

Feelings are important. Most of the time it feels good to be hugged or kissed, but sometimes you may not feel like it. It's okay to say no, even to somebody you love. Your body belongs to you!



Say that you don't feel like hugging or kissing people today. Offer to shake hands or give them a high five instead! Ask your mum or dad to help you explain if somebody doesn't understand.



It's okay to ask people to stop any kind of touches that don't feel good. So, if a friend or anyone is tickling you hard and they think it's fun but you do not, tell them to stop.



Some touches never make you feel good. It's never okay for someone to pinch, push, hit or hurt you. If someone hurts you, tell a parent, a teacher or an adult you trust so they can sort it out.

