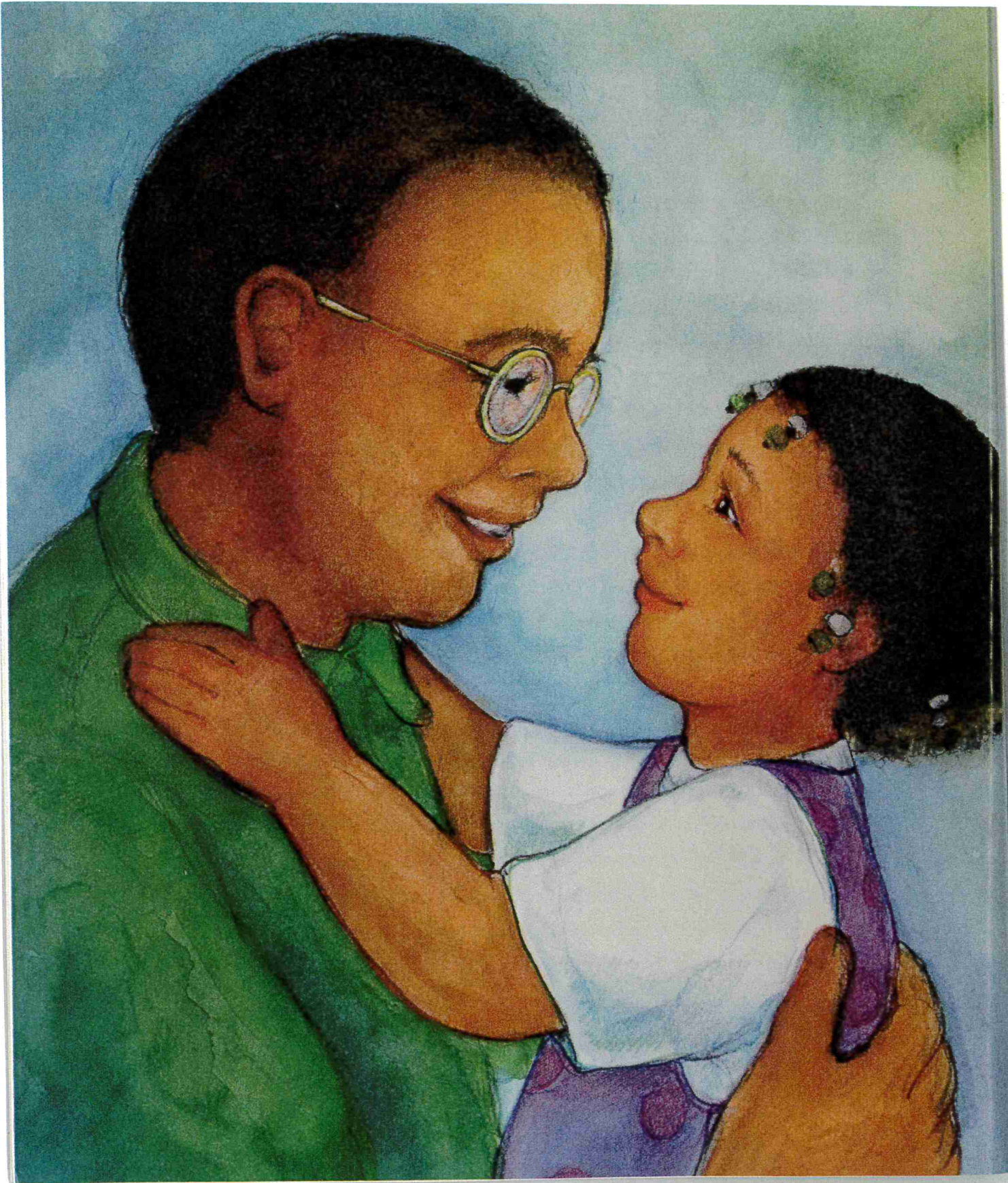


# Your Body Belongs to You

**Cornelia Spelman • illustrated by Teri Weidner**





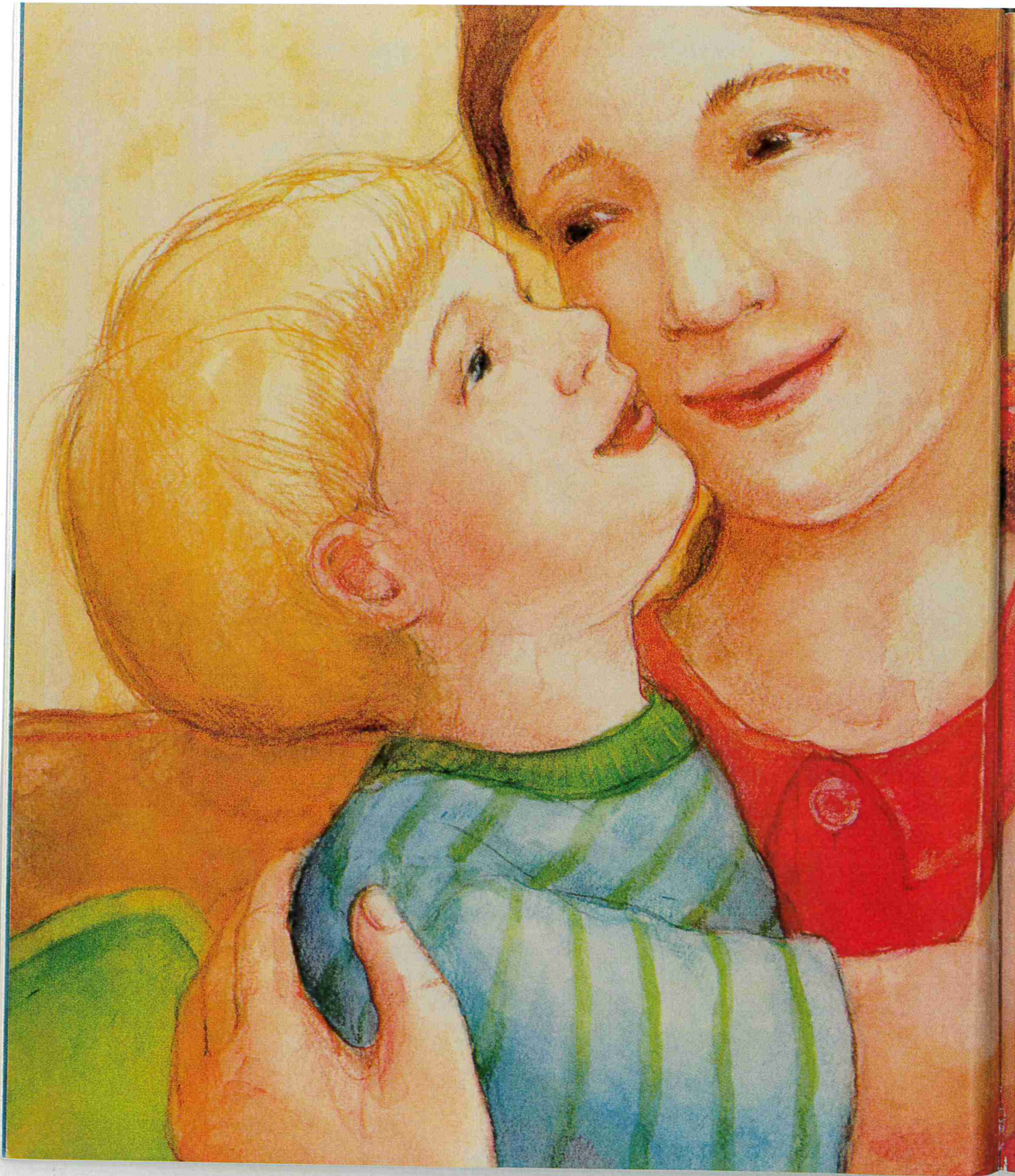






**Most of the time, you like to be touched. It feels good to get a hug or kiss.**







**You say, "I like that!" You hug and  
kiss back, or snuggle closer.**









**Sometimes you don't like to be touched. Sometimes you don't want a hug or kiss, even from someone you love.**



**Then you can say, “No, not right now, please!” Or you can show you don’t want to be touched by not hugging or kissing back, or by pulling away.**

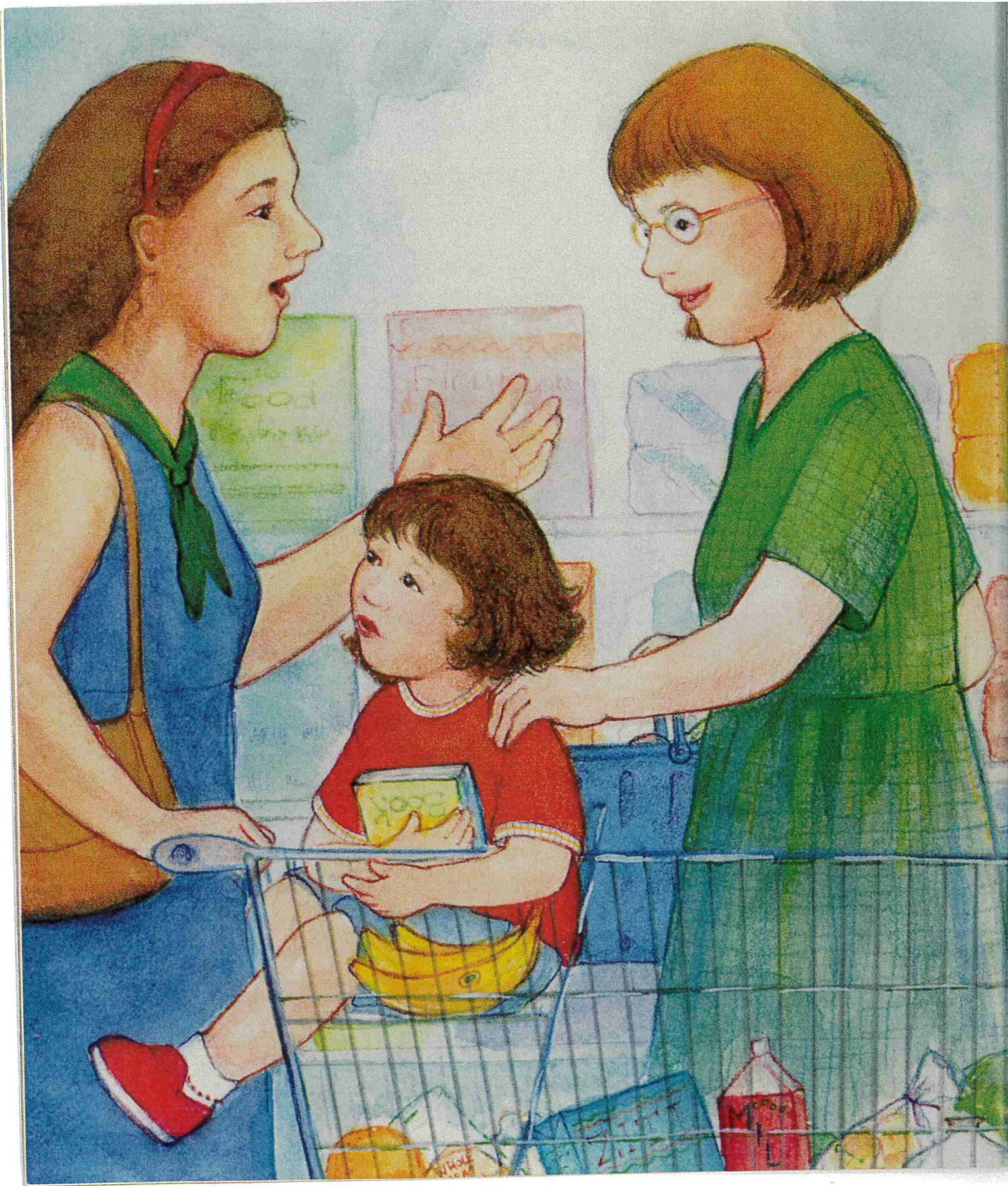




**Even if you don't want a hug or kiss  
right now, you can still be friends.**





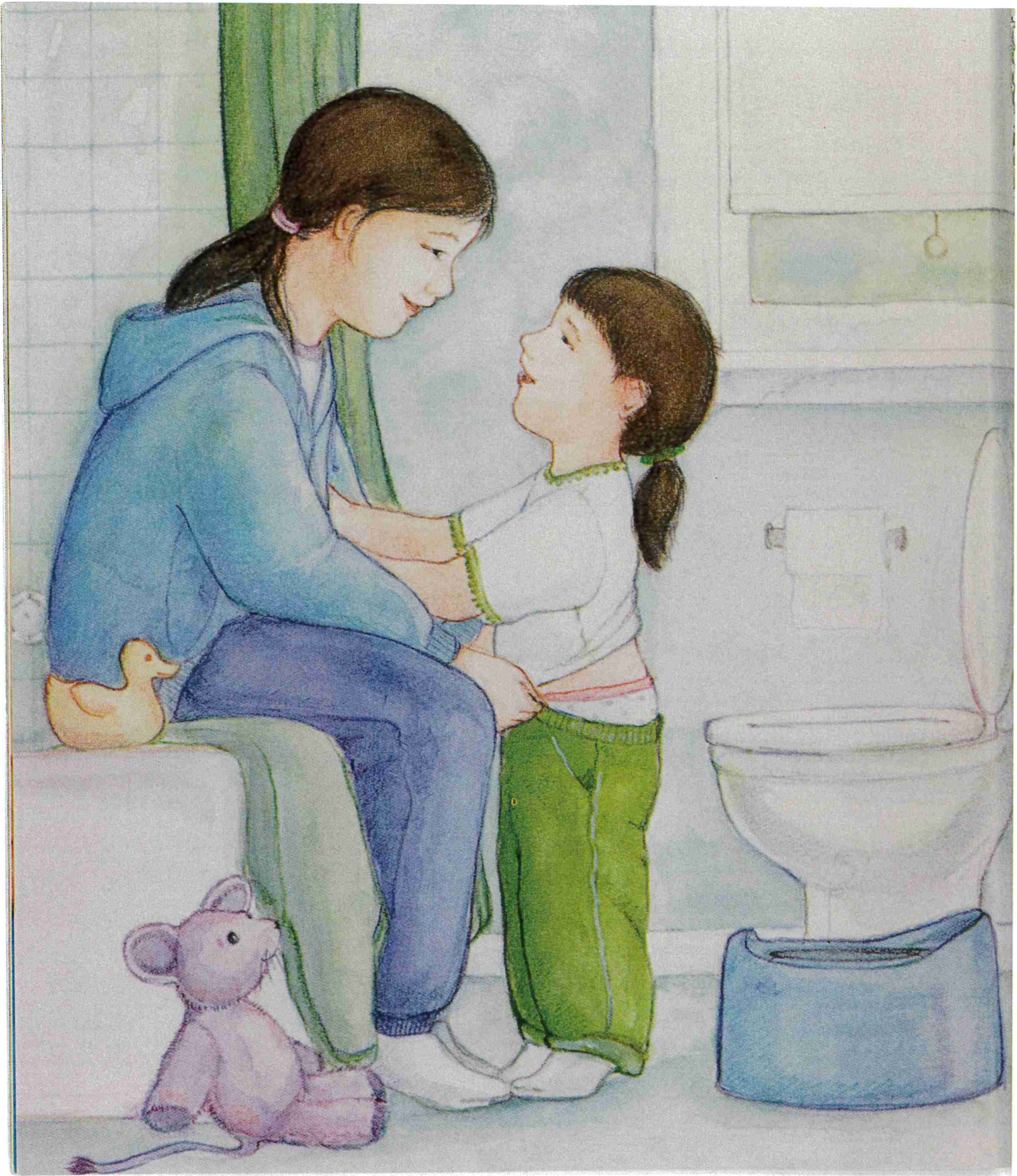




**If someone still doesn't understand,  
ask your mom or dad or another  
grownup to help you say, "No, not  
right now, please!" Your body belongs  
to you!**

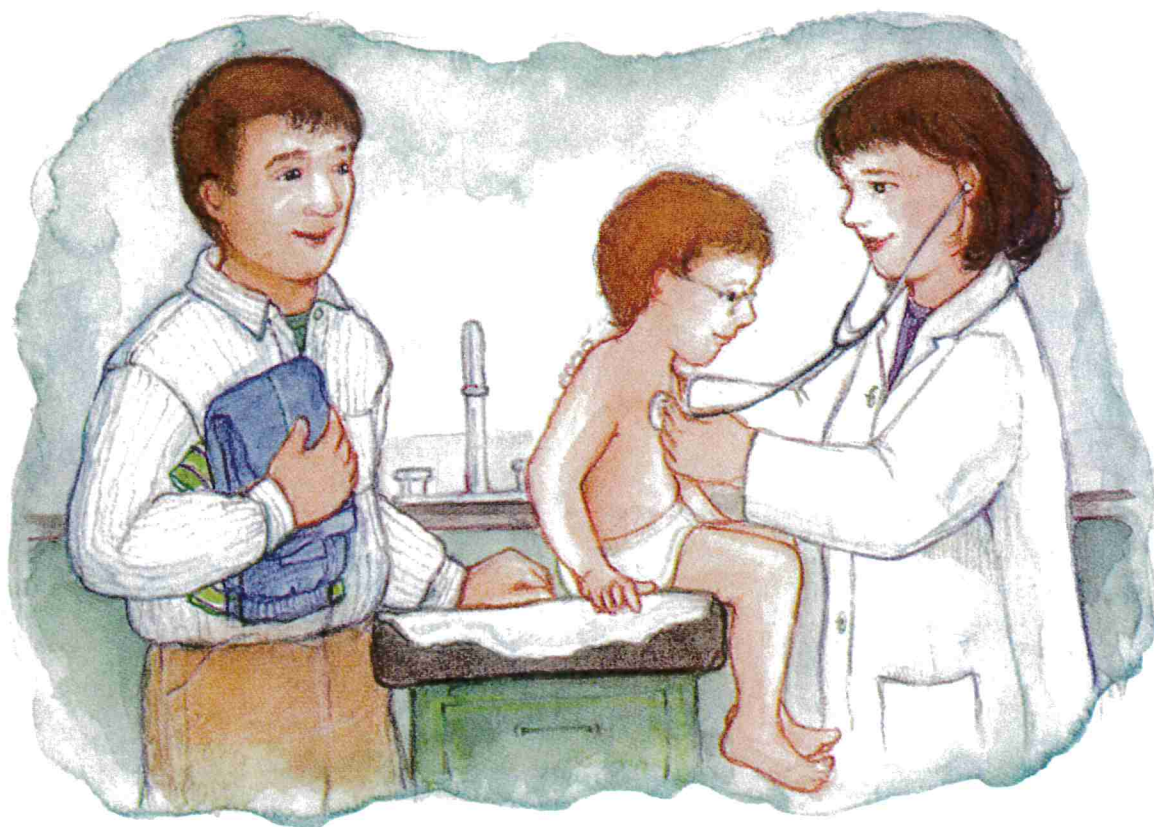






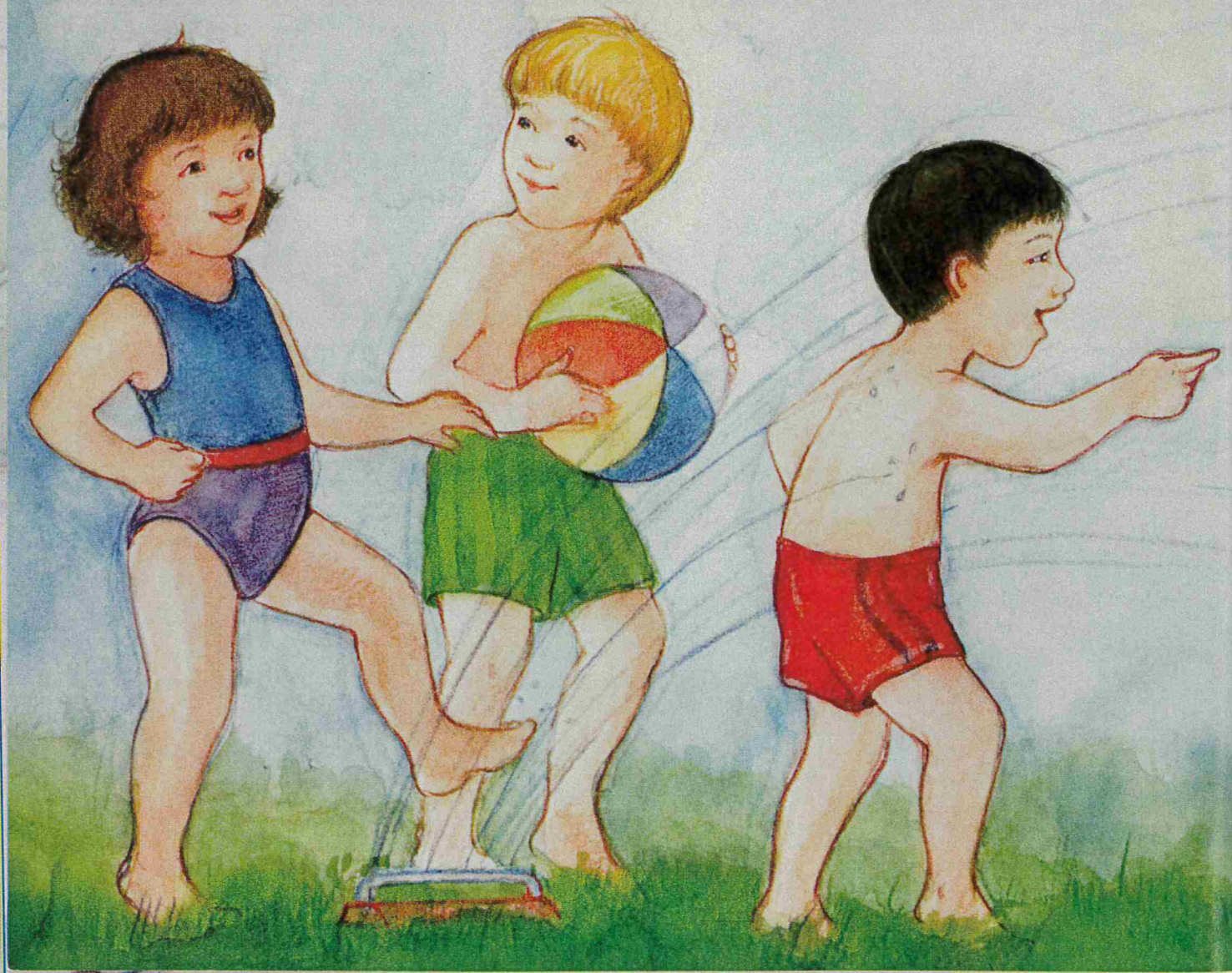


**Some places on your body should never be touched by other people—except when you need help in the bathroom or getting dressed or when you go to the doctor.**





**These are the places on your body covered by a bathing suit. They are called your “private parts.”**





**If anyone tries to touch your private parts, tell your parents or another grownup you trust.**





**Your body belongs to you! When you don't want a hug or kiss, it's okay to say, "No, not right now, please!"**

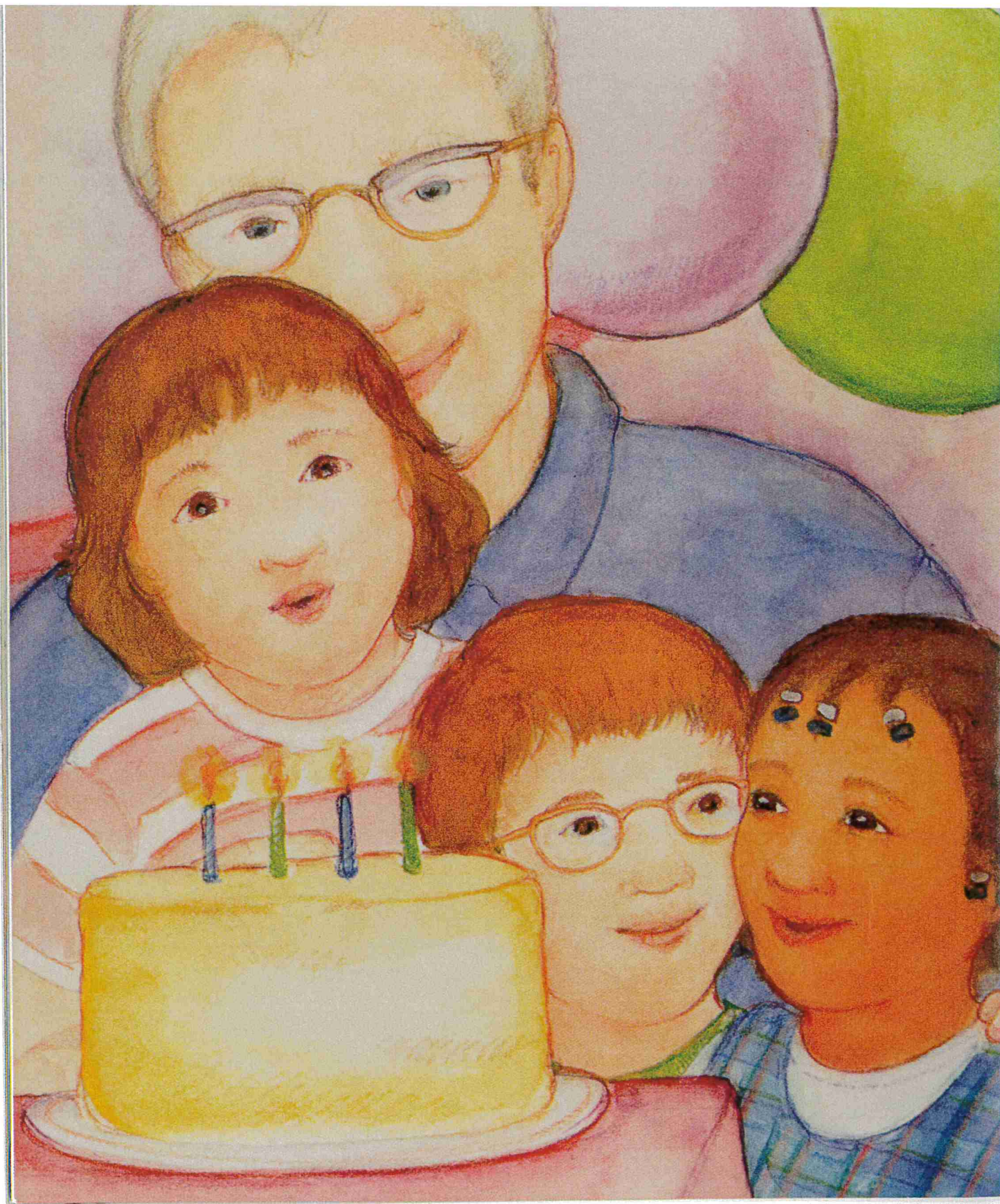




**And it's important to tell if someone  
tries to touch your private parts.**









**Sometimes you like to be touched,  
and sometimes you don't. But mostly,  
getting a hug or kiss and being close  
to other people feels good.**





**You like that!**

