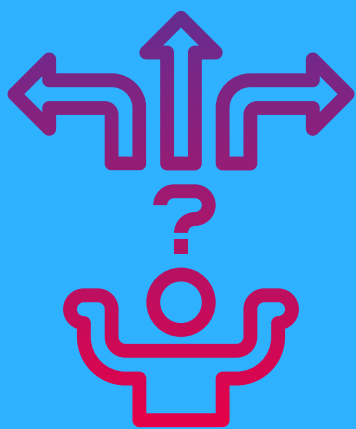


It's 100% okay to Say No to hugs!

HERE ARE SOME WAYS TO TEACH CHILDREN & ADULTS ABOUT CONSENT & BODILY AUTONOMY.



1.) GIVE KIDS A CHOICE

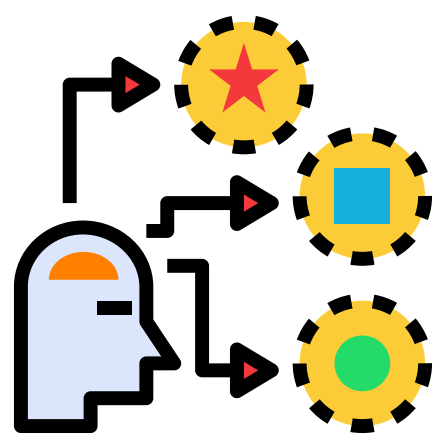
Offer children the choice to hug or kiss — or not and then respect their decision.

**"Would you like to hug Aunt Tamika?
No? That's okay!"**

2.) OFFER ALTERNATIVES

When a child is not comfortable with physical contact provide ways for children to say hello that do not require touching.

"Can you wave hello to Uncle William?"



3.) EXPLAIN YOUR ACTIONS

Take time to explain what and why you are doing to your family and friends.

"We're teaching Kalyn that she is allowed to make decisions about her body. Thank you for respecting her wishes."



4.) SPEAK UP

When you see family members trying to make physical contact with your child, say something!

"Please don't force Abdu to make physical contact. We're teaching him that he has control over his own body & does not have the right to touch others without permission. Thanks for understanding!"



5.) EDUCATE YOUR CHILD

Supporting children's understanding of body autonomy has a lifelong impact. Help normalize each child's right to do what they want with their own body. Emphasize that everyone needs to respect the body autonomy of others and that "No" is a complete answer.

"Consent is as easy as: ASK FIRST!"



 **11th Principle: Consent!**

www.11thPrincipleConsent.org

Thanks to Planned Parenthood of Ottawa for the original idea!