UNDERSTANDING TOUCH AND STAYING SAFE

INDIVIDUAL: ADULT

PRIVATE PARTS
Parts of the body covered by bathing suits

- penis
- buttocks (behind)
- breasts
- vagina

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

RULES FOR OTHER PEOPLE’S BODIES
DON’T TOUCH other people’s private parts

ASK before going into other people’s personal space (within arm’s reach)

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

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.paaautism.org/BeSafe

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