



Love **FUN** & **MAKING NEW FRIENDS?!**

Here's a handy checklist for being an awesome friend!



MAKE EYE CONTACT



SAY "HELLO! My Name is _____."



ASK "Do you want to play/share/hug?"



WAIT for an ENTHUSIASTIC YES!!!



BE OK with someone saying "NO."



CONSENT IS MUTUAL & FREELY GIVEN!

YOU ARE THE BOSS OF YOUR BODY!!!

IT'S OK TO SAY STOP! or NO! If you are uncomfortable with the way someone is touching or playing with you.

TRUST YOUR GUT FEELING! Your body tells you when something feels wrong - listen to it.

YOU DON'T OWE AFFECTION! Sometimes we don't want to hug or play with someone, even if we like them.

WORRIED ABOUT HURTING FEELINGS? Offer what you are OK with. "Instead of a Hug, how about a High 5?"

YOU ARE THE BOSS OF YOUR BODY - WHAT YOU SAY GOES!

If someone crosses your boundaries, it is not your fault. Find an adult you trust and let them know what happened.