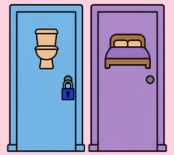
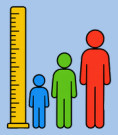
mom 	aide 	nurse 	dad 	doctor 	teacher 	yes 	no 
my voice cracks 	don't touch me 	what's happening 	someone touched me 	tell someone I trust 	ask before you touch me 	I need privacy 	private things in private places 
I need a break 	I can do it myself 	I'm okay 	my body is private 	thank you 	my voice is changing 	that's not okay 	my body is changing 
my clothes don't fit 	someone hurt me 	is this normal 	leave me alone 	I have a question 	happy 	tired 	hungry 
growing taller 	sore 	uncomfortable 	moody 	itchy 	soap 	hair on my face 	towel 
sweat	shaving cream	private parts	dirty clothes	wet dream	shampoo	help	stop