I Am The BOSS of My Body

Your body belongs to you! Amongst other things, this means that you get to decide when you want to be touched. You get to decide when you want a hug, a kiss, a high five, or to sit on someone’s lap. You can say “no thank you” to a touch to anyone, at any time- even if you have said yes to them before and even if it is your favorite person! People should always ask before touching you, even grown ups. You get to make the rules around your body because YOU are the BOSS of your body!

Some people don’t like to be touched at all and that is OK. That’s why it is important to ask permission before touching someone! The big word for asking permission is “consent”.

Just like other people should ask before touching us, we should always ask before touching someone else. If a friend says “no thank you” to a hug or high five, that is OK! You can still be friends. They are the boss of their bodies and they get to decide what feels ok to them at the time.

Practice saying to yourself: “I am the boss of my body! My body belongs to me!”

Contact Umbrella: If you have any questions or concerns about a relationship that you are in, an advocate would be more than happy to hear from you. Contact us in Caledonia & S. Essex counties at (802)748-8645 and in Orleans & N. Essex counties at (802)334-0148 or email an advocate at Advocate@umbrellanek.org
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