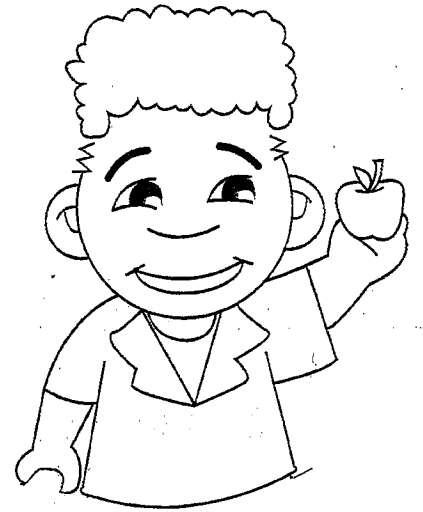
SAFE

Think of the safe adults you know at home and school. Find your way through the maze to those adults and draw their pictures.

ENTER

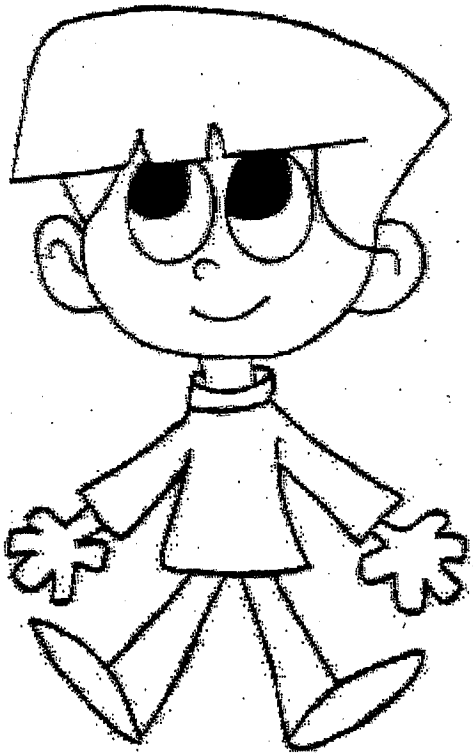


I eat healthy food
to make my body strong.



My favorite fruit is _____.

My favorite vegetable is _____.



I play to keep my body moving.

My favorite outside game is

_____.

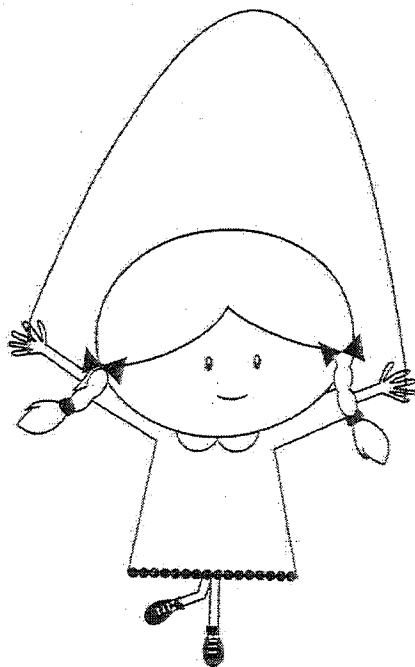
It is okay to have many feelings.

I share my feelings with _____.



Cameron likes to read. What books do you like?

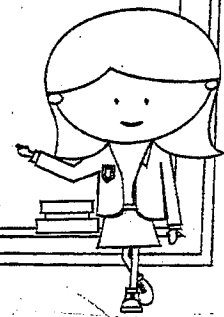
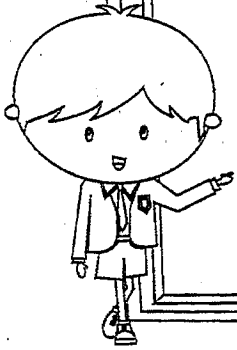
Joe likes to sing. What kind of music do you like?



Sarah likes to jump rope. What is your favorite activity?



My name is



Draw a picture of yourself!

