

# **Sam's Story**

**A Committee for Children Publication**

# Sam's Story

**By Molly Anderson**

**Acknowledgments:**

Credit is due to Paul Smith for his many hours and talents as musician and producer. Thanks also to our fine engineers at Bear Creek Studios, Steve Heinke and Sue Steil. Special appreciation is extended to our singers: Molly Anderson (lead vocal), Anne Clifton, Kate Porter, Barbara and Kirsty Kyllingstad, Jesse and Meryl Shattuck, and Steven and Sara Wolbrecht and their families, as well as to Patti Vincent (saxophonist). Special recognition is given to Bear Creek Studios of Woodinville, Washington for donation of studio time.



2815 Second Avenue, Suite 400  
800-634-4449, ext. 200 • [www.cfchildren.org](http://www.cfchildren.org)

This is the story of Sam and Jesse and what they learn about safety.

©1986

## **I LIKE MYSELF**

I like my head,  
It's a place to hang my hat.  
I like my ears,  
I like 'em round and flat.  
I like my chin,  
It's right below my grin!  
I like... I like... I like myself.

I like my knees,  
Don't knock 'em if you please.  
I like my toes,  
They points the way I goes.  
I like my hair,  
It grows from here to there!  
I like... I like... I like myself.

I like my dog,  
We love to romp and play.  
I like my friend,  
Who comes to spend the day.  
But other times,  
I'd rather be alone!  
I like... I like... I like myself.

Sam loves to sing. She likes to make up her own songs. She sings to her dog. She sings with her mom. Lots of times she sings just for herself. Sam likes herself.



Sam and her friend Jesse sing together too. Sometimes they sing while they play in the sandbox. One time when they were playing and singing, Sam's dog jumped in with them! Jesse got sand in his eyes. When he started to cry, Sam gave him a hug. Jesse felt much better. Hugs are nice when you want them.



Once Sam got a hug she didn't like. It was from a friend of her mom's. Sam tried to pull away. She felt mixed up. Why didn't this big person understand she didn't want to be hugged?



When the friend left, Sam and her mom had a talk. “Sam, do you remember the rules about touching we talked about?” her mom asked. “Yes,” Sam said, “There are two of them!”



“That’s right!” her mom said. “Here are two rules to remember: 1) Always tell someone if an older person wants to touch your private body parts. Those are the parts of your body covered by a bathing suit. 2) Say no to a touch you don’t want, like too much tickling.”

Then Sam and her mom sang a song to practice saying no to a touch you don’t want.



## WHEN I SAY NO

I love to swing and look at the sky,  
But I get scared if you push me too high.  
Time to put me back on the ground.  
Listen when I tell you no!

CHORUS: When I say no  
I mean no.  
Red means stop  
And green means go.  
I stand up tall and look you in the eye  
When I say no.

(CHORUS)

Rolling and wrestling on the ground,  
I feel my head start to spin around.  
Time to stop this roughhouse game.  
Listen when I tell you no!

(CHORUS)

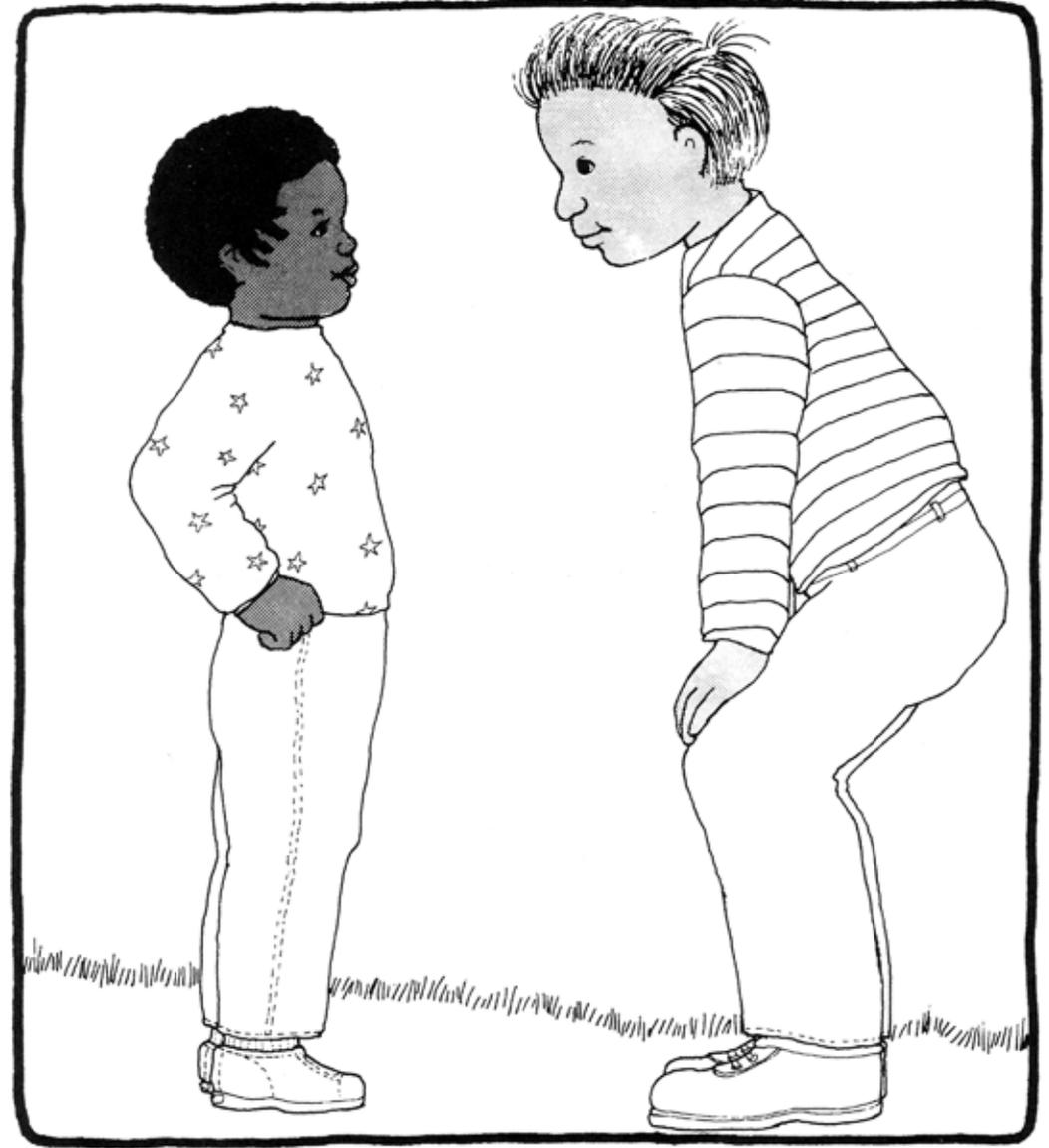
You're a friend of my mom's  
And you make me laugh.  
You tickle me and pull me into your lap.  
I don't like it when you hug me like that,  
So I'm telling you no!

(CHORUS)

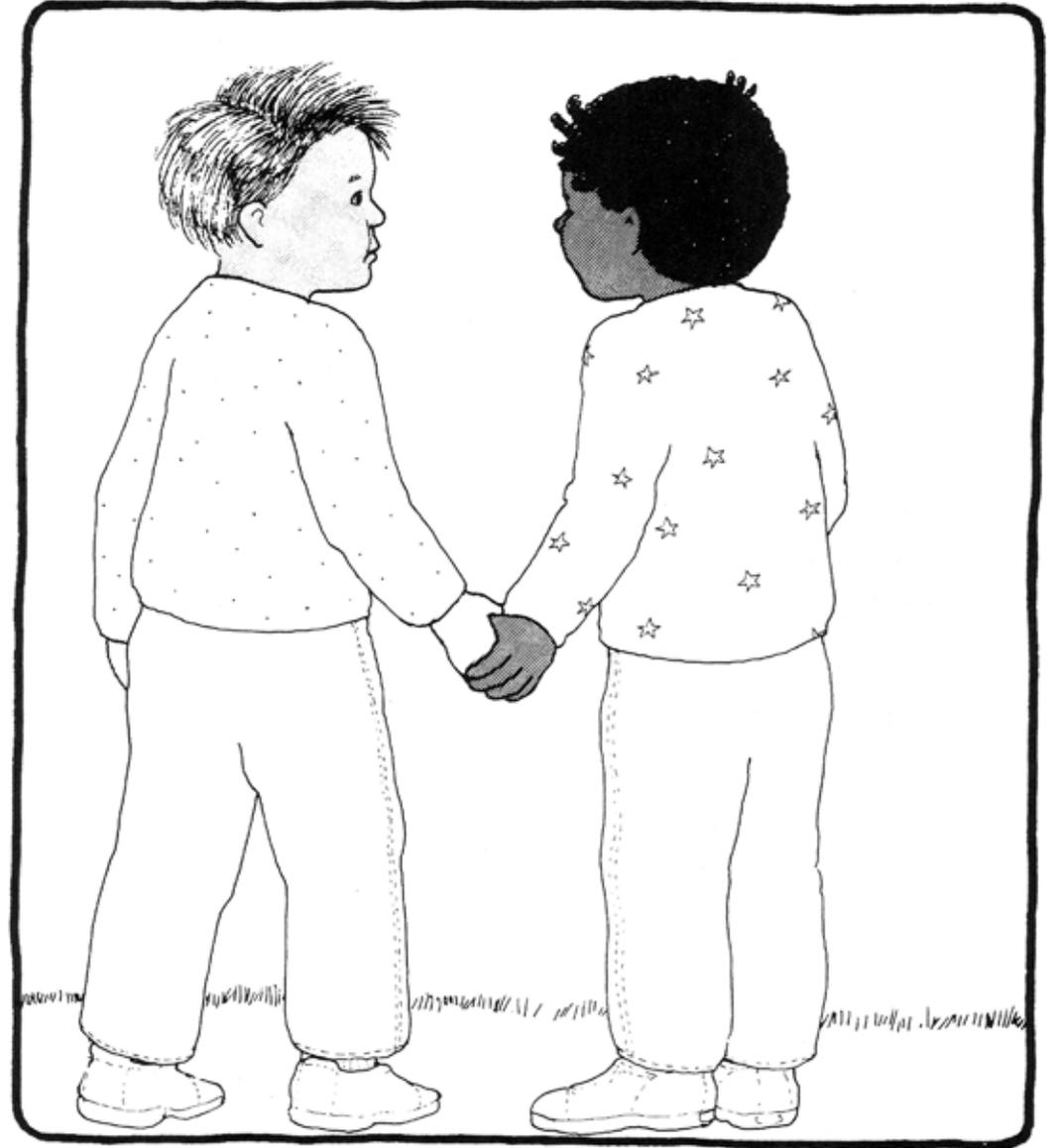
One day Sam and Jesse were swinging at the park. An older boy came over to them. He asked if they wanted to play a secret touching game. He wanted to touch their private body parts. "It will be just our secret," he said.



Jesse felt so scared he didn't say a word. Sam remembered the rule about touching private body parts. Then she said in a strong voice, "We don't want to play that game with you!"



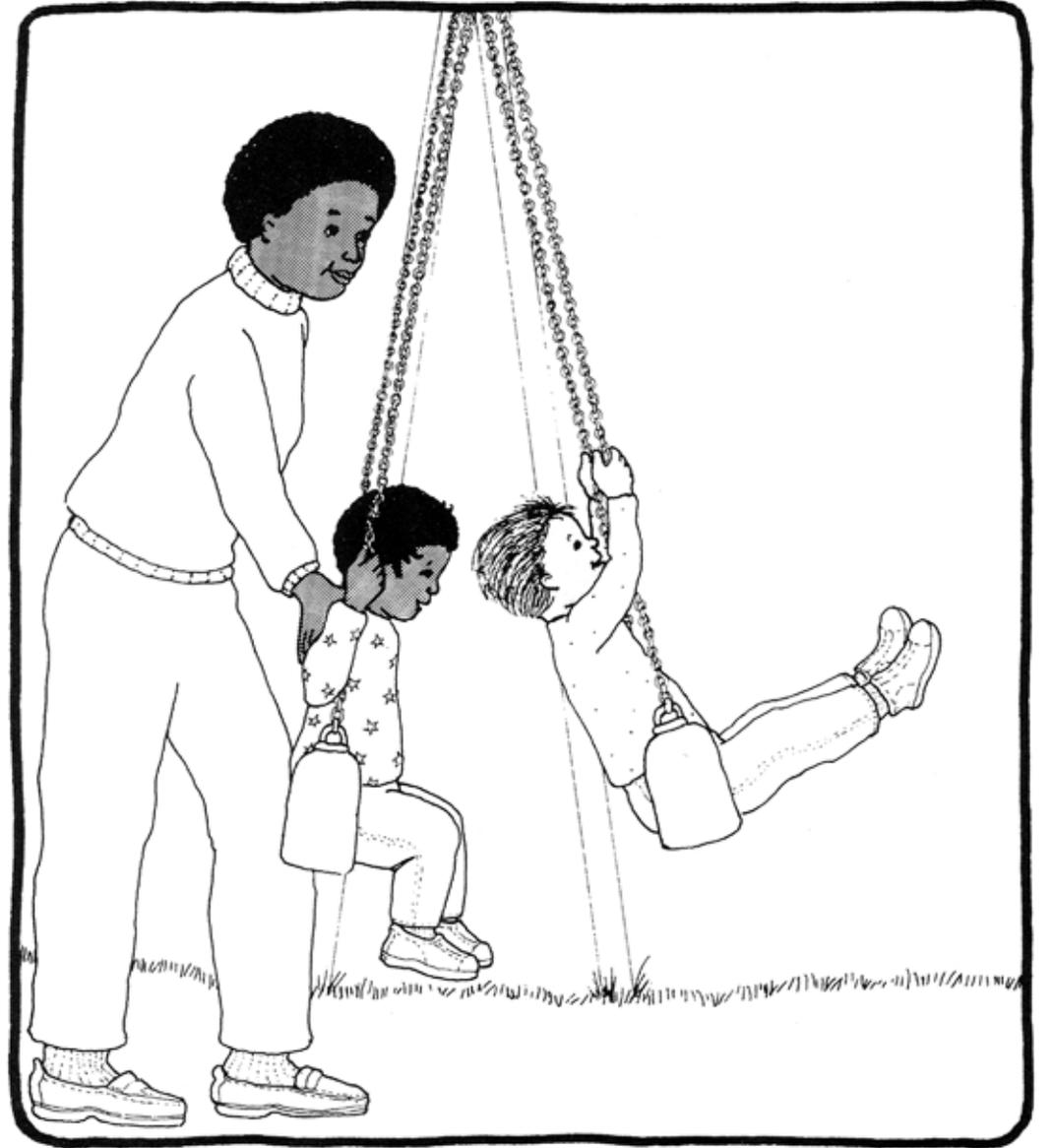
The big boy left. Jesse was still unhappy.  
“Let’s not tell anyone,” he said to Sam. The two  
walked quietly to Sam’s mom sitting nearby.



“Why do you look so sad?” Sam’s mom asked. Sam looked at Jesse and then at her mom. Then she told her mom what had happened at the swings. Sam’s mom bent down and hugged them both. She was very happy Sam had told her.



“What happened was not your fault,” she told them. “Always tell someone if an older person scares you or tries to trick you. I’m glad you told me, Sam.” Jesse and Sam felt much better. Soon they were back on the swings while Sam’s mom pushed first one, then the other.



## **KEEP ON TELLING**

Something has happened that's bothering you,  
And you're not sure just what to do.  
Don't keep a secret, don't keep it inside.  
You've got nothing to hide.

CHORUS: Tell your mom. Tell your dad.  
If you're scared or if you're sad.  
Keep on telling  
'Till somebody says,  
"I'm going to help you now."  
Tell a teacher, tell a big friend,  
Someone to help this thing to end.  
Keep on telling  
'Till somebody says,  
"I'm glad you told me,  
I'm going help you now."

Just remember a simple rule,  
At home, at the park, or even at school.  
If you think someone is trying to trick you,  
Here's what you should do...

(CHORUS)





Our music team