



It's OK to Say **No!**

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Art Work by Rock Hartfield

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It's OK to Say No Workbook Program

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Produced by Go Fish Ministries, Inc.

To the Parent or other appropriate adult: This is a book to be read by adults and children and discussed with children about circumstances in which it may be appropriate for them to say no to someone or something that may be dangerous to themselves or others, such as inappropriate words, touches, or other harmful actions. It can be used with homeschoolers, and children's groups such as AWANA, Scouts, Sunday School, Boys and Girls Clubs, etc. It was primarily written for ages 5 - 13, but it may be appropriate for even younger ages, as long as anything unclear to the child is adequately explained. Older children may use it workbook style and write their answers, which should be reviewed by an available and knowledgeable adult. The primary program goal is to make children aware that there are some circumstances when it is appropriate for them to say **no** to protect themselves from those who would harm them. It's secondary goal is to give parents, group leaders, or other adults and children an avenue for communication about these kinds of circumstances. It may open up a child to the idea of telling someone if something has already happened that was inappropriate or harmful to him or her. It may give parents and others an opening for a conversation to address a subject if they suspect a child may have experienced an unpleasant event. We sincerely hope that the workbook will be beneficial in improving the awareness and prevention of childhood sexual abuse and other abuses, both in children and adults. We also hope that any disclosure resulting from this program will be met with a supportive parent or other caring adult, who will love and guide the child through a beneficial healing process. In the event of a disclosure of abuse by a child, it must be reported to the appropriate authorities: the National Child Abuse Hotline is 1-800-252-2873, 1-800-25ABUSE. Group leaders must have parental permission to use this program with their group. Go Fish Ministries, Inc. will not be held responsible for any adverse events related to the use or abuse of this material.

My child may participate in this Go Fish Ministries, Inc. It's OK to Say No Workbook child safety program.

Parent Signature _____

Sometimes it's OK
to say NO!

And sometimes it's not!

Can you think of some times when
it's ok to say no? _____

Can you think of some times when
it's not ok to say no? _____

Most of the time it's not OK to say No when someone asks you to do something helpful to you or to someone else.

What might someone ask you to do that would be helpful and that you should probably say OK to?

For example, it's not OK
to say No when
someone asks you to
clean up after yourself.

Draw a picture of yourself cleaning
up.

It's not OK to say No when someone asks you to wait your turn or to wait till it's your turn to speak, unless it's really important that you interrupt.

When would it be wrong to interrupt someone? _____

When would it be OK to interrupt?

It is **OK** to say **No** when someone asks you to do something hurtful to you or to someone else.

What might someone ask you to do that might be hurtful to you or someone else and that you should say **no** to? _____

On the next page draw a picture of someone trying to get you to do something wrong or hurtful.

Some examples are: A stranger trying to get you to go away with them, or someone asking or daring you to do something wrong for yourself or to someone else like removing your clothes, hitting or making fun of someone, or talking ugly about someone, etc.

Name _____

Draw Your Picture Here.

It is **OK** to say **No** when someone asks you to do something that is dangerous.

What kinds of things might someone ask you to do that is clearly dangerous and that you should say **no** to? _____

Some examples are: going somewhere with a stranger, playing dangerously, or taking dares, removing your clothing, smoking, drinking alcohol, taking drugs.

Draw a picture of someone trying to get you to do something dangerous.

It is OK to say No when someone asks you to hurt someone else.

What might someone ask you to do that might hurt someone else? _____

(Some examples are: hitting, kicking, pinching, pushing, cutting, stealing from, or other touches or actions that would hurt someone)

It is **OK** to say **No** when someone asks you to do something that would hurt someone else's feelings.

What might someone ask you to do that would hurt someone's feelings? _____

(Some examples are: making fun of someone or teasing them in other ways, name calling, or other words or actions that would make someone feel bad)

Have your feelings ever been hurt? Yes _____ No _____
Draw a picture of a time when your feelings were hurt.

Sometimes someone may ask you to keep a secret about something.

What kinds of things might someone ask you to keep a good secret about? _____

(Some examples are: a surprise, a birthday party, or a present)

What kinds of things might someone ask you to keep a bad secret about? _____

(Some examples are: doing something they were not supposed to do, stealing something, touching you wrongly)

Draw a picture about a good or bad secret.

If someone asks you to keep a bad secret, it is OK to say No or even to say OK to get away (lie if you have to) if you are afraid. As soon as you get away, then go tell someone you trust what they did.

What else could you say to get away from someone trying to hurt you? _____

It is **OK** to say **No** when someone asks you not to talk about something that hurts you or someone else.

Has anyone ever told you to keep a secret about something harmful to your self or to someone else? Yes _____ No _____

Can you write a story or draw a picture about it now?

It is **OK** to say **No** when someone asks you to show them or let them touch your private body parts or asks you to touch theirs.

Sometimes it might be **OK** to let someone see or touch you unclothed. If you are very young, a parent, a doctor, or a teacher may need to do this to help you get cleaned up, or if you are sick or hurt at any age.

Has anyone ever touched your private body parts wrongly or asked you to do anything else like this? Yes _____ No _____

If you answered yes, can you write or draw an example of a time like this?

Always tell a person **no** that tries to touch you in a way that makes you feel bad. Even if the person stops, you should always tell someone who you trust and who believes you, whenever you or someone else has been hurt or someone has tried to hurt you or a friend. If someone is touching your private body parts or if someone has told you they are going to do something bad to you or to someone else if you tell on them, you need to tell someone anyway. If the first person you tell doesn't believe you or doesn't **stop** you from being hurt, keep on telling until someone believes you and helps you.

So, little children, let no one lie to you: only the ones that truly do good are good, even as Jesus is good. You are of God, little children, and have overcome those who lie, because greater is the One who is in you, than the evil one that is in the world. So let us love, not just with the words we say, my little children, but let us truly love others by the things we do.

My little children, I write these things to you, so you won't sin as they do. But if any one of you do sin, you know that we have a helper with our Savior, Jesus Christ, the One who is truly good. I write to you, little children, because your sins are forgiven for Christ's name's sake. And now, little children, keep believing in Jesus; that when Christ shall appear again, we may have faith, and not be ashamed when we stand before our Savior God.

The End

☺ Certificate of Completion ☺

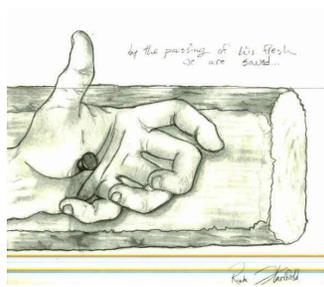
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It's **OK** to Say **No!**

† Workbook and Program Goals †

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For Salvation in Christ (Authors Paraphrases)

God loved the world so much and gave the only true One from God so that whoever believes in Jesus will not be lost but be saved. **John 3:16**

Do not be ashamed of the gospel of Christ: for it is the power of God to bring Salvation to every one who believes . . . **Romans 1:16**

If you admit that Jesus is your Savior and confess it with your mouth, and believe that God raised Jesus from the dead in your heart, you shall be saved. **Romans 10:9**

About the Author

Sis. Kimberly Marie Hartfield, B.S, M.S. is Christian Counselor and an ordained minister in the Evangelical faith, and a mom of eight children and two grandchildren. A graduate of William Carey College in Hattiesburg, MS., she has studied mostly in the areas of Psychology and Religion, and has received a Master of Science Degree in Counseling Psychology with a concentration in Christian Counseling. Her desire is to give of her abilities to the work of Jesus Christ. Kim has felt the healing hand of God in her own life, which has been a struggle to overcome the abuses she herself has experienced, and those of her daughter. Through God's merciful forgiveness of her own sins and the grace God has given her to forgive those who have been hurtful to her, she has overcome many of these difficulties. She claims II Corinthians 3 & 4 as her calling, which states: *"Blessed be God, the One our Savior Jesus Christ is from, the God of mercies, and the God of all comfort; who comforts us in all our troubles, that we may be able to comfort those who are in any trouble, by the comfort we ourselves have been comforted of God."* As she herself has received the gift of God's healing, Kimberly desires to bring peace to others with God's message of hope. Kim's love for the Lord and her love for writing has led her to write about this subject, and other commonly experienced issues of today with a tender compassion and understanding for God's hurting children.

Is Your Child SAD? (Sexually Abused Dependent)

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Sexual abuse of a child is any inappropriate exposing of a child to any sexual purpose by anyone who has influence on the child, without concern for the child's well-being. Young children need to be aware of the difference between *good* and *bad touching*. Hugs and kisses are fine if they want them, but they should be told they don't have to do *everything* an adult or another child tells them to do if they are trying to get them to do something that makes them feel "*funny*" or strange. They can say "*no*" to any touching or behavior that makes them feel uncomfortable; and should tell a trusted adult *as soon as possible* if something like this happens.

A child should never be forced or coerced against their will into sexual activities by anyone. When they say **no**, then their no should be respected. If they are abused or assaulted in any way, the abuser has committed **a crime** and should be turned over to the proper authorities (police). The first step in recovery is for the victim to understand that the abuser betrayed her (or him) and to **tell the secret** to a trusted adult. When the parents of victims, or the victims themselves keep the secret, it makes it possible for the abuser to repeat the crime against them or others. In order to stop the abusive behavior, victims and their parents must be willing to speak out and reveal the identity of the abuser to someone they trust in authority.

Children also need to understand that sexual abuse or assault is not always carried out by a stranger or by an adult. Sometimes **family members, close friends of the family, step parents, babysitters, and other children** close to the same age, can be sexually abusive. Sometimes it's those we should be able to trust the most who are abusive. Whether they are at home or at a *spend-the-night*, they should always be properly supervised to ensure safety. They should be told to never go into a room alone with someone, or secretly go away from those who are responsible for them.

Sexual abuse is a violation of trust, especially when the abuser is known to the victim. Sometimes when children are sexually abused by someone they know, the abuse may happen more than once. Other times the abuse may occur only once, such as a sexual assault (rape). Sometimes it may happen to young girls while going out with someone (date rape). If they are being abused, they need to know that they must tell someone they trust. A child can go to a **parent, teacher, doctor, pastor, youth director, Sunday School teacher**, or any other adult that they trust. A child should know as well that even though they can usually trust these people, sometimes even these adults, may be abusers. Just because someone is in a position of authority does not mean he or she can not be an abuser. If that is the case, then they need to find someone else who will listen and believe what they are telling them.

Abused children often do not trust anyone, which stops them from telling anyone about the abuse, sometimes for several years. The secret nature of childhood sexual abuse or a violent sexual assault is often the very thing that helps the abuse or assaults to continue. When anything is done in secret, children sometimes believe it is something they may get in trouble for themselves, and so they instinctively **keep the secret**. They often experience guilt and shame where there should be none, believing it was something that they did, too. The victim almost always feels that "*I'm different,*" "*Something's wrong with me,*" or that the abuse is somehow "*my fault.*" If a child becomes a victim, please understand that the abuse may continue and they will likely never completely heal if they continue to keep the abuse a secret. Because sexually abused children sometimes feel they can't tell any one, they often "forget" the abuse, withdrawing from a conscious awareness of it. The abuse may be vaguely remembered by the victim, but certain experiences may trigger very unpleasant feelings and snapshot memories of the abusive situation. Sexual abuse is not something a child can face alone and be completely healthy mentally. Even if they have good parental, community, and spiritual resources, if they keep the abuse to themselves, then they may still have difficulty relating to others in a healthy way.

Telling the secret is the most important part of a victim's healing process. The Bible tells us that "*the truth will set us free.*" Once the victim shares her story with someone she trusts, then that person can see to it that she gets help and that the abuser is not in a position to hurt that victim or others. Responses to an account of childhood sexual abuse will vary depending on who the abuser is and who the victim tells. The hoped for response is one of understanding and support, but victims need to understand that this does not always occur. The shock sometimes causes people to respond in inappropriate ways. Some people simply may not believe their story if it is someone close to them. Even if they believe the abuse happened, some may tell the child to "*keep the secret*" if it is someone in or close to the family. Some responses will make light of the abuse as child's play or sexual exploration if the abuser is not of adult age. Children who are exposed to pornography or sexual abuse themselves, often repeat the behaviors they see with other children. Another response is to blame the victim for being unacceptably dressed or behaving inappropriately. Victims should understand that it is not any fault of their own. If they are a victim and someone tells them not to tell anyone or tries to place blame on them, then they need to keep going to someone else until somebody listens. Even if it has been several years, they should seek help in dealing with any issues they may still be facing. A child should never stay in the abusive situation or remain in close contact with the abuser. Victims can find healing; but this usually happens only after several years in safe conditions.

Many victims display an outwardly happy-go-lucky character, while others display clear signals of distress. Those who know a victim should not assume that they are "*over it*", just because the victim appears to be moving on with her life. Most victims feel *sexual guilt*, though they are not responsible for the actions of the abuser. With sexuality being an important part of the whole person, abuse or assault affects one's total self-concept. The victim often develops upsetting *emotions, beliefs, and conduct*. The effects of sexual abuse or assault include *low self-esteem, unexplained fear* of certain people and places, *anger, delinquent acting out, depression, suicidal behaviors, promiscuous sexual behavior, sexual disorders, substance or alcohol abuse, eating disorders, and difficulty in close relationships*. These may accompany feelings of *mistrust, indifference, and/or hatred*. If your child is a victim and they are experiencing any of these symptoms, you should seek help for them immediately.

If you or someone you love are a ***sexually abused dependent*** of an abusive parent, step parent, or other relative, then you need to immediately seek help. You can contact any rape crisis center listed in the local telephone directory, or tell someone you trust to help you out of the abusive situation. You may also email **Go Fish Ministries**, at christiancounselor@jesuslovesu2.every1.net to talk to Sis. Kimberly Hartfield, who is a Christian Counselor and ordained minister. Also you may see our website at <http://gofishministries.wordpress.com/>. The National Child Abuse hotline is 1-800-252-2873, 1-800-25ABUSE.



Go Fish Ministries, Inc.

Jesus said: Follow me and I will make you fish for the souls of others. Matthew 4:19

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