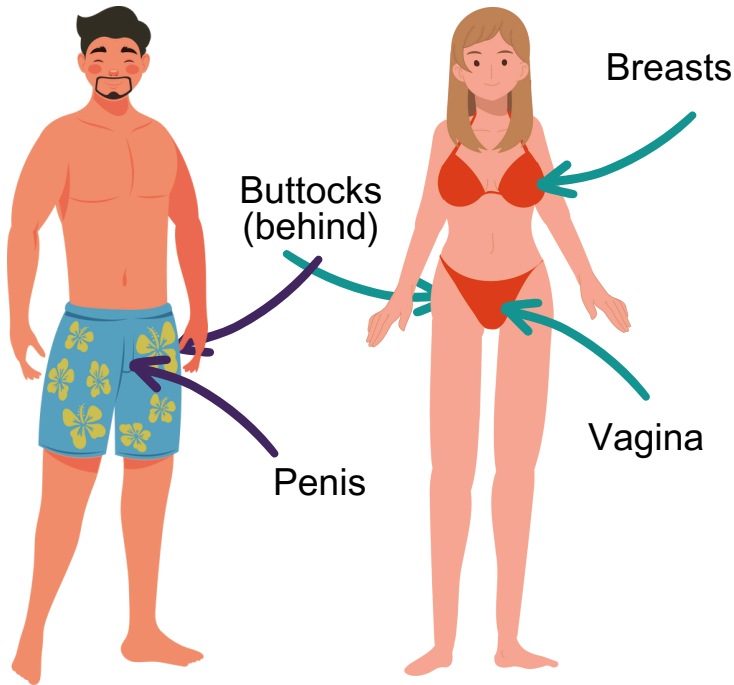




Understanding Touch and Staying Safe

PRIVATE PARTS

Parts of the body covered by bathing suits



RULES FOR YOUR BODY

NO ONE can touch your private parts unless you say it's okay

People should **ASK BEFORE TOUCHING** you for any reason

You have the right to say **NO**

You are **IN CHARGE** of your body

OTHER WAYS TO STAY SAFE

- **LEARN** about your body and sex: Ask close friends or family members' questions
- Say **YES** to hanging out with close friends and family members
- Say **NO** or **STOP** if someone is touching you and you don't want them to
- If someone hurts you, it's not your fault and **TELL A TRUSTED PERSON**
- Learn how to **GET HELP**. For information on how to get services go to: <http://bit.ly/2vzLV2P>
- If you're scared, feel uncomfortable, or think you're being abused, **TELL A TRUSTED PERSON**
- Practice how to **ADVOCATE** for yourself

RULES FOR OTHER PEOPLE'S BODIES

DON'T TOUCH other peoples' private parts

ASK before going into other peoples' personal space (within arm's reach)

WHEN IS IT OKAY FOR AN ADULT TO TOUCH MY PRIVATE PARTS?

Only after they ask and **YOU SAY IT'S OK**

To **HELP CLEAN** you in the bath or shower, or help going to the bathroom

When a **DOCTOR** needs to make sure you're healthy

Three people you can contact if you feel unsafe:

1. _____
2. _____
3. _____

www.paautism.org/BeSafe



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

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