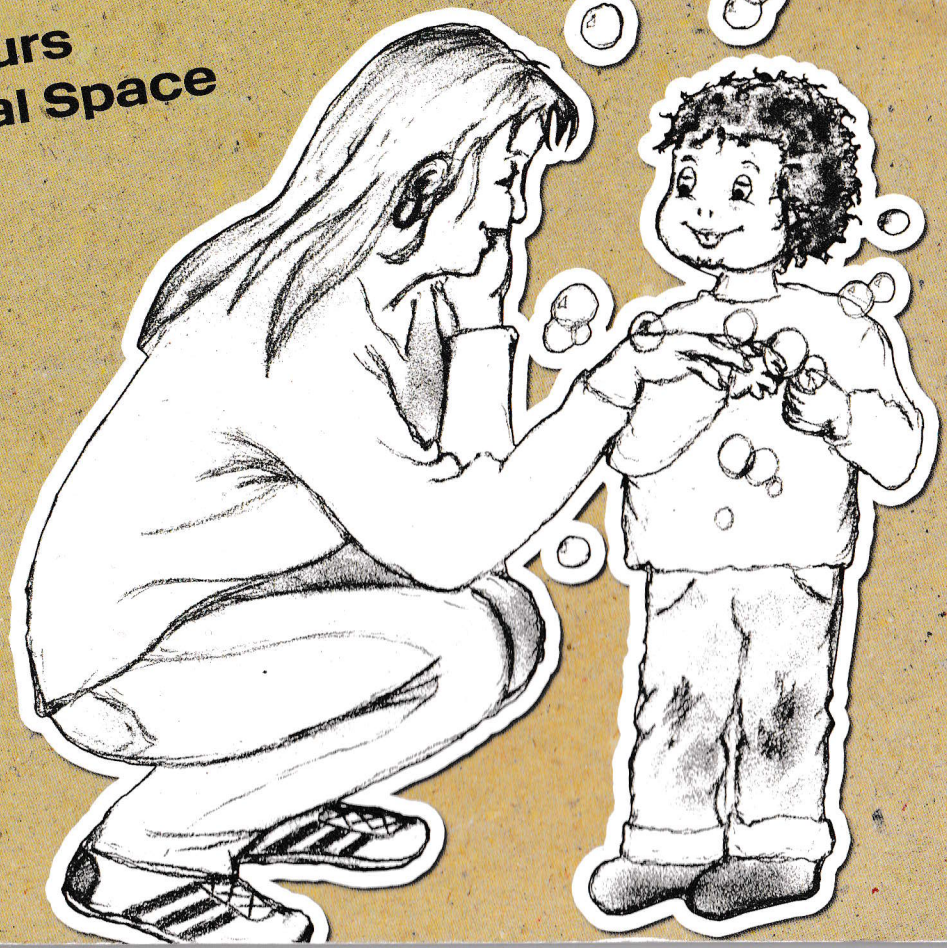
Michael's Bubbles

A Protective Behaviours Story Book About Personal Space



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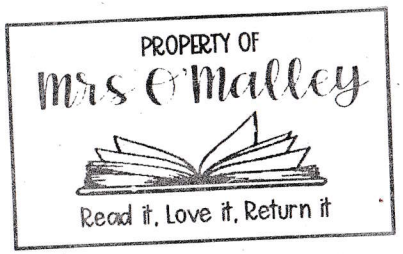


The Protective Behaviours Program assists children to develop personal safety strategies. The storybook "Michael's Bubbles" will help teach children about the concept of personal space.

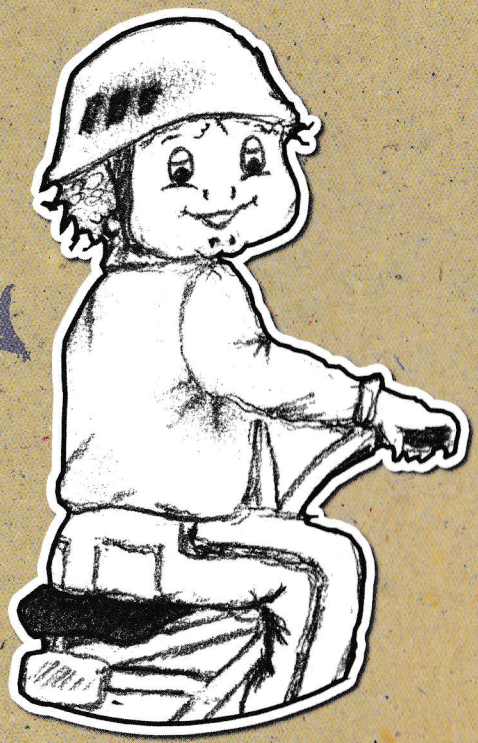
For further information on the Protective Behaviours Program visit:

www.protectivebehaviourswa.org.au

This book is dedicated to the light of my life,
Michael Ryan O'Malley
I wish you happiness,
health and safety always.
Justine O'Malley

This book is dedicated to all the children that have rocked my world, may you always feel safe! And to my nieces and nephews, especially our new addition, Maton. - Love you.
Carey Lawrence

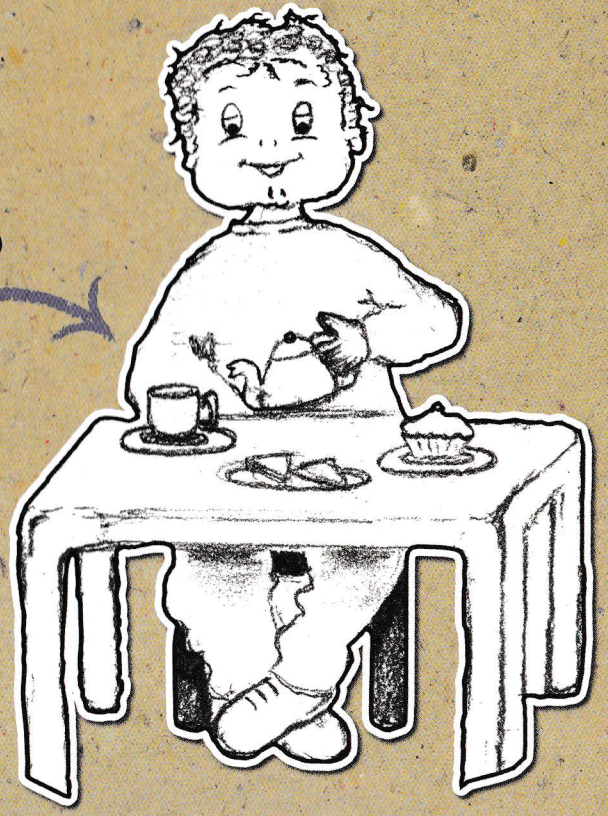
Michael loves
to ride his
bike,



Michael loves
to catch a
ball,



Michael loves to
play in the
**cubby
house,**



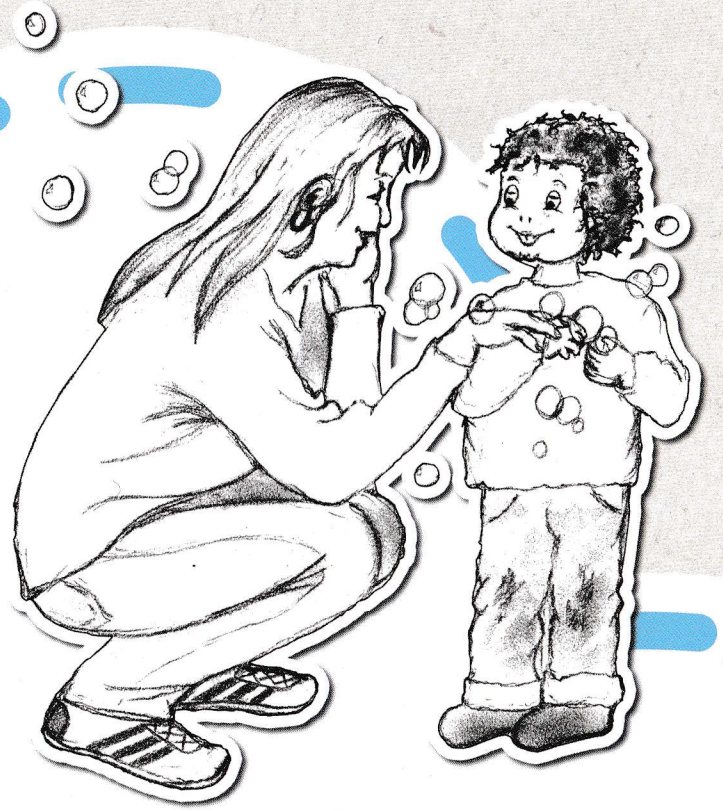
Your personal space is just for you.
If someone comes into your personal space and you don't want them to, you can say

"STOP" or **"NO"** or **"MOVE AWAY".**

but most of all
Michael loves

to blow bubbles...





Michael blows bubbles with his Mum. Michael and Mum laugh and play **together.**

Michael also likes to have cuddles with his Mum and Dad.



T

You might like to give a HUGE kiss, cuddle or squeeze to people you love and know really, really well, like your Mum, Dad or Carer.

Who do you like to give a HUGE kiss, cuddle or squeeze to?



Sometimes Uncle Rick and Aunty Elaine visit Michael. One time they gave Michael a new bubble wand.

Michael said, "Thank you" and gave them a **hug.**

Michael shows them how to **blow bubbles.**



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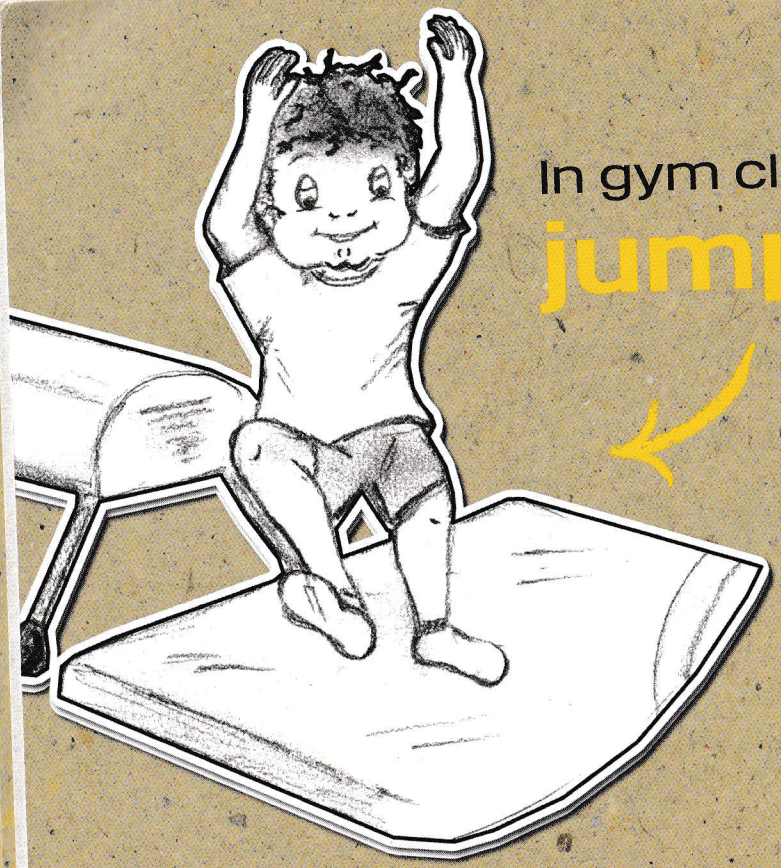
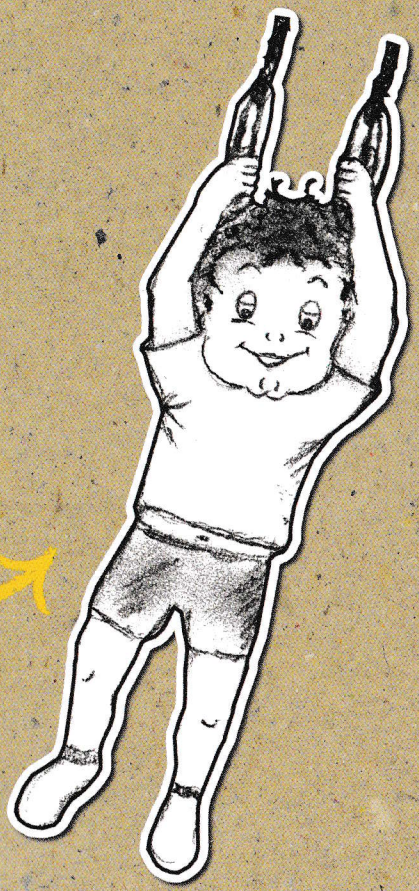
You might like to give hugs to people you know well, like people in your family.

Who do you like to give hugs to?



In gym class, Michael has fun
jumping,

Michael has fun
swinging,



But most of all Michael has
fun running through the
bubbles.



At the end of gym class Michael gives his teacher a **high five.**



Sometimes you might not want to give someone a cuddle or hug but you might want to give them a high five instead.

Who do you like to give "High Fives" to?

Michael likes to sit on the steps at the front of his house and watch his neighbours' cars go past.

Sometimes Michael's neighbour waves and Michael says "hello" and

waves back.



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It 's OK to say "hello" and wave to someone you know, like a neighbour.

Who do you like to say " hello" and wave to?

Michael is excited. Today he is going to the fair.
Michael enjoys bouncing in the

bouncy castle,



Michael enjoys

riding the ponies,





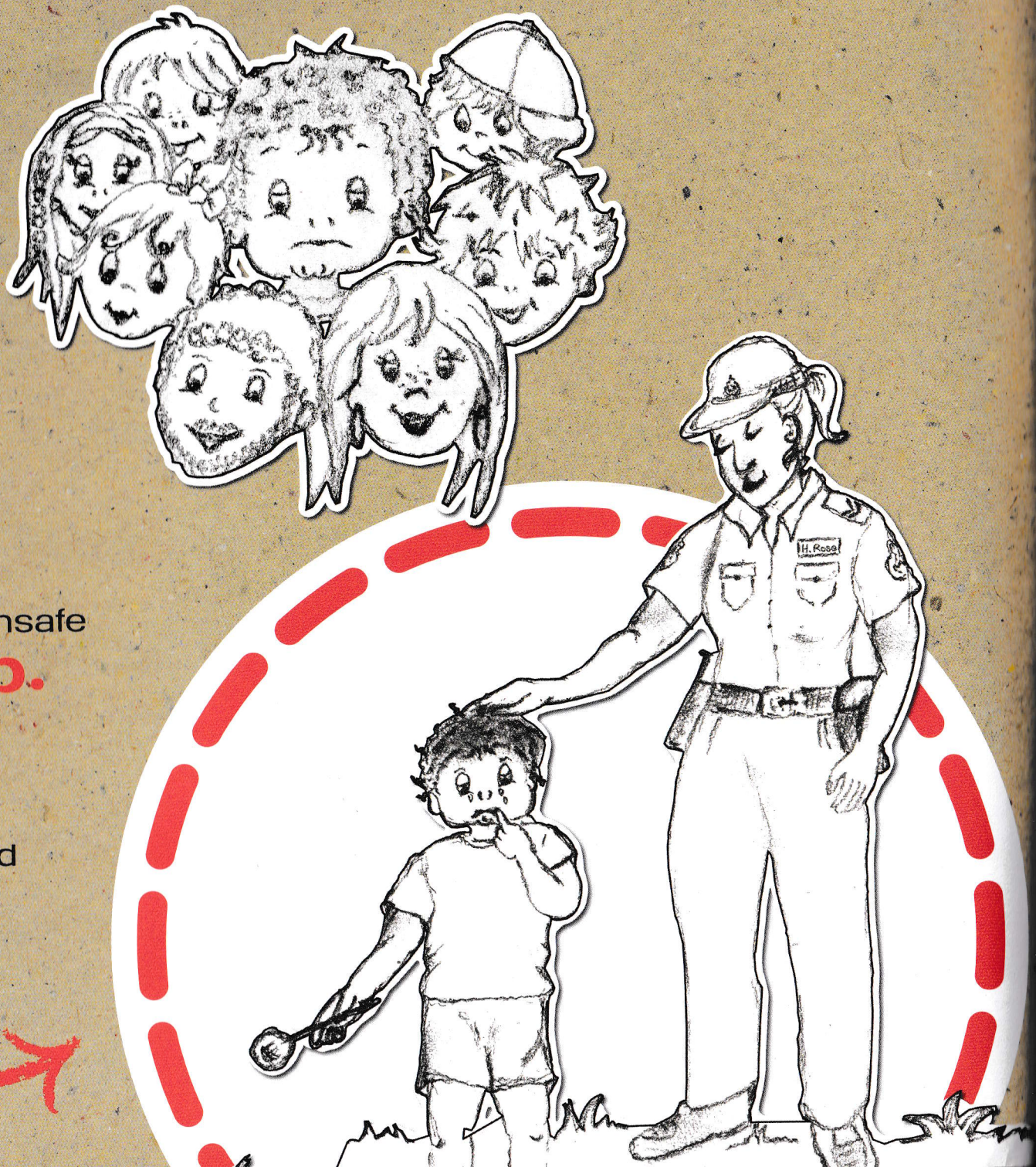
But most of all Michael enjoys making

enormous bubbles.

One time, Michael ran after the bubbles. Soon Michael could not see his **Mum!**

Michael felt scared.
Michael felt sad.
Michael felt like he had butterflies in his tummy.
He knew that he was feeling unsafe and he needed to find **help.**

Michael knew that if he needed to ask a stranger for help he should try and find someone wearing a **uniform.**



The police officer helped Michael find his Mum.

Michael felt

safe again.

The End



A stranger is someone who we haven't met before. Michael felt safe talking to the Police Officer who was wearing a uniform.

We don't usually kiss, cuddle, squeeze or hug someone we haven't met before and don't know.

Who could you ask for help if you were lost at the

Fair? Shops? Zoo?

Important Information about Keeping safe

Sometimes Michael likes to blow bubbles all by himself and he might not want to give Mum and Dad a cuddle or his Aunt and Uncle a hug, that's OK!

You are in charge of your own personal space.

You are the boss of your body.





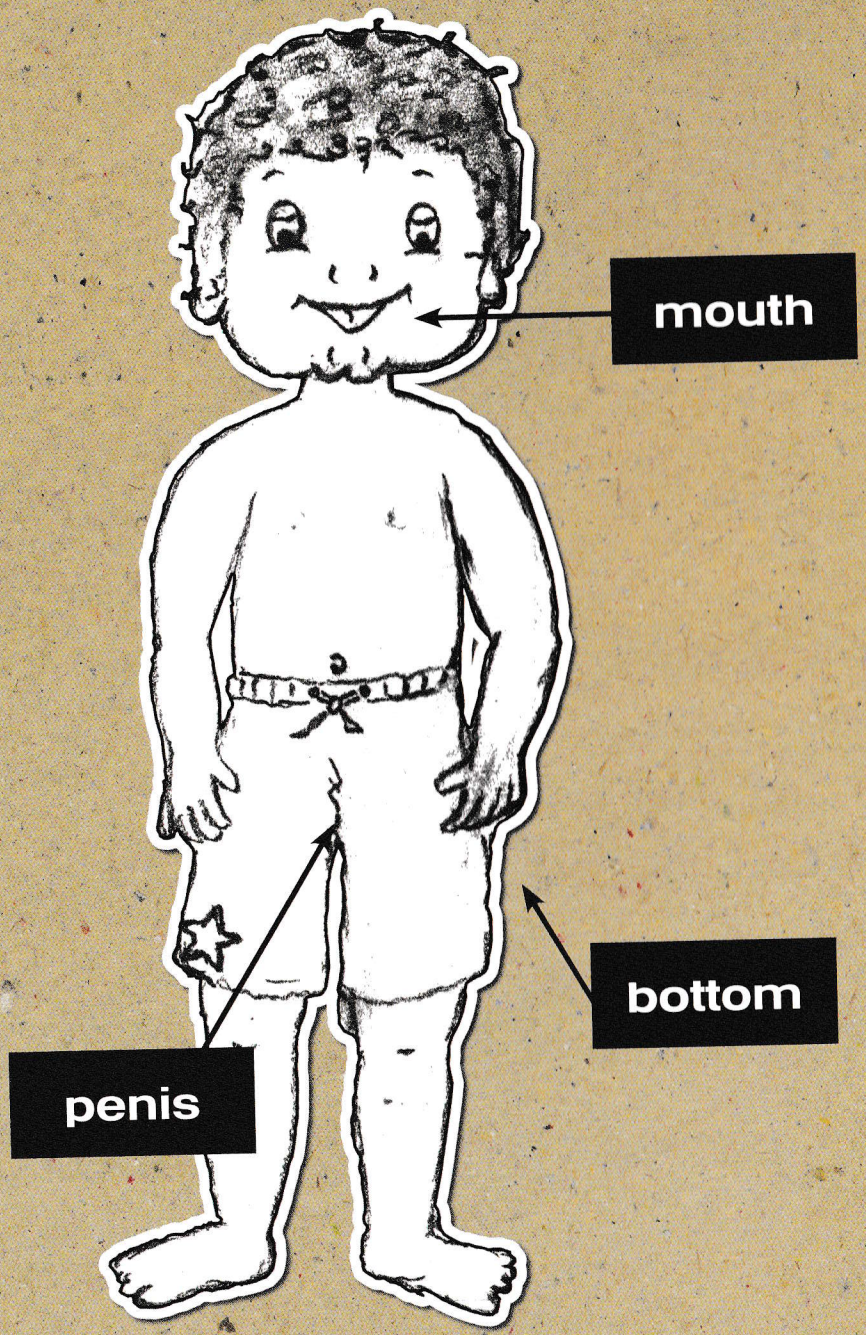
Michael's Mum taught him that he doesn't have to give people kisses, cuddles, squeezes or hugs if he doesn't want to.

Even if they are family or friends he can say

"No, thanks."

if he doesn't want a kiss, cuddle or hug.

We never have to keep secrets about kisses and touches. If we feel unsafe or uncomfortable about a touch we should tell an adult we trust.



"We all have the right to feel safe at all times."

Michael's Mum also taught him that

NO ONE

should **EVER** touch the private parts of his body.

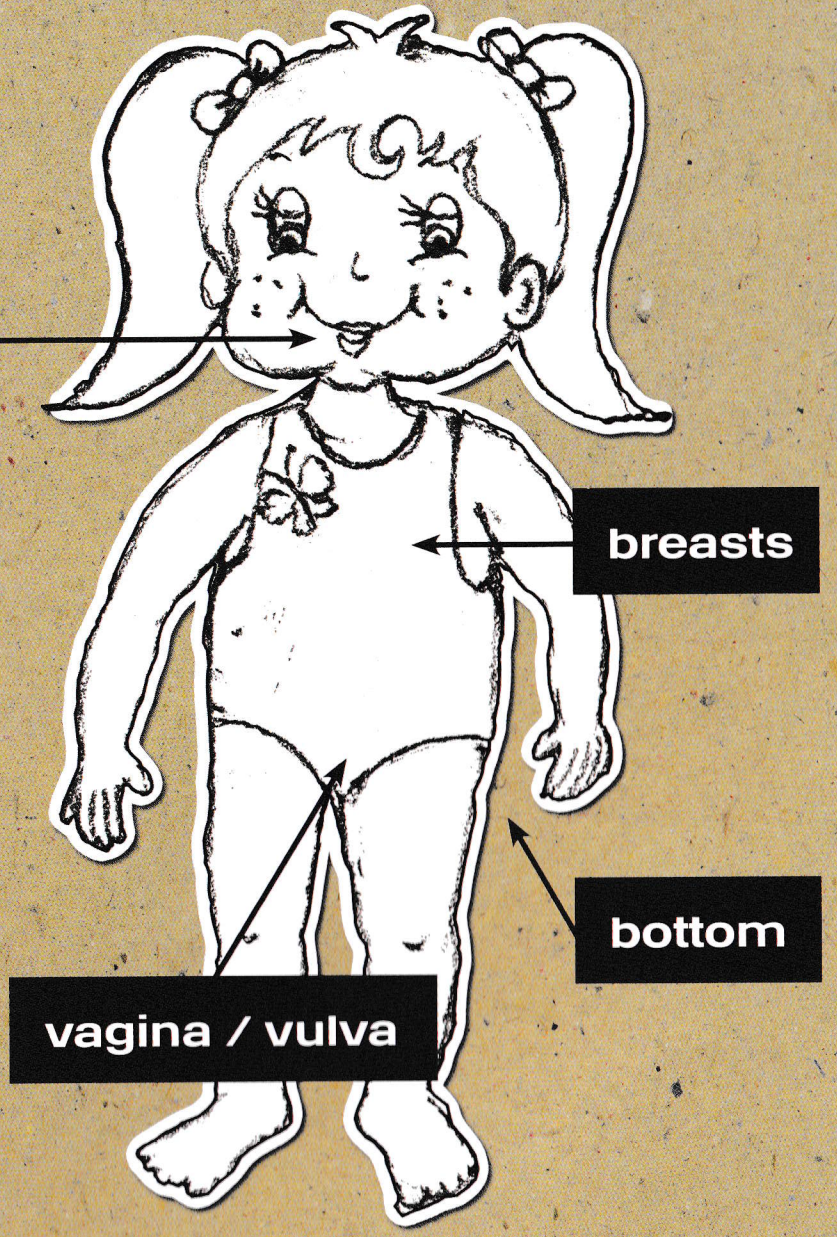
(Unless it is for a good reason like going to the doctor for a check-up and you are with an adult you trust.)

If anyone tries to touch the private parts of Michael's body, Michael can SHOUT

"NO!"

He can GO and TELL an adult that he trusts.

"We can talk with someone about anything no matter what it is."



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Do you know the correct names for the private parts of your body?

Michael's Personal Space Plan



Personal Space Bubble



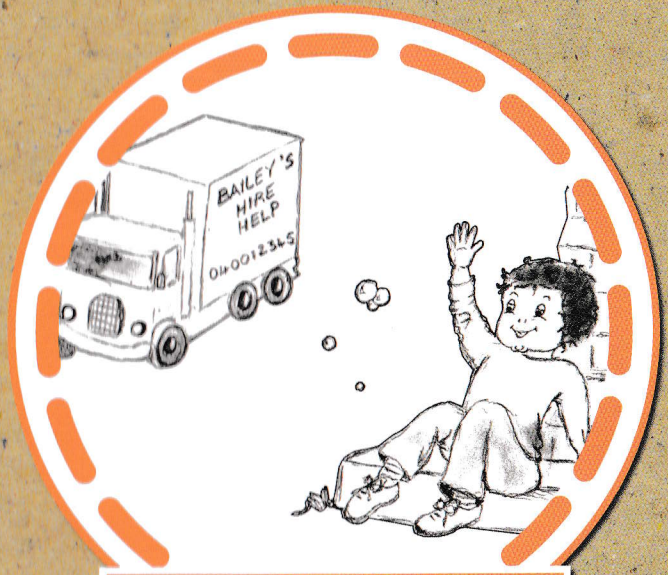
Kiss, Cuddle and Squeeze Bubble



Hug Bubble



High Five Bubble

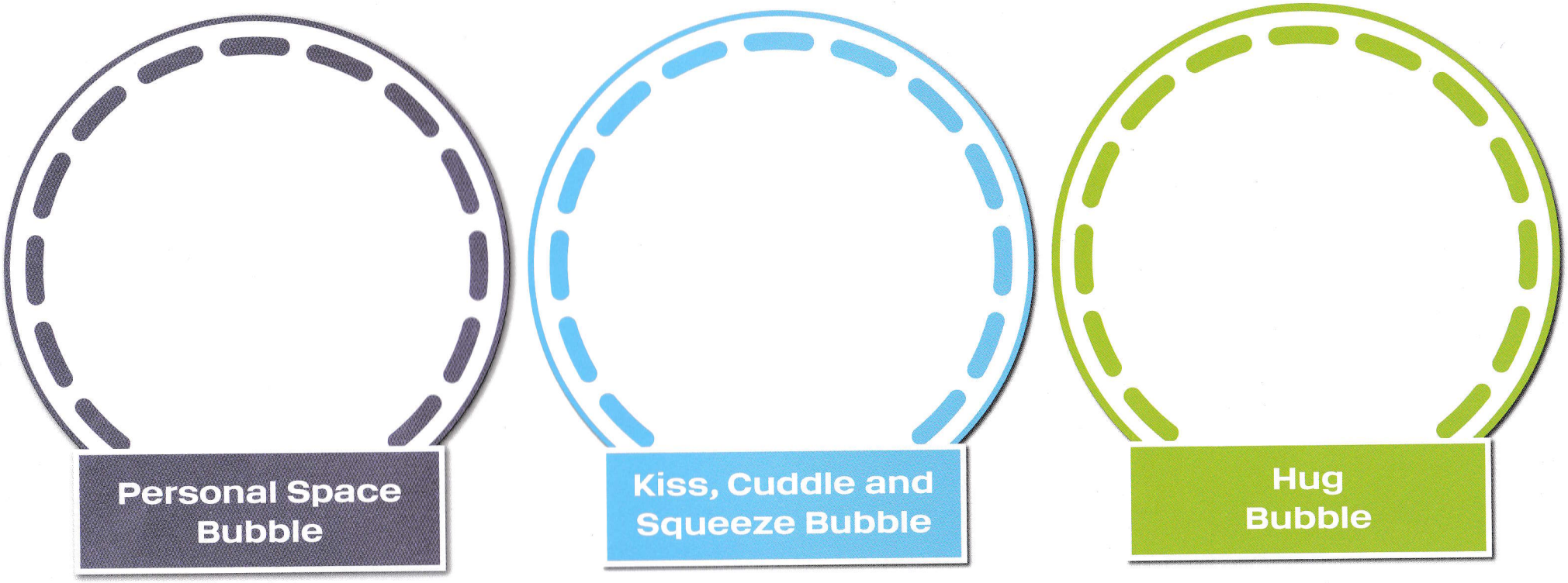


Say Hello and Wave Bubble

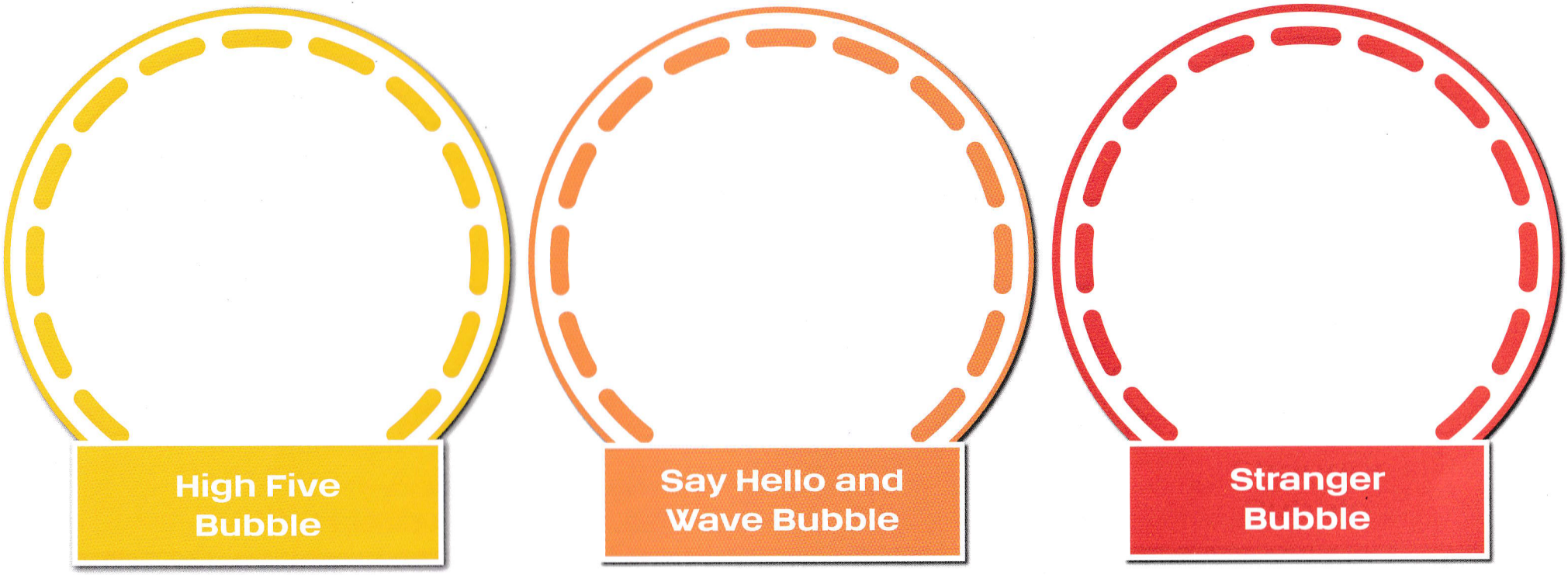


Stranger Bubble

Who is in your Personal Space Plan?



Make your own personal space plan. Draw a picture in each of the bubbles.



Remember I am in charge of **MY** personal space. I will respect **OTHER** people's personal space.

Parent, Carer and Teacher Guide to personal space and safe touching.

The Protective Behaviours Program teaches children that **"We all have the right to feel safe at all times"** and that **"We can talk with someone about anything, no matter what it is."**

The Personal Space Bubbles concept teaches children about social distance and the types of touch between different types of relationships. "Michael's Bubbles" can be used as a visual aid to help children understand how to respond appropriately and safely with a variety of people in different situations.

The closer the bubble is to Michael (or your child), the closer the relationship.

1. **Personal Bubble Space.** This is your personal and private space. No one should touch you unless you want to be touched. No one should EVER touch the private parts of your body (unless there is a really good reason like going to the doctor). You shouldn't ever touch someone else's private parts. We don't keep secrets about touching. If someone asks you to keep a secret about touching, tell an adult that you trust.

2. **Kiss, Cuddle and Squeeze Bubble.** Special people (like close family members or carers) who you love, are close to you and who you know really, really well can come into this bubble IF YOU WANT THEM TO. Any time you don't feel like a kiss, cuddle or squeeze, it is OK to say "NO, thanks" even if they are your Mum or Dad or Carer.

3. **Hug Bubble.** Extended family members and friends who you know well and like to be around can come into this bubble for a hug IF YOU WANT THEM TO. Any time you don't feel like a hug it's OK to say "NO, thanks", even if it is someone from your family or a friend.

4. **High Five Bubble.** You might know these people, but not as well as people in your hug bubble. They might be people that help you, like teachers and coaches. You might feel comfortable and safe to give them a high five, a side hug or a handshake. If you don't want them to touch you say, "NO, thanks" and move away.

5. **Wave Bubble.** You might know these people, but not as well as people in your hug bubble or high five bubble. They might be people like your neighbour or your postman. You might wave and say "Hello" to these people but you don't usually give them a hug or touch them.

6. **Stranger Bubble.** Strangers are people you have never met before. You wouldn't usually kiss, cuddle, squeeze or hug someone you have never met before. Sometimes you might need to ask a stranger in a uniform for help (like a police officer or shop assistant).

Remember : **"We all have the right to feel safe at all times."** If someone is giving you a touch that feels unsafe you can say **"NO, THANKS"** and move away.
If anyone tries to touch the private parts of your body you should shout **"NO"** and **GO** and **TELL** an adult that you trust because **"We can talk with someone about anything no matter what it is".**

Michael's Bubbles

A Protective Behaviours Story book about personal space.

Michael loves to ride his bike, catch a ball and play in the cubby, but most of all Michael loves to blow bubbles... and have cuddles with his Mum and Dad!

This delightful storybook about Michael can help children understand how to respond appropriately and safely with a variety of people in different situations.

"Michael's Bubbles" will provide opportunities to discuss the concept of personal space with your children.

This Book Includes a Personal Space Plan Activity Sheet.

Meet
Justine & Son, Michael



Justine O' Malley (BA Education) is a child safety advocate who has worked in the field of child protection for the past 14 years. She specialises in the area of early childhood and is the author of the well-loved children's book 'Jasmine's Butterflies'.