

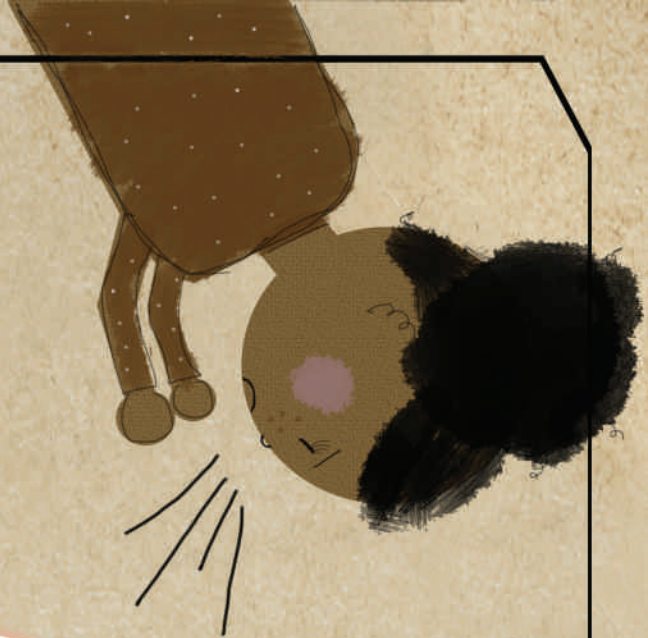
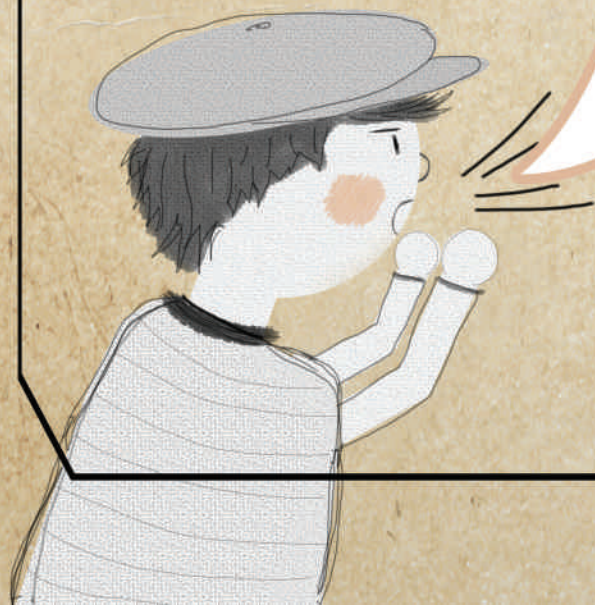
# SHOUT

# NO!

A child's rhyme about  
**TRICKY people**  
...and what to do.



written and illustrated by SARA ERNST







Dedicated to every single boy and  
every single girl in this world.  
May you be empowered by this book  
and know that you have a voice...  
a voice that you have every right to use.

~ Sara Ernst

WRITTEN AND ILLUSTRATED BY  
SARA ERNST

[www.wildpicklepress.com](http://www.wildpicklepress.com)

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*Shout No* is the perfect way to teach little ones what to do when they're faced with tricky situations and people.

With clear and concise directions, your child will be empowered to act in their own self defense. I highly recommend this book as a tool for anyone interested in protecting children from harm.

**Greta Eskridge**  
Author of "Adventuring Together"  
and Child Advocate

Increasing safety for a child is not just a conversation, and certainly not about increasing fear, but includes PRACTICE and CONDITIONING our kids to establish confidence in what to do when they feel uncomfortable or unsafe. I encourage every caregiver and child to not just read this book...but PRACTICE THIS BOOK so kids don't have to think of what to do when they feel threatened.

**Kirsten Parker-Smith**  
Social Worker

## LET'S HEAR FROM SOME GROWN UPS!

As a story time leader and children's library event planner, I feel that I could read this book to a group of kids at the library and have it explain "stranger dangers," or as the book refers to them, "tricky people." *Shout No* is intentional about addressing real-life endangerment and carefully conveys how to confront them at a child's level.

**Mary Pavalonis**  
Youth Services

Whether you are a rookie or a seasoned veteran, teachers everywhere will be praising *Shout No*. *Shout No* addresses a very serious and all too common situation in a way that's easy to understand for children. It opens the door for more conversations between children and their trusted adults. This book will have a permanent spot on my personal and classroom bookshelves.

**Angela Davis**  
Elementary School Teacher

I highly recommend this book to all parents as a great way to build children's confidence, as well as the needed tools and life skills to empower them to stand up for themselves as they grow up in today's world.

**Nell Mikkelson**  
School Counselor  
Elementary School



# HELLO GROWN UPS

## Will you please read this first?



This book is meant to be a guide and foundation as children grow.  
Use it as simply as possible or use it as a jumping off point for  
further conversations when you feel they are ready.

### Polite vs Protect

Being polite is important in every day life as children are often taught to respect others by using "Please" and "Thank You."

It's equally important to teach children that while they may still use those words in safe situations, they do NOT need to be polite or use "Please" and "Thank You" to someone who is doing something to them that isn't right! Neither the song lyrics nor the words in this book include polite words for that reason.

Please use this as a tool for discussing times when being polite is good and when it isn't necessary.

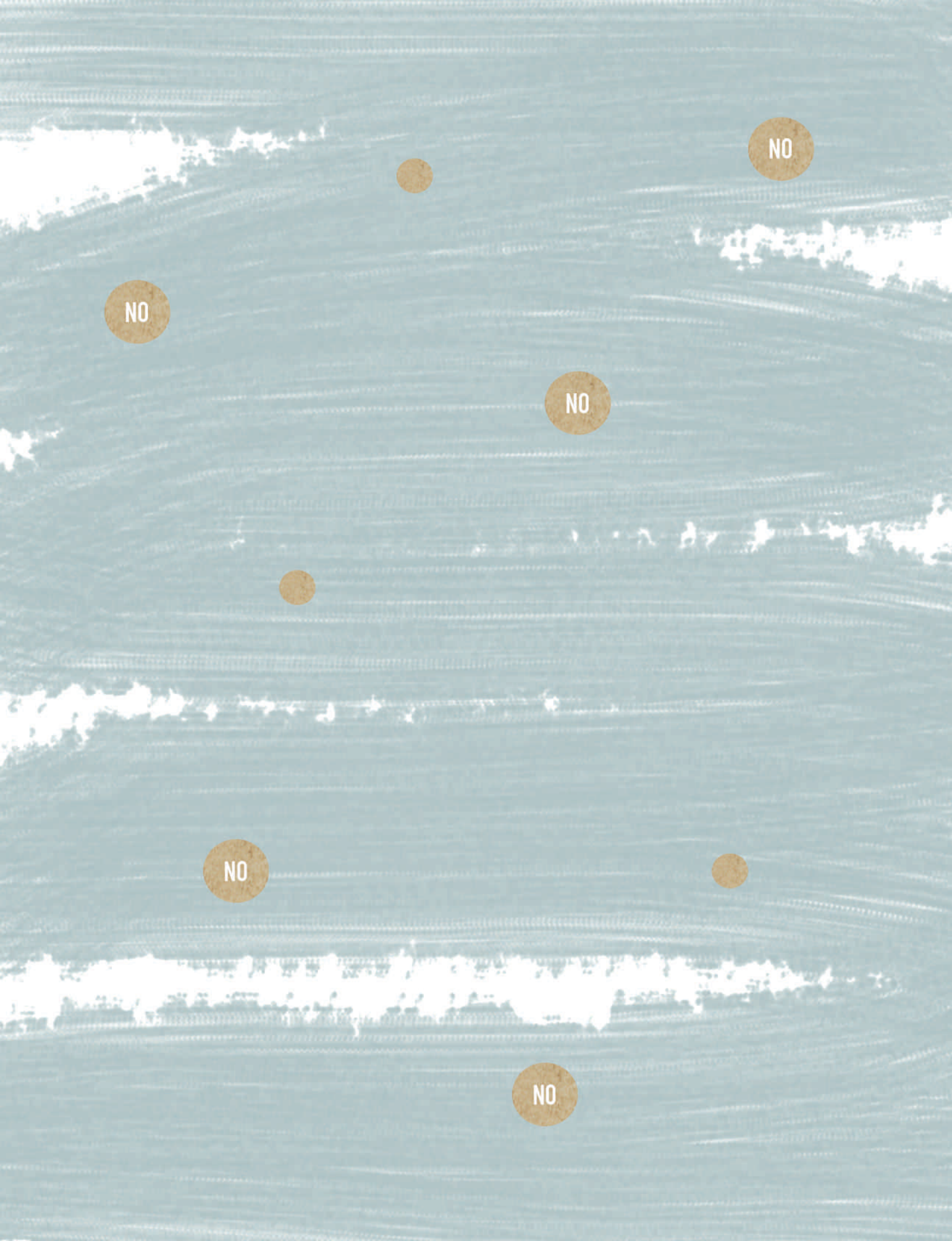
### Stranger vs Tricky Person

- ➡ A STRANGER IS SIMPLY SOMEONE YOU DON'T KNOW.
- ➡ A STRANGER COULD BE A TRICKY PERSON, BUT...
- ➡ EVEN YOUR BEST FRIENDS WERE ONCE STRANGERS.
- ➡ A TRICKY PERSON IS ANYONE WHO TRIES TO GET YOU TO DO SOMETHING THAT ISN'T RIGHT.
- ➡ EVEN A FRIEND OR FAMILY MEMBER SHOULD NEVER DO SOMETHING TO YOU THAT DOESN'T FEEL RIGHT.

## PRACTICE

GETTING MORE COMFORTABLE WITH ANYTHING TAKES PRACTICE! SING THE SONG WITH YOUR CHILD! ACT OUT SOME SCENARIOS WITH THEM! PRACTICE SHOUTING THE NECESSARY WORDS TOGETHER! READ THIS BOOK WITH THEM OFTEN (OR LISTEN TO THE SONG) TO PROMOTE LEARNING AND REMEMBERING THIS IMPORTANT MESSAGE.





NO

NO

NO

NO

NO

# FEELINGS

WHAT YOU FEEL MEANS SOMETHING

**IMPORTANT!**



Before you ever say words out loud, you have FEELINGS first!  
If you found out you were going on a special trip somewhere wonderful,  
you might FEEL happy or excited. Because you FEEL that way, you  
are able to express your FEELINGS in words! You might say, "Hurray!" or  
"Thank you!" or "I'm so excited!" You can say it because you had a FEELING  
about it first!

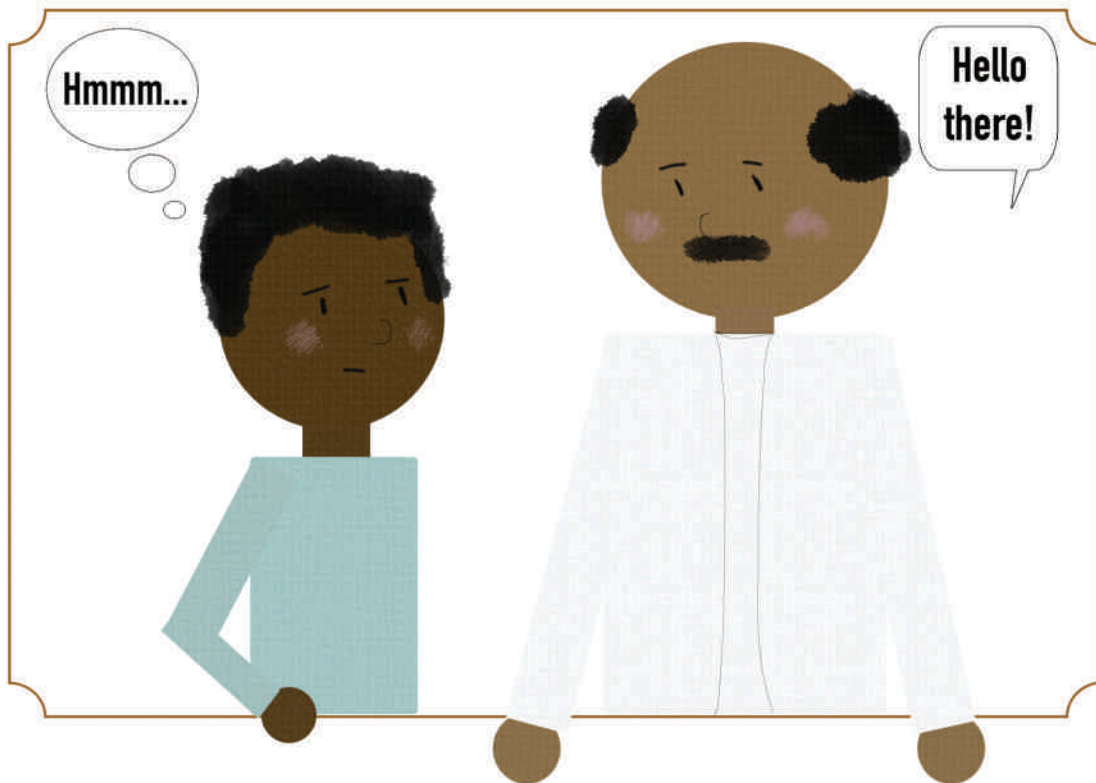
When someone does something to you that isn't right...or they say something to you that  
isn't right, you get a FEELING about that too. You might FEEL nervous, scared, mad. or you might  
even FEEL uncomfortable (like you did something wrong). YOU DIDN'T DO ANYTHING WRONG!

**LISTEN TO YOUR FEELINGS!**

**YOUR FEELINGS ARE HELPING YOU TO KNOW WHAT TO SAY OUT LOUD!**



**A stranger is just someone  
that you don't know**



**but sometimes becomes a friend with whom you grow**



But a stranger should

**NEVER**

do the following to you...

if they do you yell

**"NO"**



and you run!



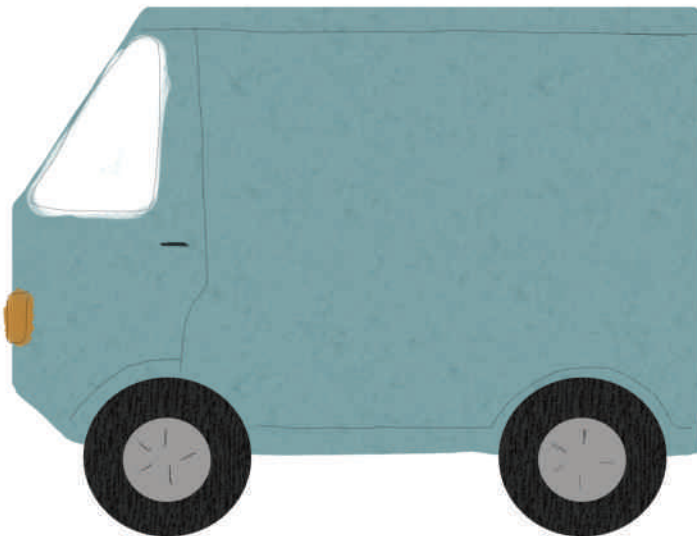
Should a stranger  
ever grab you  
by the hand?

**"NO"**



IF A STRANGER  
GRABS YOUR HAND  
OR ARM AND  
TRIES TO LEAD YOU  
AWAY...YELL AS  
LOUD AS POSSIBLE TO  
DRAW ATTENTION,  
AND PUT UP A FIGHT.

Or lead you to their car or to their van?



**"NO"**

NEVER FOLLOW  
A STRANGER TO  
THEIR VEHICLE.  
NEVER GET INSIDE  
OF IT.  
TELL A TRUSTED  
ADULT RIGHT AWAY!

And if they  
promise to  
show their

SOMEONE COULD  
LIE ABOUT  
HAVING A PET.  
ALWAYS CHECK  
WITH A TRUSTED  
ADULT FIRST.

CAREGIVERS:  
EXPLORE OTHER  
SCENARIOS IN WHICH  
SOMEONE MIGHT LIE  
TO A CHILD.



DOG

or

cat

to you...





you yell

**"NO"**

and go tell someone  
you **TRUST!**





Shout No

shout no

shout no

Shout No

Shout No

shout no

Shout No

shout no





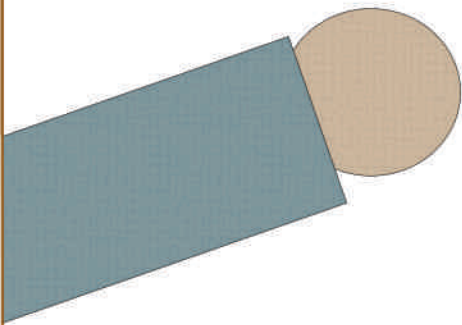
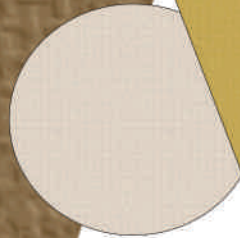
Should a  
stranger  
be in a room  
with you **ALONE?**

**“NO”**

Does a stranger need to buy you  
an  
ice  
cream  
cone?



NO MATTER HOW  
MUCH YOU MAY  
LOVE ICE CREAM  
AND TREATS...  
**NEVER** TAKE ANY  
FROM A STRANGER.  
CHECK WITH A  
TRUSTED ADULT FIRST.



**"NO"**



And if they get their  
**camera**  
out for a picture of you,



you  
**SHOUT...**



NO ONE EXCEPT A TRUSTED  
ADULT SHOULD BE TAKING  
PICTURES OF YOU...  
CERTAINLY NOT A  
STRANGER! **NO ONE**  
SHOULD EVER TAKE  
PICTURES OF YOU WITHOUT  
YOUR CLOTHES ON...NOT  
EVEN SOMEONE YOU KNOW!

# “Don’t Do That”



**and go  
tell someone  
you TRUST!**







You might have friends  
and family who you love,  
**RIGHT?**





But **NO ONE**  
has the right to treat you  
rough...



or do  
**anything**  
that you  
feel  
**uncomfortable**  
to do...



you  
RUN away



and go tell someone  
you TRUST!

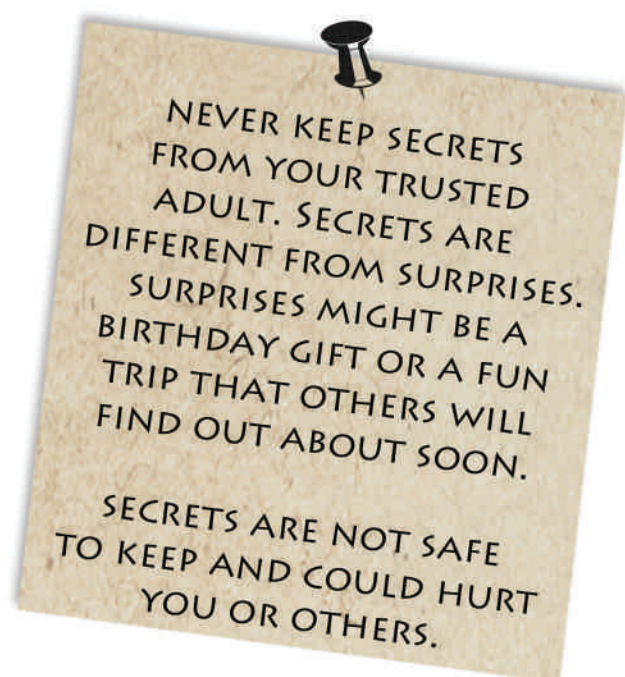






**There's a FEELING  
that's inside you  
that tells you  
something's  
wrong...**

**If you're not quite sure  
about it, just think  
about this song...**







# SHOUT

**NO!**

**SHOUT  
STOP!**

**AND  
DON'T  
DO THAT  
TO ME!**







you



RUN away



and go tell someone  
you TRUST!



What do you do?





# **SHOUT**

**NO!**

**SHOUT  
STOP!**

**AND  
DON'T  
DO THAT  
TO ME!**







because

you're

**STRONG.**

you're



**BRAVE,**

and you have the  
right to **LEAVE!**



Shout No

shout no

shout no

Shout No

Shout No

shout no

Shout No

shout no



# WHO CAN YOU TRUST?



## **Every home is different.**

You may only have a mom...or just a dad.

You may have both. Perhaps you don't have either in your life at the moment. You might have grandparents...or an aunt and uncle. You might have a teacher or a coach in your life that you feel safe with. Whoever that very special person is for you...THAT is the person you should be able to trust.

## **WHAT IS TRUST?**

TRUST means that you believe strongly in something or someone. People that you TRUST are people that you feel safe with. These are people you know that you can talk to about ALL of your important feelings and they will help you.



# YOUR BODY IS YOURS

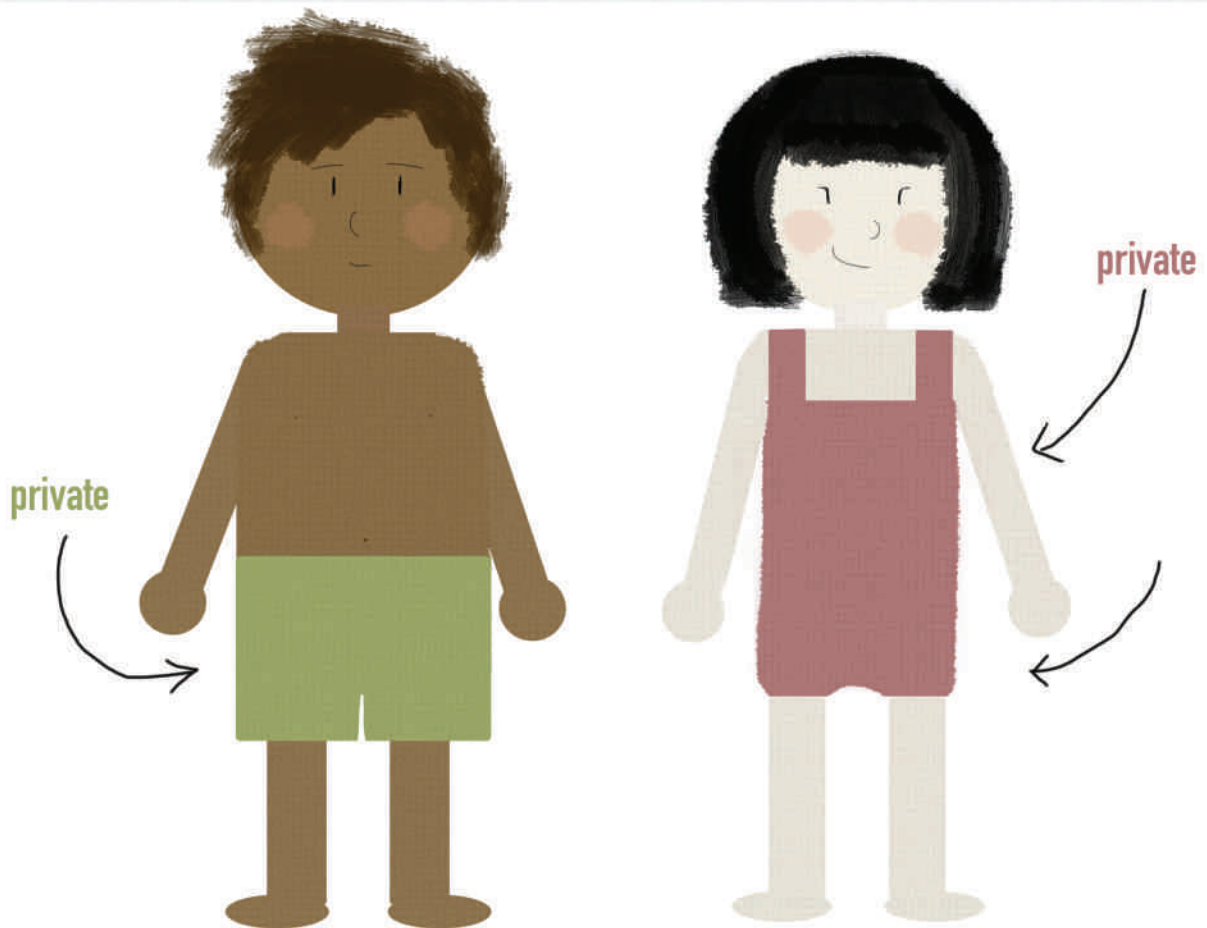
Loving hugs from family can be comforting, or holding hands with a good friend. But not all kinds of touch are good.

The word INAPPROPRIATE means...it isn't right to do!

There are places on your body that are meant to be private and are INAPPROPRIATE (or not right) for others to touch.

Your private places are those that are covered when you wear a bathing suit. If someone touches you in a private place on your body, or asks you to touch them in a private place...

SHOUT "NO!" and go tell a trusted adult immediately.



Sometimes a parent or trusted adult may need to help you when you take a bath or use the bathroom. Also, a doctor may need to examine you...**ONLY WITH** a trusted adult in the room too.



# READ-ALONG SING-ALONG!



IT'S NOT JUST A BOOK...IT'S A SONG!

## "SHOUT NO"

"SHOUT NO" HAS BEEN HEARD ALL OVER THE WORLD AND IS AVAILABLE TO STREAM (AND PURCHASE) THROUGH ALL MAJOR MUSIC PLATFORMS ON THE ALBUM, "IMAGINE, FEEL, WANDER." IT IS ALSO AVAILABLE AS A SINGLE. YOU MAY LISTEN FOR FREE ON YOUTUBE OR THE WEBSITE BELOW! JOIN SARA BY LISTENING TO HER SING THE SONG WHILE YOU READ ALONG WITH THIS BOOK!

FIND ALL OF SARA'S MUSIC, BOOKS & ART AT:

[WILDPICKLEPRESS.COM](http://WILDPICKLEPRESS.COM)



# OR GRAB YOUR UKULELE AND PLAY ALONG!

( GCEA TUNING )



C G C C G C

A stranger is just someone that you don't know, but sometimes becomes a friend with whom you grow,

C E7 AM D G  
But a stranger should never do, the following to you...and if they do you yell "NO" and you run.

C G C C G C  
Should a stranger ever grab you by the hand? NO! Or lead you to their car or to their van? NO!

C E7 AM D G  
And if they promise to show their dog or cat to you, you yell "NO" and go tell someone you trust.

C G C C G C  
Should a stranger be in a room with you alone? NO! Does a stranger need to buy you an ice cream cone? NO!

C E7 AM D G  
And if they get their camera out for a picture of you, you shout, "DON'T DO THAT PLEASE" and go tell someone you trust.

C G C C G C  
You might have friends and family who you love. YES! But no one has the right to treat you rough...or

C E7 AM D G  
Do anything that you feel uncomfortable to do ...you yell "NO" and go tell someone you trust.

C E7 AM  
There's a feeling that's inside you, that tells you something's wrong.

C E7 AM  
If you're not quite sure about it, just think about this song...

C E7 AM  
Shout "NO", Shout "STOP" and "DON'T YOU DO THAT TO ME"...

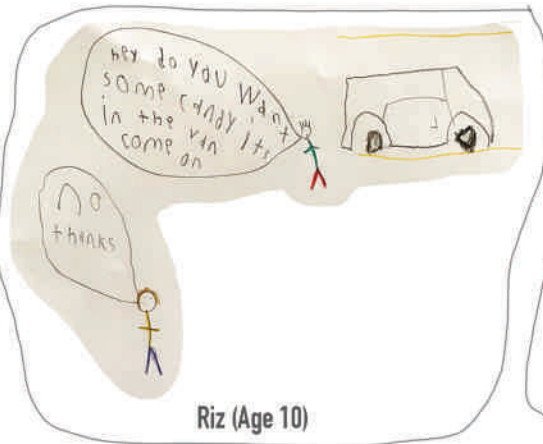
AM D G  
You run away and go tell someone you trust...what do you do?

C E7 AM  
Shout "NO", Shout "STOP" and "DON'T YOU DO THAT TO ME"...

AM D G  
Because you're strong, you're brave and you have the right to leave.



# Young Artists and illustrators



Riz (Age 10)



Emmy (Age 5)



Ella (Age 9)



Breckyn (Age 13)



Nora (Age 6)

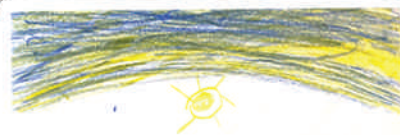


Aliyah (Age 10)

# Young Artists and illustrators



Graham (Age 7)



Enoch (Age 7)



Aberdeen (Age 6)



Corinne (Age 4)



Natalie (Age 6)



Ava (Age 12)



Saige (Age 7)



A blue sky with white clouds and several brown circles, each containing the word 'NO'. The circles are scattered across the sky, with some appearing to be part of the clouds and others floating independently. The word 'NO' is written in white capital letters inside each circle.

NO

NO

NO

NO

NO

# ABOUT THE AUTHOR



**Sara Ernst is a nature-loving children's author, illustrator, musician and photographer. She has a passion for encouraging, empowering, inspiring and teaching children (and their grown-ups) through her stories and songs.**

**For more about Sara's children's books, music and art...  
please visit:**

**[WWW.WILDPICKLEPRESS.COM](http://WWW.WILDPICKLEPRESS.COM)**



Interested in learning how to play the ukulele?  
Sara's favorite is the Hola Music brand soprano ukulele!  
It's perfect for children and adults alike!

