

HANDOUT 1.4 BEING THE BOSS OF MY OWN BODY MEANS...

YOUNG DEADLY FREE

Being the boss of my own body means...



Feeling confident
to say yes or no
to things

Having the knowledge and
skills to make decisions I
feel good about



Being able to find help
and ask for help when
I need it

Being able to
communicate my wants
and needs to others and
feeling safe to do so

