

# COSMO TRUSTS HIS INSTINCTS



CANADIAN CENTRE *for* CHILD PROTECTION®  
*Helping families. Protecting children.*



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The **Canadian Centre for Child Protection Inc.** (Canadian Centre) is a national charity dedicated to the personal safety of all children. It offers a number of programs, services and resources for Canadians to help them protect children and reduce their risk of victimization. For more information on the Canadian Centre, visit [www.protectchildren.ca](http://www.protectchildren.ca)

“**Cosmo**” is a character created by the Canadian Centre for Child Protection, and “**Cosmo Trusts His Instincts**” is one of a series of books that has been designed to complement the 7 Root Safety Strategies from the **Kids in the Know** program.

“Cosmo Trusts His Instincts” corresponds with the “Trust Your Instincts” root safety strategy.

“**Kids in the Know**” (KIK) is a national safety education program designed to empower children and reduce their risk of victimization online and offline. It focuses on building self-esteem through teaching critical problem-solving skills. The program uses an inclusive, community-based approach to heighten safety awareness. The core premise of the program is based on the 7 Root Safety Strategies, which are reinforced and practiced throughout each grade level.

For more information on the “**Kids in the Know**” safety program, visit [kidsintheknow.ca](http://kidsintheknow.ca)

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**kids in the know**®

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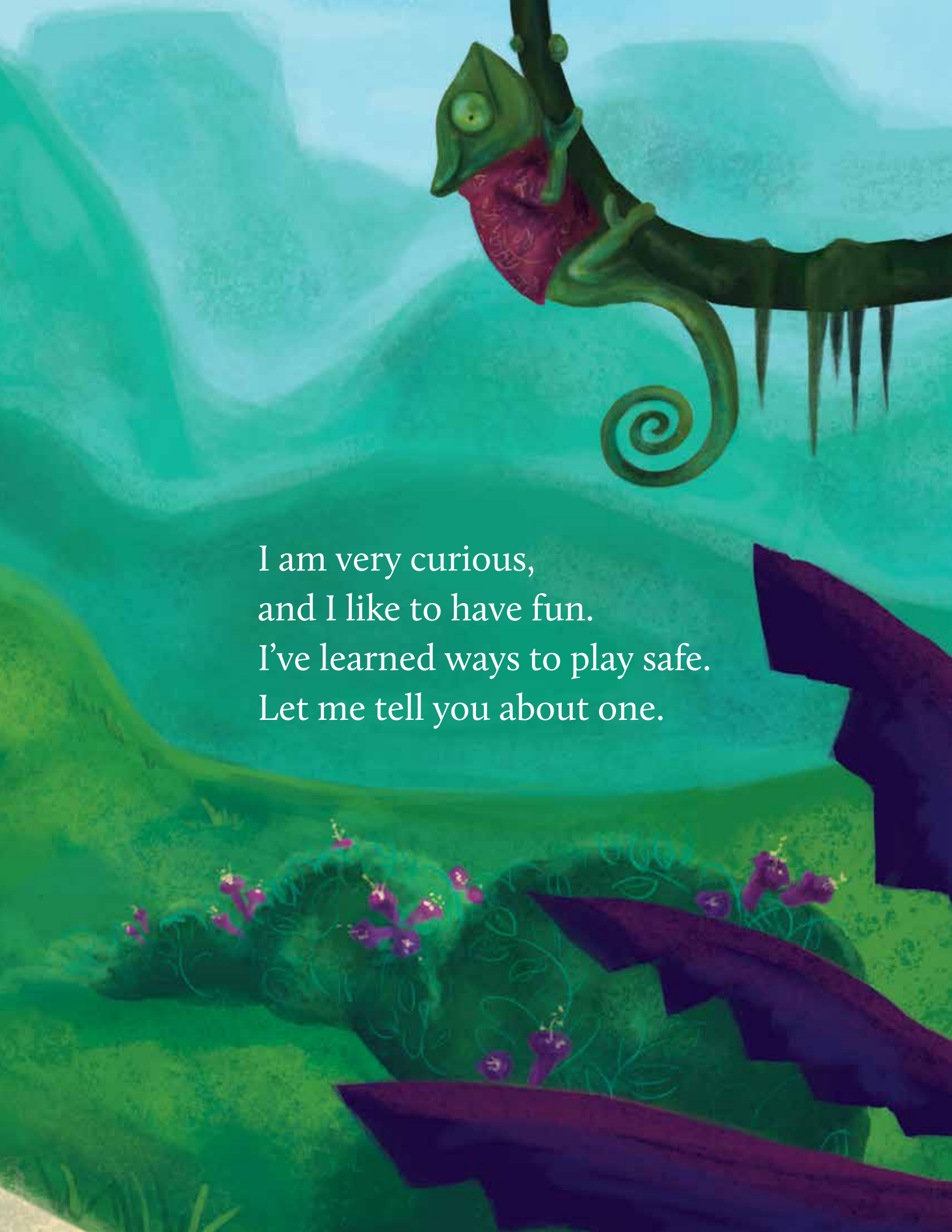
What a fabulous day!  
There is so much to do.  
I am Cosmo the dog.  
It is nice to meet you.





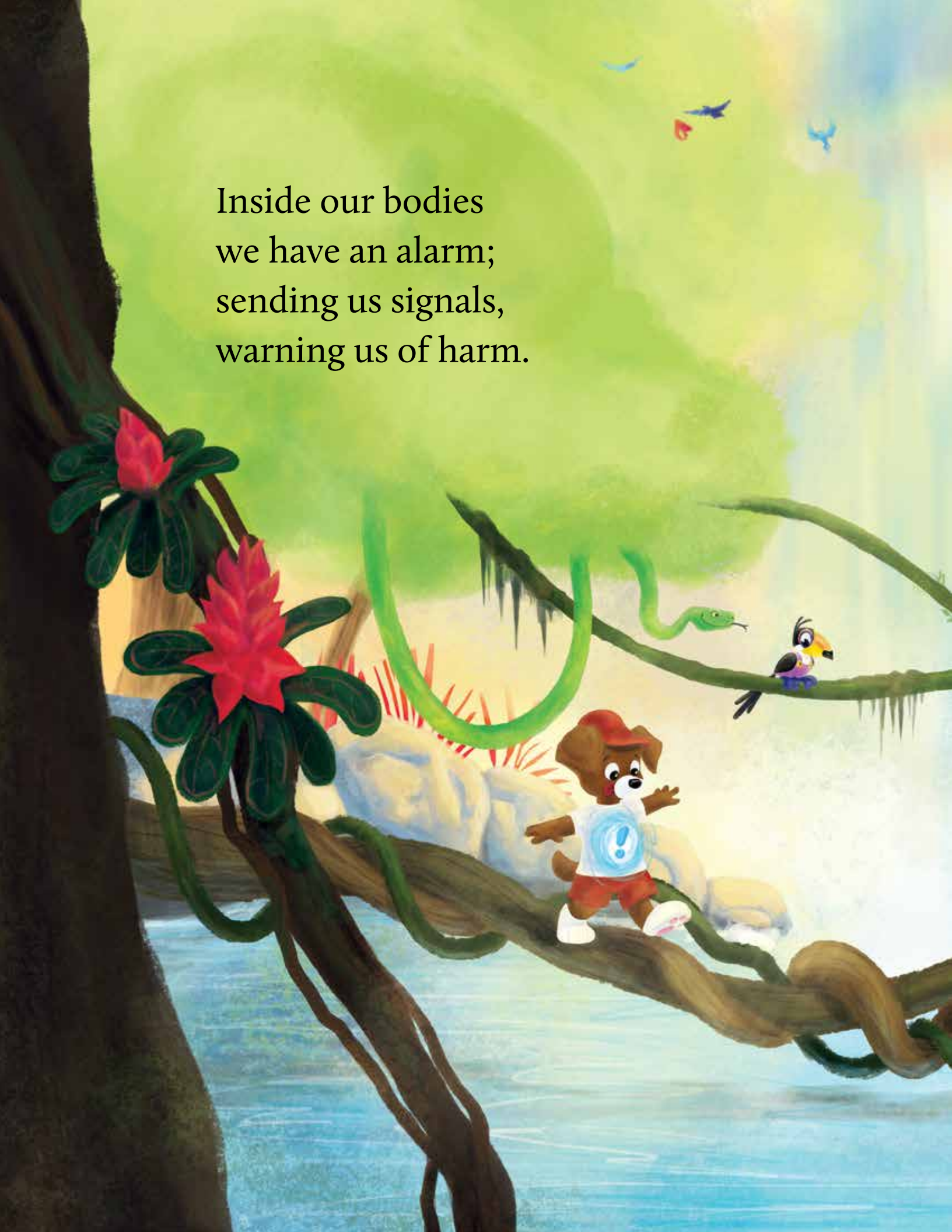




A green chameleon with a large yellow eye is perched on a dark, gnarled tree branch. It is wearing a red shirt with a white floral pattern. Its long tail is curled into a spiral. The background is a misty, green landscape with rolling hills and a waterfall on the left. In the foreground, there are purple flowers and dark, jagged rock formations.

I am very curious,  
and I like to have fun.  
I've learned ways to play safe.  
Let me tell you about one.

Inside our bodies  
we have an alarm;  
sending us signals,  
warning us of harm.














Our body's alarm  
shows us the way.  
Pay close attention  
to what it might say.





A vibrant, stylized illustration of a jungle scene. A large, gnarled tree trunk dominates the right side. A red and orange striped lizard is perched on a branch near the top. Two blue butterflies with black outlines are flying. In the foreground, a toucan with a large orange beak and black and white feathers is holding a rectangular frame. Inside the frame is a white skeletal diagram of a human figure on a dark blue background. The ground is covered in green moss and purple ferns.

Deep down in our stomachs  
the butterflies fly.  
Or our bones start to shake,  
and we want to cry.







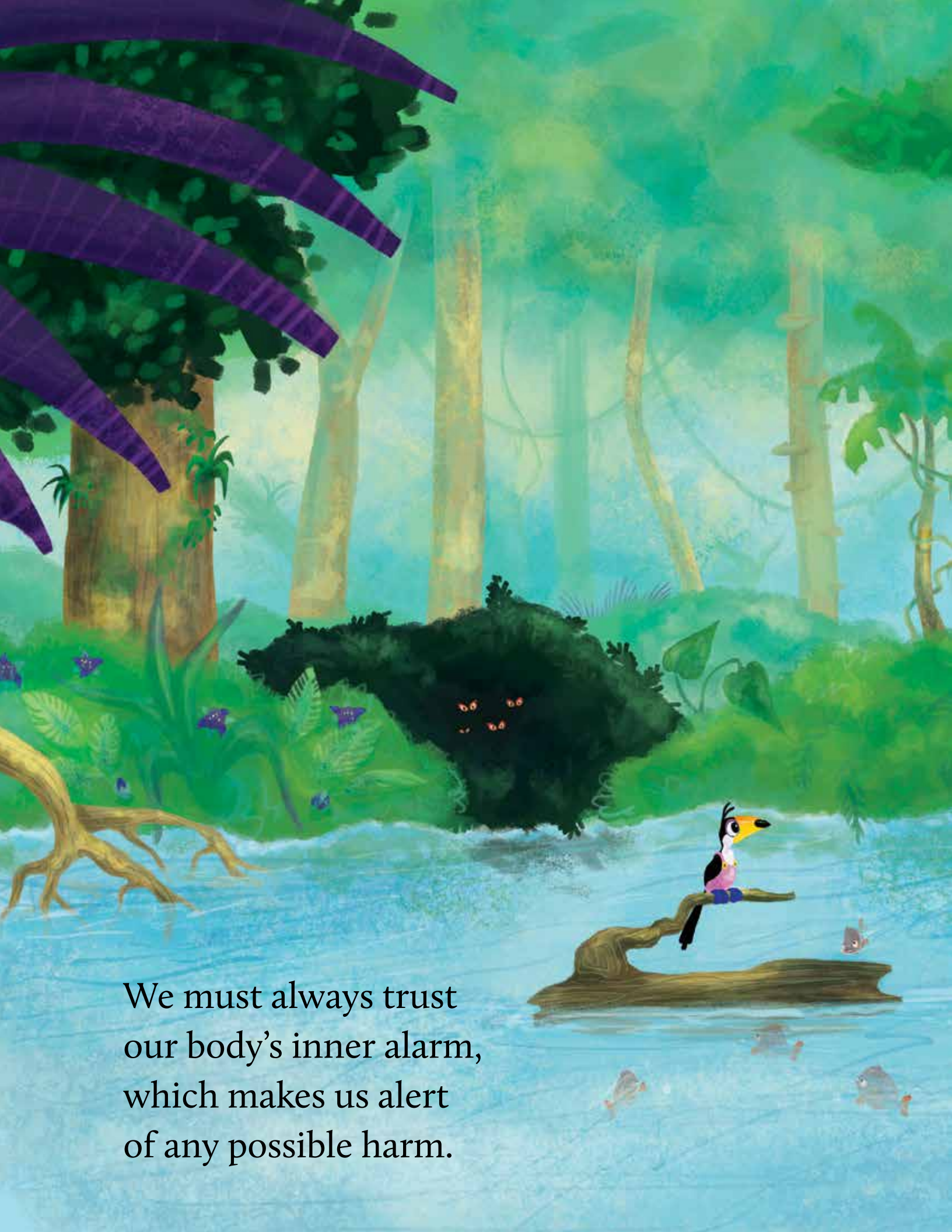
And then there are times  
when we must take note,  
when it feels like a frog  
just jumped down our throat!











We must always trust  
our body's inner alarm,  
which makes us alert  
of any possible harm.



**SHOUT NO!**  
**RUN – TELL**  
**SOMEONE!**









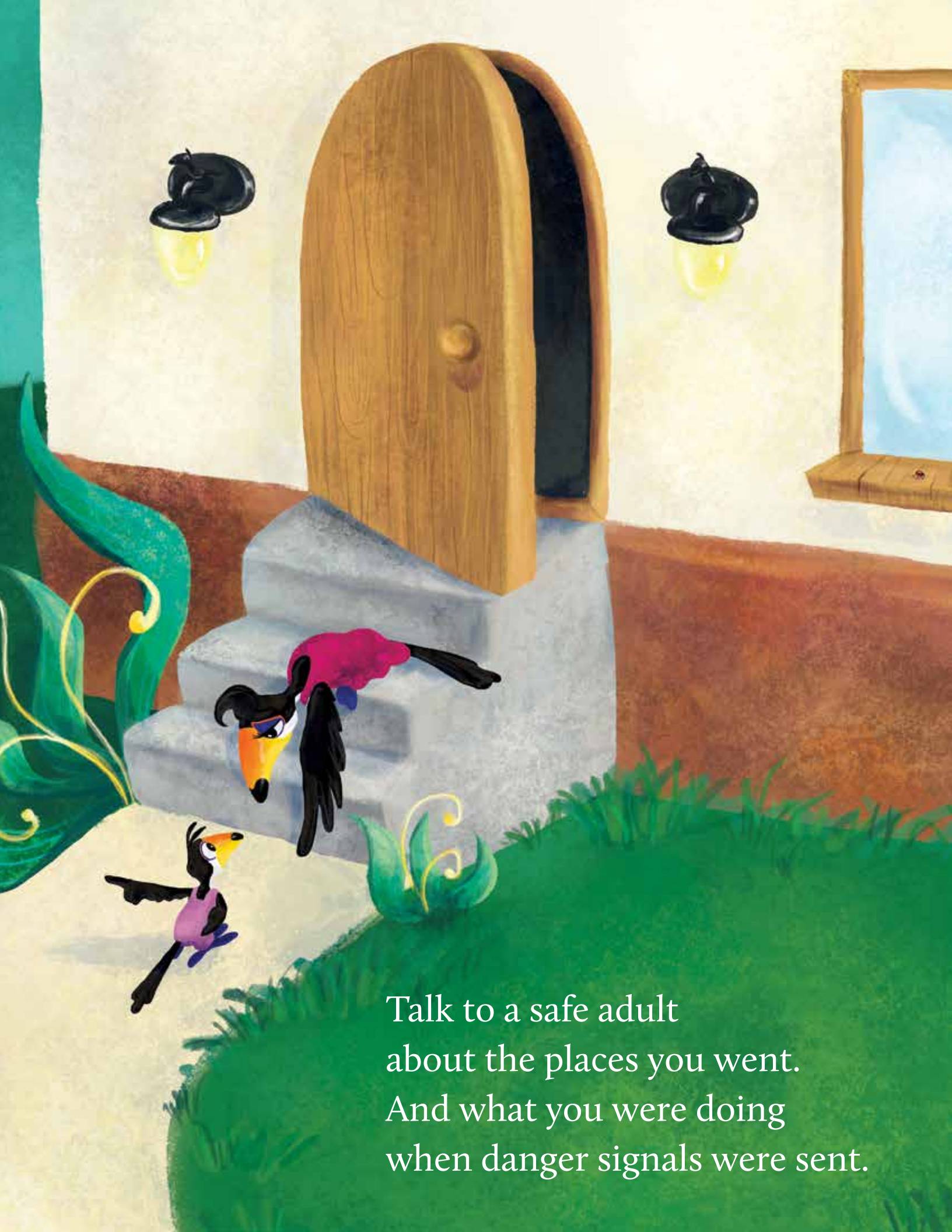
My body's alarm!  
I feel it now!  
Paying attention,  
I feel it – WOW!











Talk to a safe adult  
about the places you went.  
And what you were doing  
when danger signals were sent.





**REMEMBER:  
TRUST  
YOUR  
INSTINCTS!**



**USE  
YOUR  
EYES**



**AND  
YOUR  
EARS,**

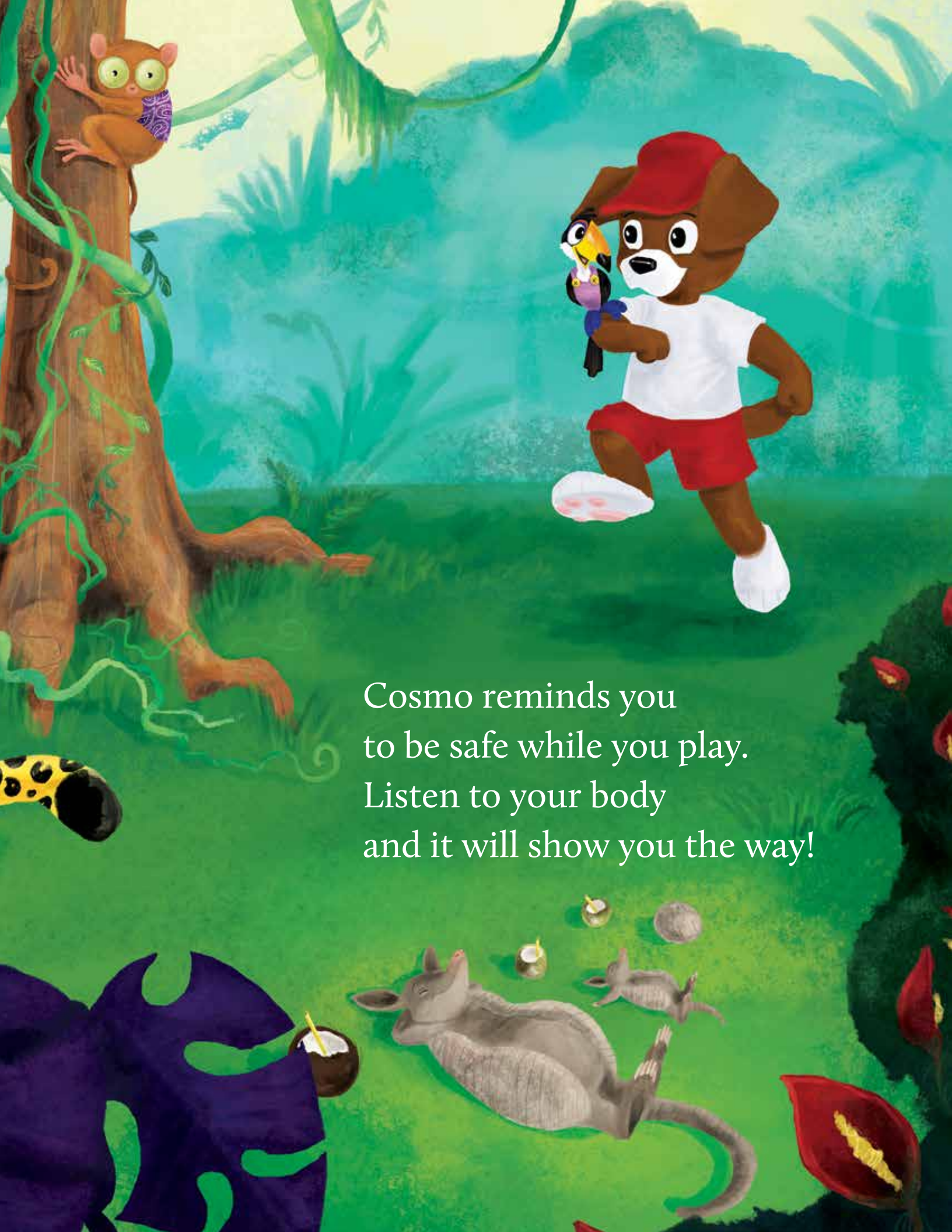


# TRUST YOUR FEELINGS OF FEAR!









Cosmo reminds you  
to be safe while you play.  
Listen to your body  
and it will show you the way!

The Canadian Centre for Child Protection Inc. (Canadian Centre) is a national charity dedicated to the personal safety of all children. The Canadian Centre offers a number of programs, services and resources for Canadians to help them protect children and reduce their risk of victimization. This includes:



Cybertip.ca is Canada's tipline for reporting online child sexual abuse and exploitation. Cybertip.ca also provides the public with information and other resources, as well as support and referral services, to help Canadians keep themselves and their families safe while using the Internet.

[cybertip.ca](http://cybertip.ca)



MissingKids.ca is Canada's missing children resource centre. MissingKids.ca offers families support in the search for their missing child and provides educational resources to help prevent children from going missing.

[missingkids.ca](http://missingkids.ca)



Kids in the Know (KIK) is a national safety education program for children from kindergarten to high school. The program engages students with interactive activities to help build skills that increase their personal safety and reduce their risk of victimization online and offline.

[kidsintheknow.ca](http://kidsintheknow.ca)



Commit to Kids (C2K) is a program that helps child-serving organizations reduce the risk of sexual abuse and create safer environments for children in their care. It provides organizations with information on the issue of child sexual abuse which forms the basis for educated policies and procedures – from hiring and screening to reporting and staff training.

[commit2kids.ca](http://commit2kids.ca)

Learn more:

[www.protectchildren.ca](http://www.protectchildren.ca)

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