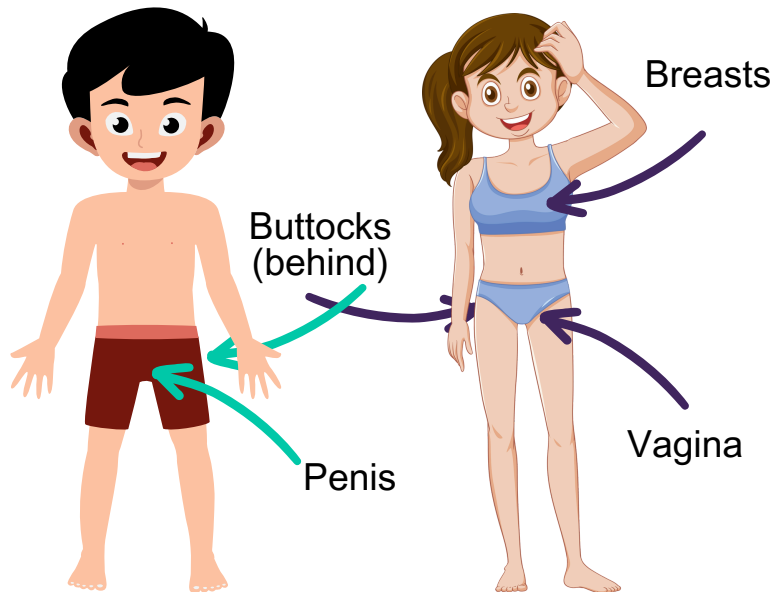




Body Awareness and Body Safety

WHAT ARE PRIVATE PARTS?

Parts of the body covered by bathing suits



What types of touches are okay?

Okay (or safe) touches: high fives with a friend, goodnight kiss or hug from mom or dad

Not okay (or unsafe) touches: hitting, pulling hair, touching another person's private parts, rubbing your body without permission, kissing without permission

When is it okay for an adult to touch my private parts?

To clean you in the bath or shower or help with going to the bathroom.

To make sure you are healthy, but **ONLY** when it is a doctor examining you with a parent's permission

RULES FOR MY BODY

It's **NOT** okay for others to look at my private parts

It's **NOT** okay for other people to show me their private parts

It's **NOT** okay for other people to make me touch their private parts

It **IS** okay to touch my own private parts as long as I am alone

It's **NOT** okay for other people to say sexual things to me that I do not like

THINGS TO REMEMBER ABOUT YOUR BODY

Private parts are private!
Your body belongs to **YOU**
NO means **NO**
If you are scared, **TELL SOMEONE** – they can help

THINGS TO REMEMBER ABOUT OTHER PEOPLE'S BODIES

Ask **PERMISSION** to touch, even if it's okay touch
You **DON'T** have to touch another person if you don't want to
DON'T touch another person's private parts
If you are scared, **TELL SOMEONE** – they can help

LIST 3 TRUSTED ADULTS who you could tell if someone broke a rule for your body:

1. _____
2. _____
3. _____

www.paautism.org/BeSafe



Pennsylvania's leading source of autism-related resources and information
877-231-4244

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