

You Are the Boss of Your Body!

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Meet Emma and Ethan

They are learning what it means to be the boss of their body.



Auntie Heather is coming to visit. Emma can't wait to give her a big hug, but Ethan is feeling a bit shy.

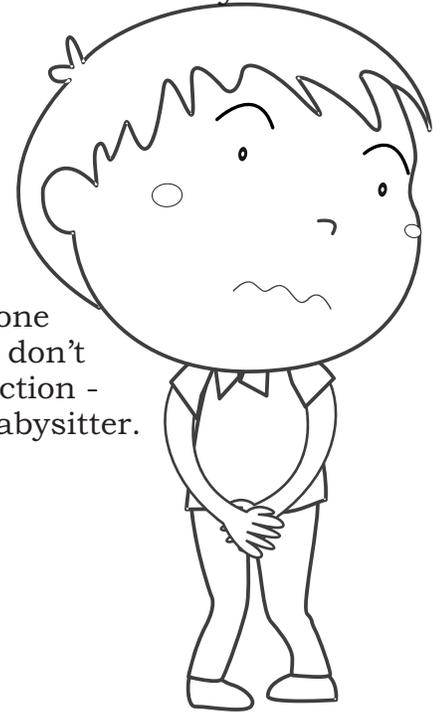
Does Ethan have to give his aunt a hug?

Nope!

Hugging and kissing, sitting next to someone or on their lap, are always up to you - if you don't feel comfortable, you don't have to show affection - even for family or big people, like a teacher or babysitter.

What could Ethan do instead of hug?

Wave? Shake hands? Give a high five?



Ethan and Emma were playing around and tickling each other. After a little while, though, Emma didn't want to play anymore - even though Ethan did.

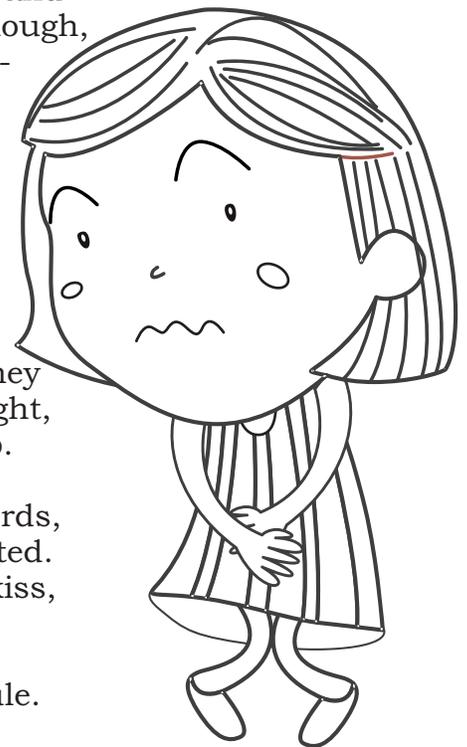
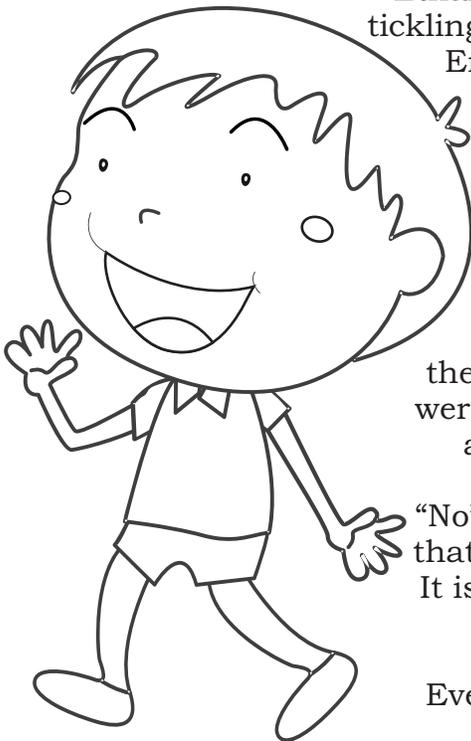
Does Ethan have to stop tickling Emma?

Yes.

If someone doesn't like how their body is being treated - even if they were ok with it at first, that is their right, and the other person needs to stop.

"No" and "stop" are very important words, that need to be listened to and respected. It is best to ask before a first hug or kiss, so that we know the person is ok with being touched.

Even big people need to follow this rule.



What about a doctor's visit?

At a checkup, the doctor will have to look and touch your body to make sure you are healthy.

Your mom or dad is with you to watch and make sure the doctor is respecting your body.

If you ever have a concern about how someone is touching or treating you - you should go to a parent or other trusted adult like _____, and tell them about it.

For more information visit TheMamaBearEffect.org

