



THE CLACKAMAS COUNTY SHERIFF'S OFFICE PRESENTS



**MIK & NERO** IN...



# **THE BUBBLE BOOK**

**A COLORING BOOK AND GUIDE TO HELPING PROTECT  
CHILDREN AND THEIR PERSONAL SPACE**

# DEAR GROWN-UP,

**W**e created this coloring book to help you take an active role in teaching your child about personal space and “body ownership” — the idea that your child’s body belongs to them, and them alone. He or she has rights, including the right to tell other children or adults, “No, thank you, I don’t want a hug.”

Good personal boundaries make children less susceptible to sexual abuse and more likely to report boundary violations. Here are a few simple things you can do to help keep your child safe:

**Honor children’s personal space and privacy.** Be a good role model by knocking before entering their bedroom or bathroom. Let them know that you respect their right to use the bathroom or dress in private. Whenever possible, ask for permission before entering their personal space or when taking care of their bodies. When you ask for permission, you let your child know that their body belongs only to them.

**Teach children correct names for their private body parts and teach safe and unsafe touches.** Teach your child that their private body parts have correct names and that we keep private body parts covered because they are special. Teach your child that their body belongs only to them and that it is not okay for another kid or a grown-up to touch their body — especially their pri-



vate body parts — in a way that they do not want or in a way that makes them feel uncomfortable. Explain that this kind of touching is unsafe and pops their personal space bubble. Tell your child that sometimes older kids or grown-ups help children stay clean — like when the child needs help washing their hair. Also, sometimes older kids or grown-ups help children stay healthy — like when the child goes to the doctor when their body is sick. Explain that this kind of touching is safe and does *not* pop their personal space bubble — as long as it is not a secret from their safe grown-ups.

**Teach that it is okay to say “no.”** Teach children that they do not always have to accept a kiss, a hug, or other type of touch if it makes them

uncomfortable. If a child is always told to “just obey,” this can actually make him/her more vulnerable to abuse. Role-play asking for a hug and have your child practice saying “no.” Respect your child when she/he says “no.” It is important for children to learn that they have rights when it comes to their own body.

**Encourage your child to report any boundary violations.** Teach your child to tell a safe grown-up if someone pops or tries to pop their personal space bubble. Tell your child that she/he will not be in trouble for telling. Assist your child in identifying safe grown-ups in a number of settings.



**Children’s Center**

A place where healing begins

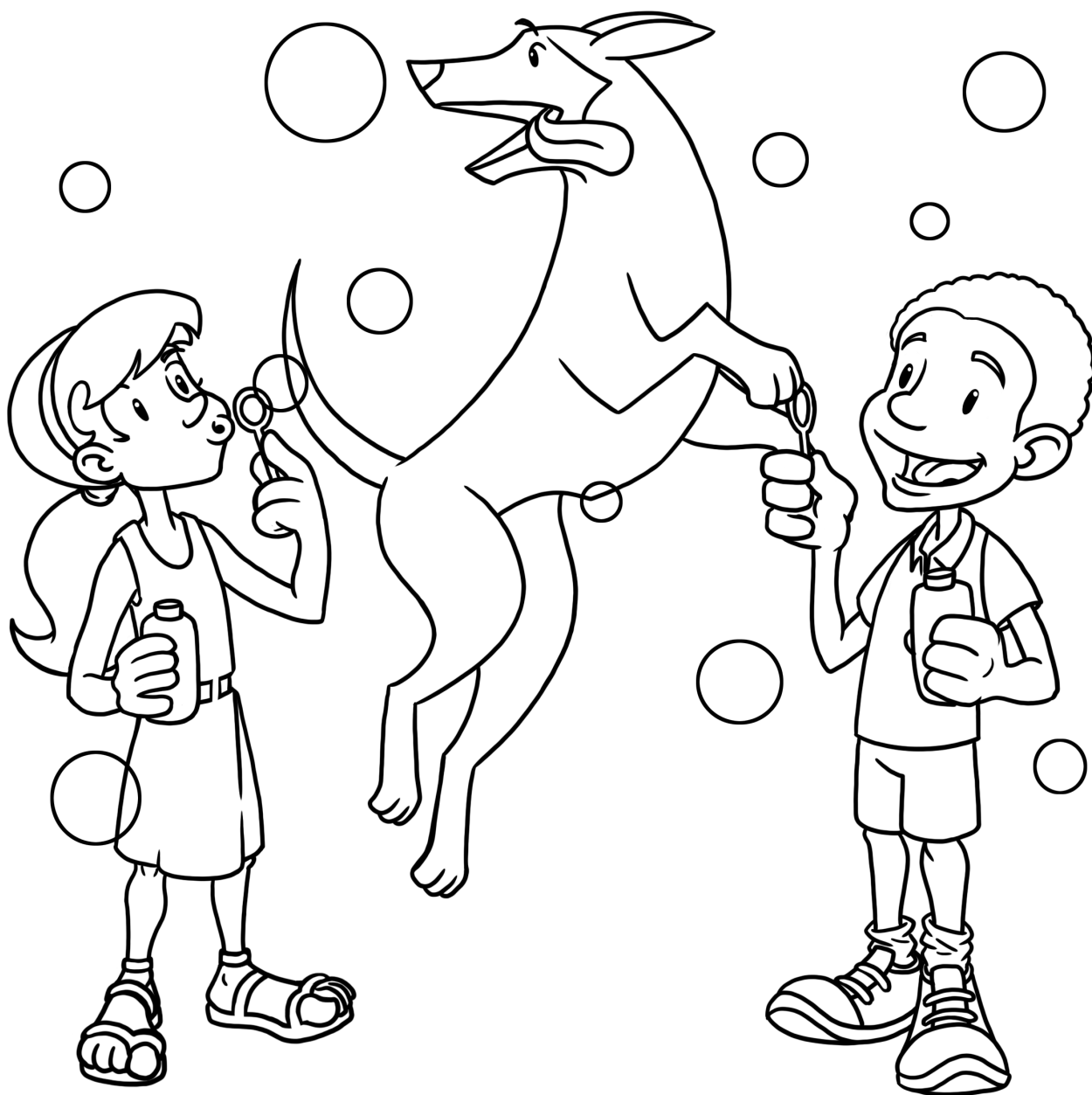
[www.childrenscenter.cc](http://www.childrenscenter.cc)

This book was produced with substantial support from staff at **The Children’s Center**. They provided valuable insights based on their ongoing support of children and families when there are concerns of child abuse.

The Children’s Center provides medical assessments and forensic interviews, as well as family support, so that healing can begin.

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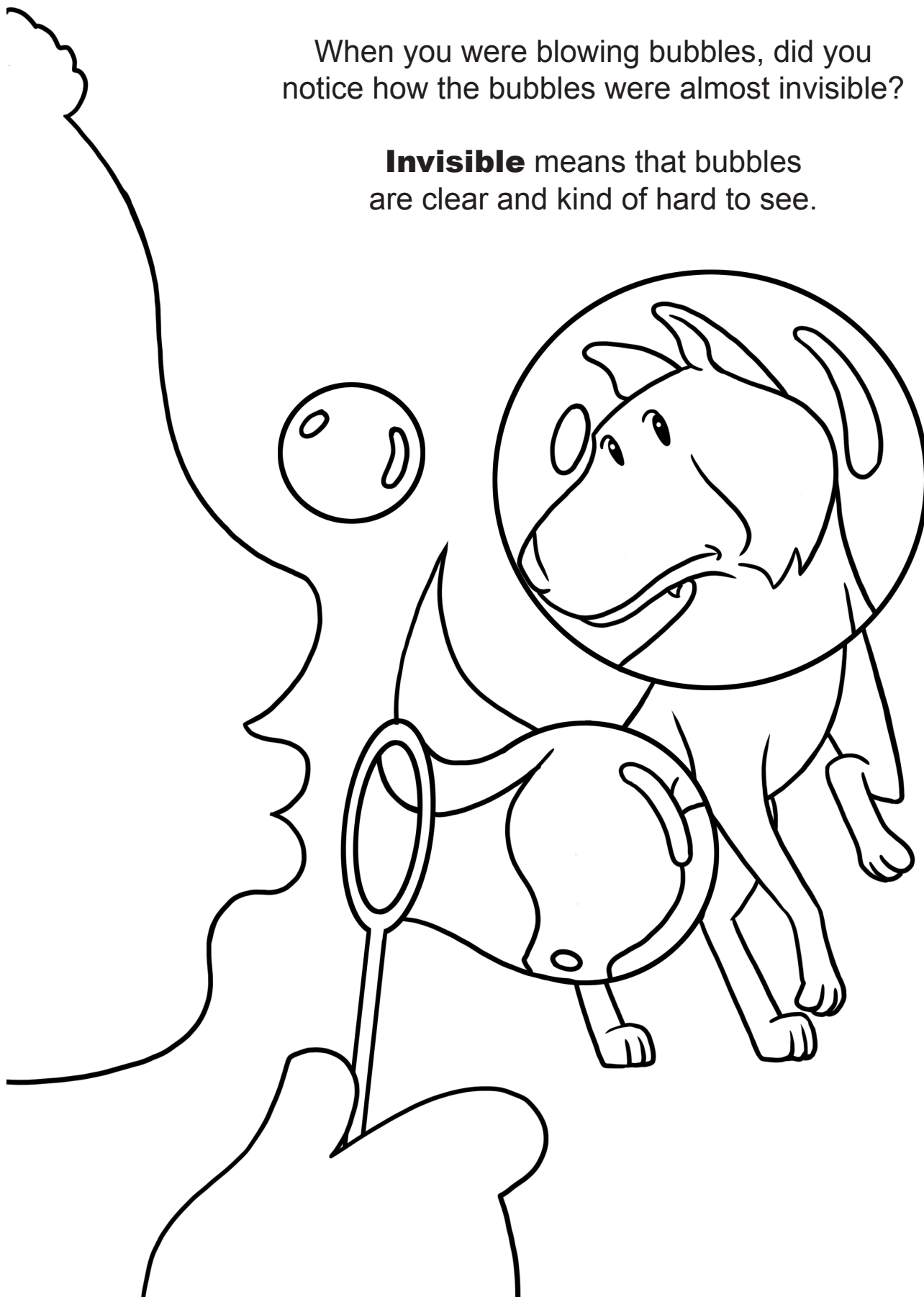
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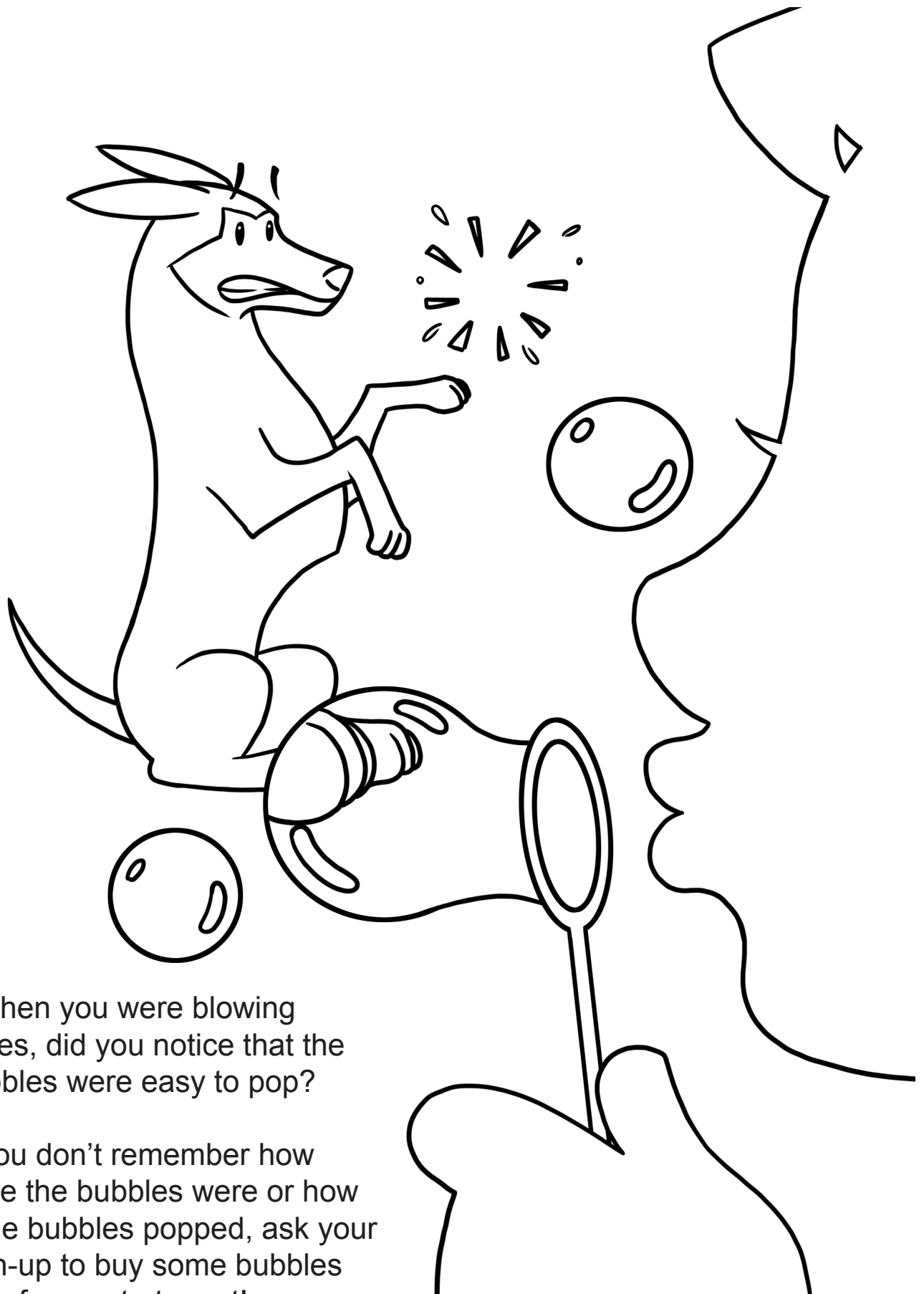
**HAVE YOU EVER  
HAD FUN BLOWING  
BUBBLES?**

When you were blowing bubbles, did you notice how the bubbles were almost invisible?

**Invisible** means that bubbles are clear and kind of hard to see.

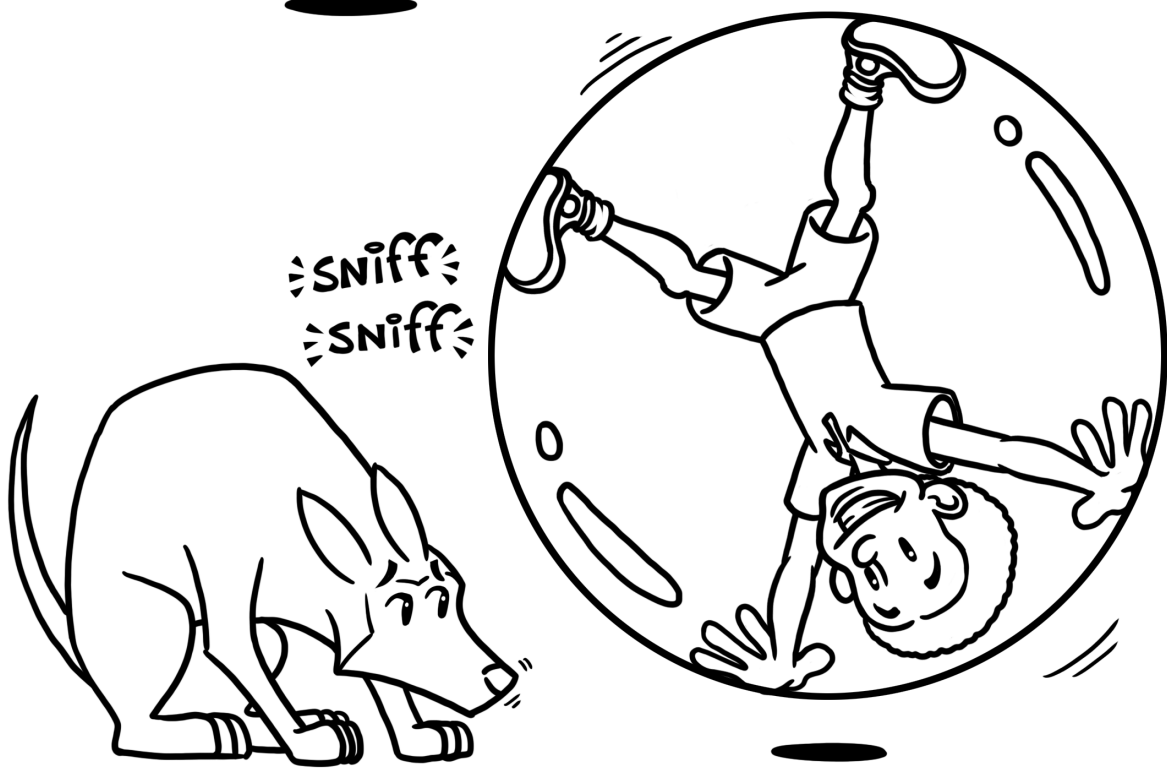
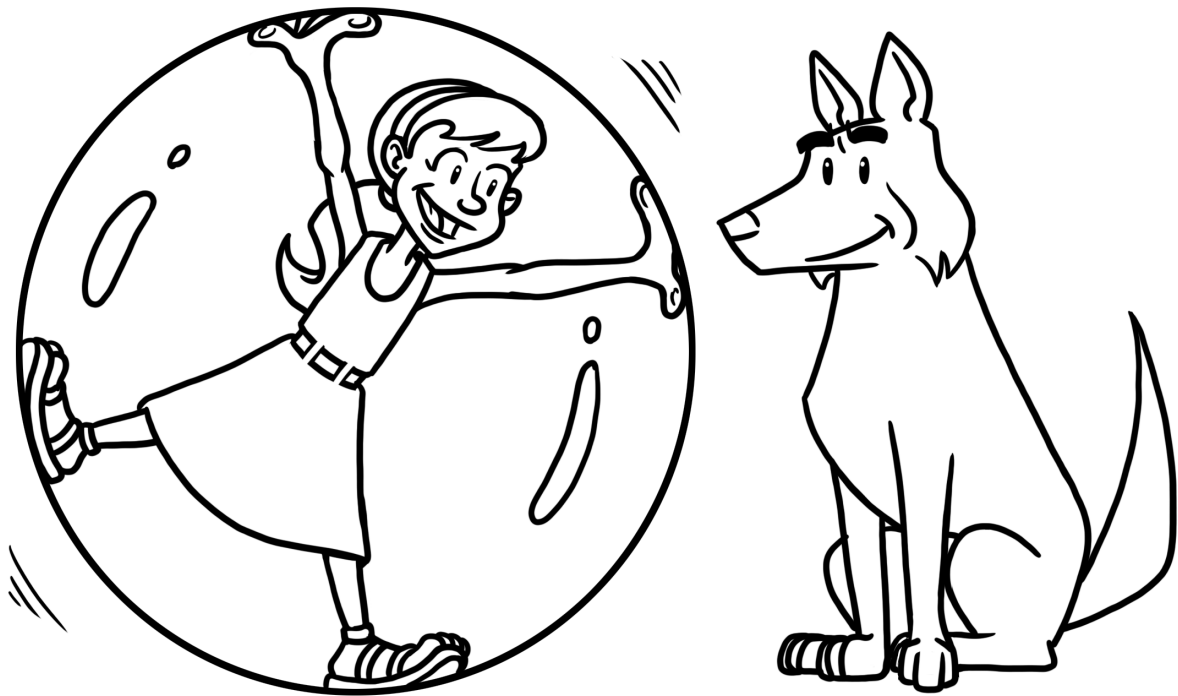




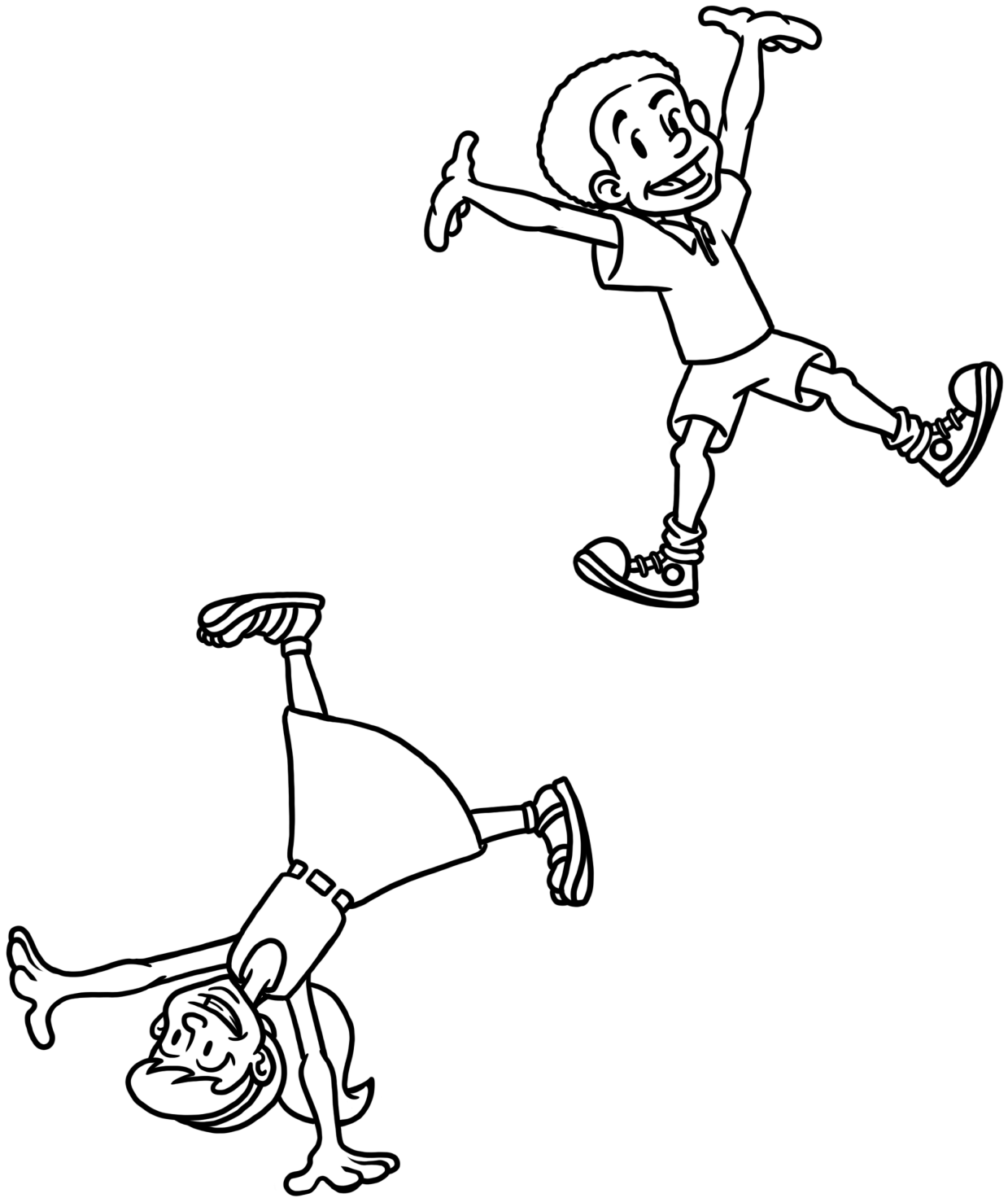


When you were blowing bubbles, did you notice that the bubbles were easy to pop?

If you don't remember how invisible the bubbles were or how easily the bubbles popped, ask your grown-up to buy some bubbles for you to try out!



Every person has an **invisible bubble** around them. Stand up now and put your hand out in front of you. Keeping your hand out, spin around in a circle to find out where your invisible bubble is. If you're reading this with a grown-up, ask your grown-up to show you their invisible bubble.



Your invisible bubble is also called your **personal space bubble**. Your personal space bubble — along with your body — belongs only to **you**.

Draw bubbles for the kids on this page.



You have a right for your personal space bubble — and your body — to stay **safe**. It's not okay for another kid or a grown-up to pop your personal space bubble, **because that's not safe.**

There are two kinds  
of touches:

**safe** touches and  
**unsafe** touches.



**Safe touches are okay.** Safe touches do not pop your personal space bubble. A safe touch is like when your teacher pats you on the shoulder to let you know that you're doing a good job at school. Can you name some other safe touches?





**Unsafe touches are not okay.** Unsafe touches can hurt and pop your personal space bubble. Unsafe touches are when another kid or a grown-up hits you, hurts you, or touches your body in a way that you don't like or just doesn't feel okay. Unsafe touches are **NEVER** your fault.

Can you name some other unsafe touches?



Some kids and grown-ups may not care about your personal space bubble.

If anyone — *even someone you know and love* — pops your personal space bubble by hitting you, hurting you or touching your body in a way that you don't like or just doesn't feel okay, you have the right to say **"No!"**



If another kid or a grown-up pops your personal space bubble, or tries to pop it,  
**tell a safe grown-up.**



**If that grown-up doesn't listen to you,  
tell another safe grown-up!**

If you ever have questions about your personal space bubble or about safe and unsafe touches, ask your safe grown-ups.

Write the names of your safe grown-ups below.



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# MIK & NERO'S TEACHING MOMENT!



YOU CAN LEARN  
MORE ABOUT CHILD  
ABUSE PREVENTION  
ON THE WEB!

The Children's Center  
[www.ChildrensCenter.cc](http://www.ChildrensCenter.cc)

Learn about evidence-based  
sexual-abuse prevention at  
[www.DarknessToLight.org](http://www.DarknessToLight.org)

Learn how kids and adults  
can protect children at  
[www.RadKids.org](http://www.RadKids.org)

**Child Abuse Hotline  
for Clackamas County**  
971-673-7112

**Oregon Child  
Abuse Hotline**  
1-855-503-SAFE (7233)

IF YOU SUSPECT  
CHILD ABUSE OR  
HAVE QUESTIONS,  
CALL THESE  
PHONE NUMBERS!



**Mik and Nero** served as real-life K9 deputies at the Clackamas County Sheriff's Office in Oregon. Their cartoon personas have become the office's ambassadors to children throughout the region and beyond. In a series of comics and coloring books, the pair deals with topics such as: pedestrian and traffic safety, drug abuse, underage drinking and more.

Learn more about Mik and Nero — and find more comics and activity books — at  
[www.clackamas.us/sheriff/kids](http://www.clackamas.us/sheriff/kids)



**The Clackamas County Sheriff's Office is raising awareness in the community about child abuse — reminding everyone that “It’s OK to tell.”**

**This coloring book helps responsible adults teach children that each of us has a personal space “bubble” that helps keep us safe. Children learn that their personal space, and their bodies, belong to them — and what they should do if someone violates their safe “bubble.”**



**CLACKAMAS COUNTY**  
**SHERIFF**

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