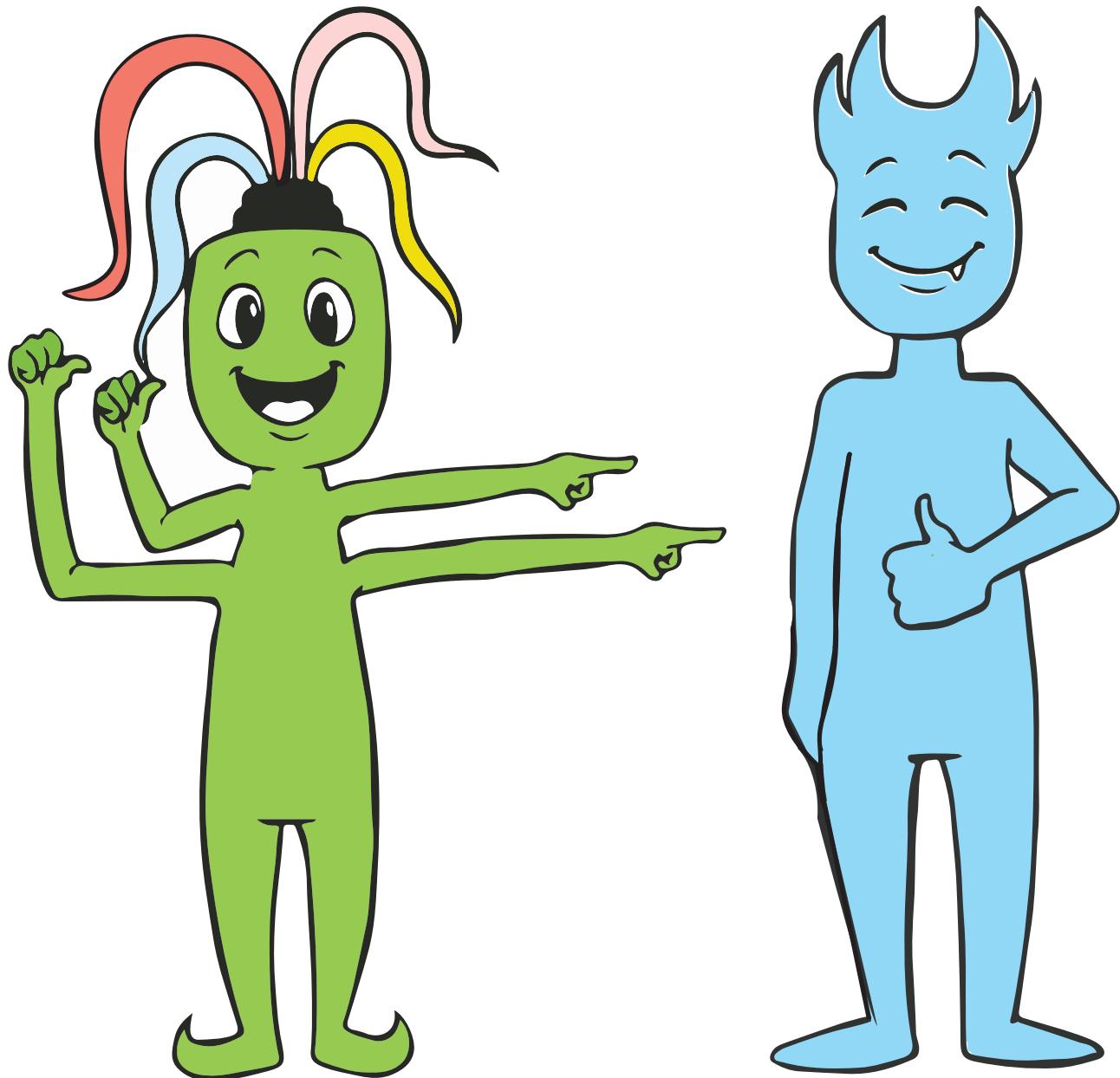


My Body, Their Body.



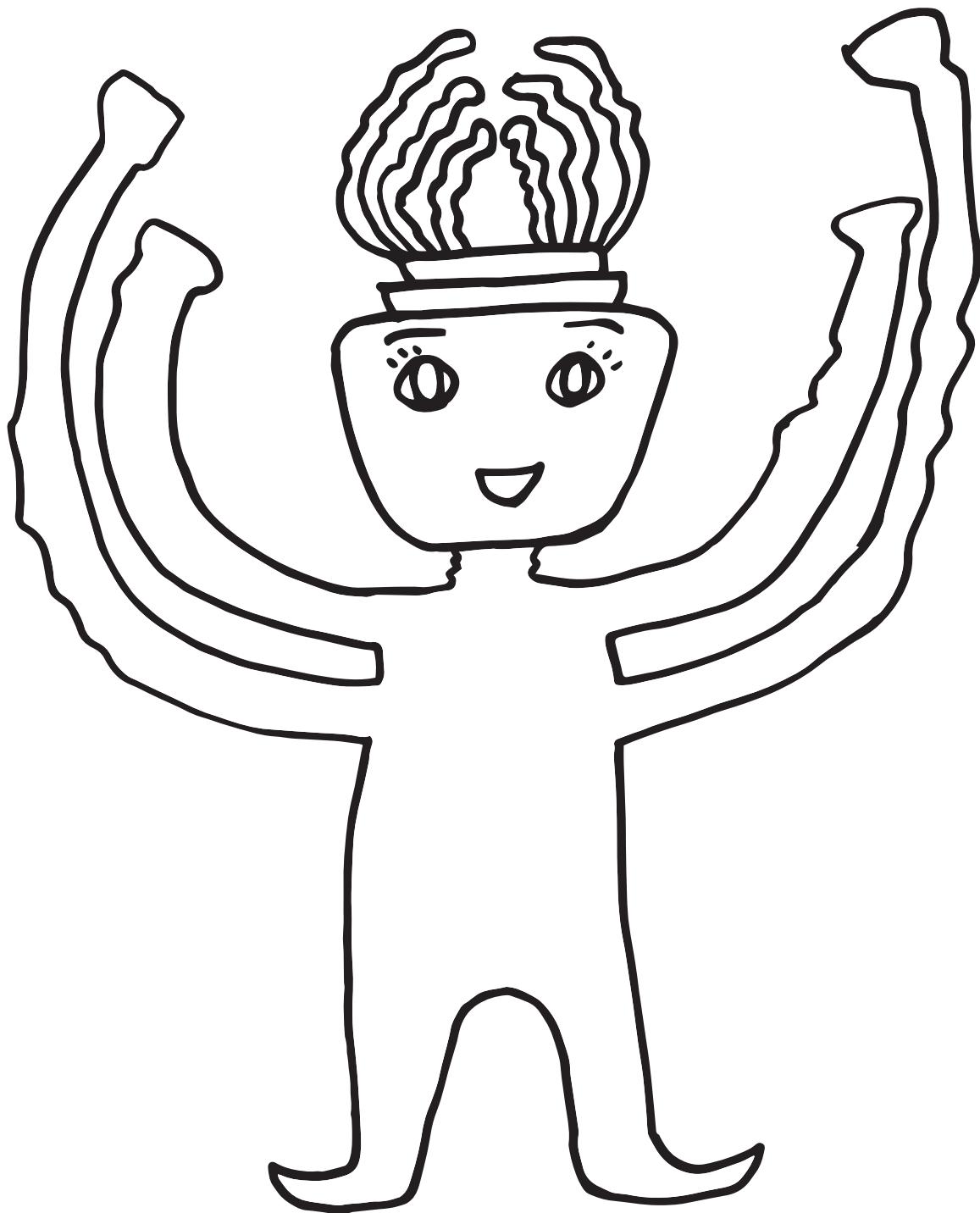
Written By: Isy Abraham-Raveson

YES!

Illustrated By: Rebecca Klein & Rachel Frome

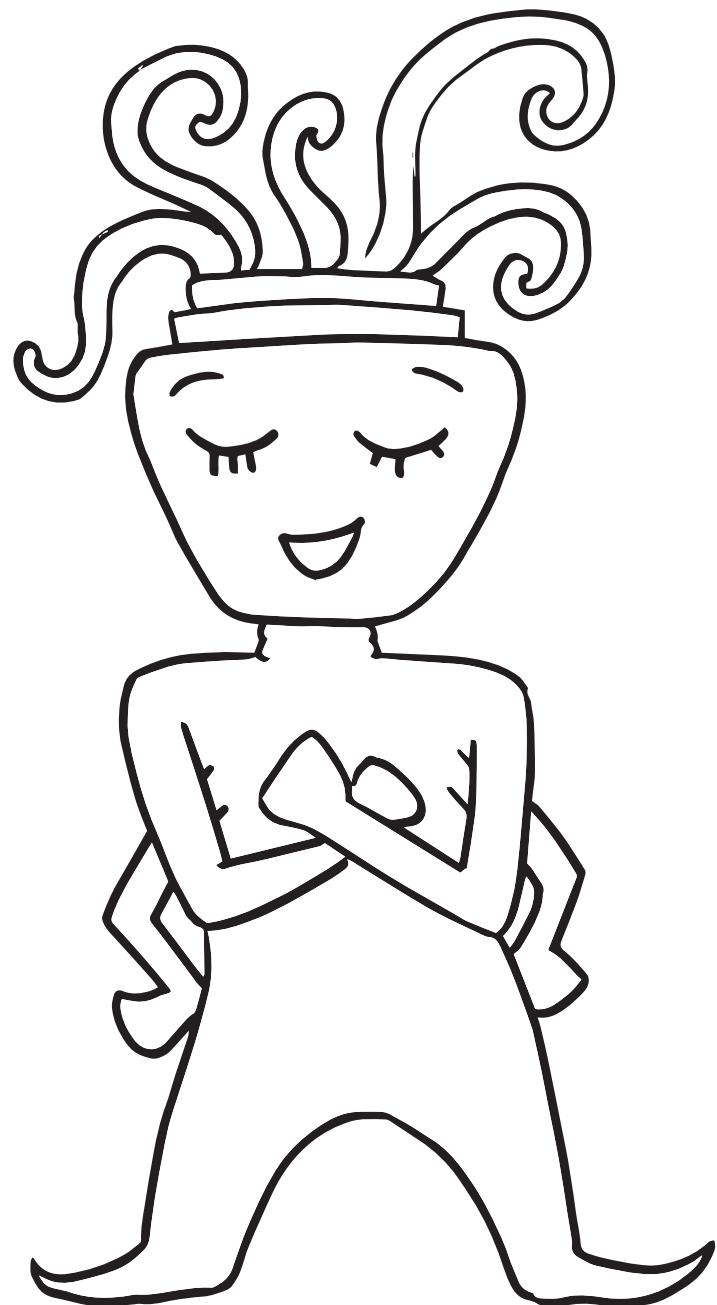
YOUR
EMPOWERED
SEXUALITY

Your body is YOUR BODY!

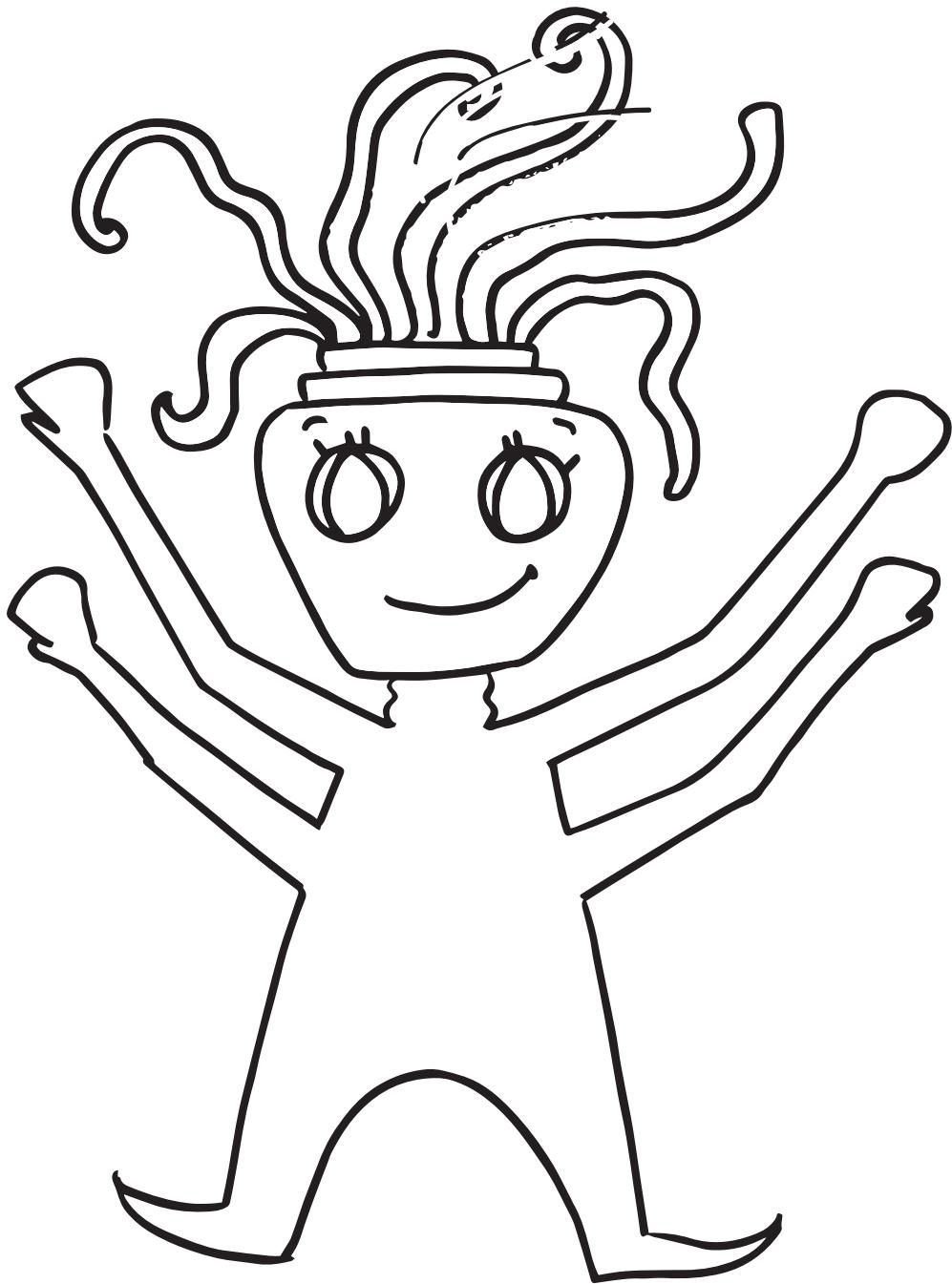


That's so important that I think we should say it again: It's YOUR BODY.

That means that only you get to decide what to do with your body, who gets to touch it, and how.



If you want a big hug,

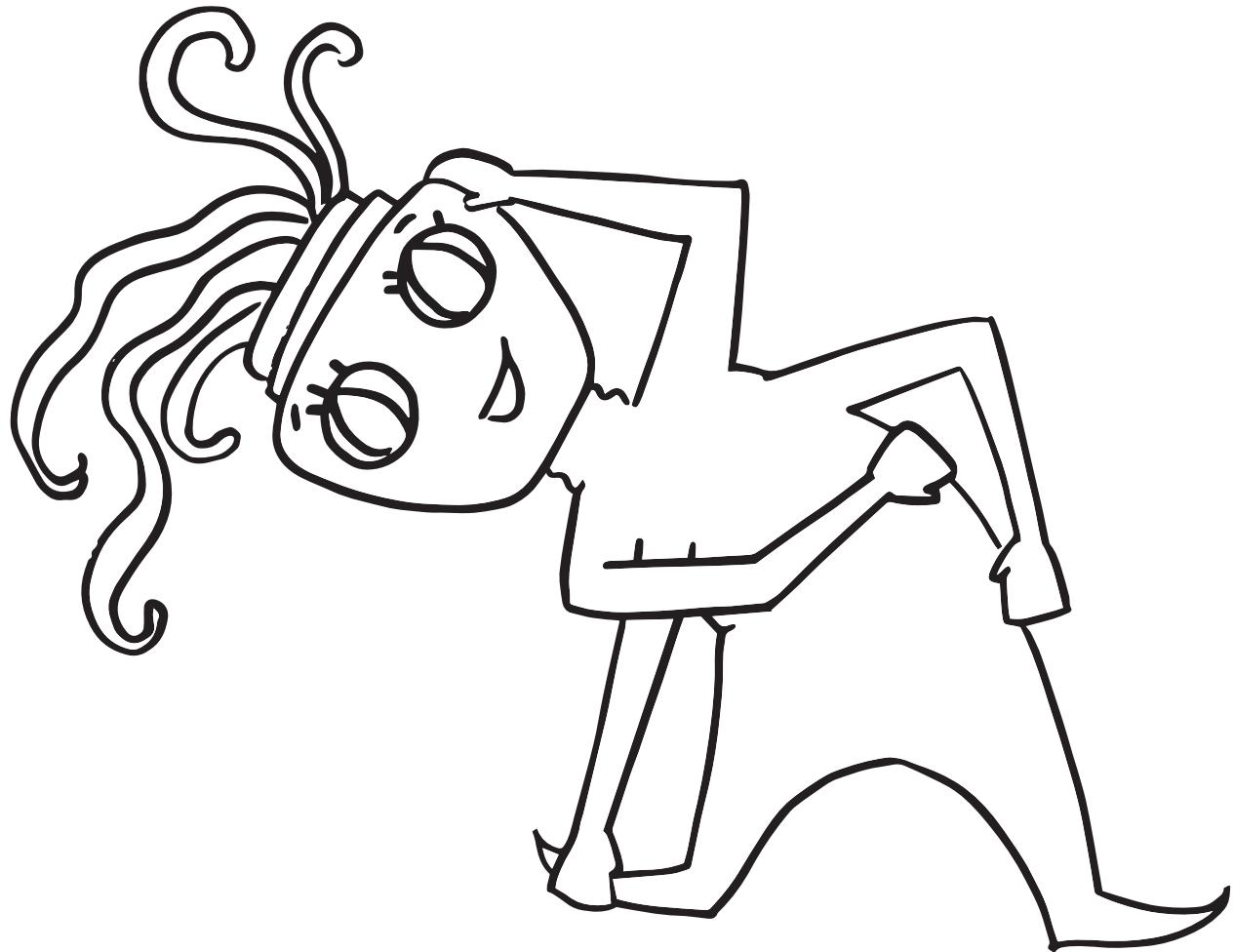


You can ask for one!

If someone touches your body in a way that you don't like, you can say, "NO!"



And you can touch your own body any way that you want! (But sometimes touching our own bodies is private, so we do it alone.)

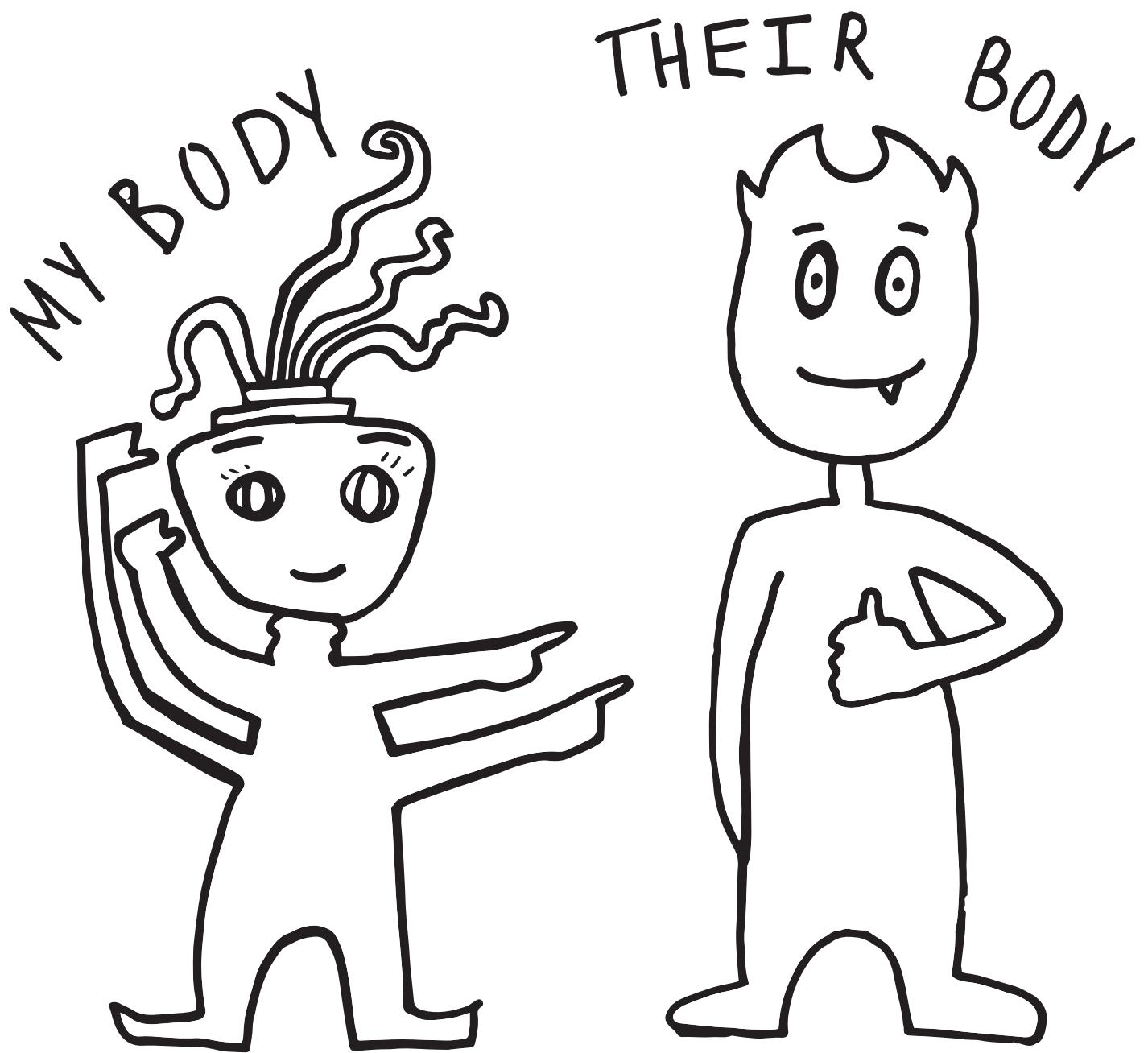


So, if someone says, "Go hug Grandma!"
You can say:



Or, you can say:



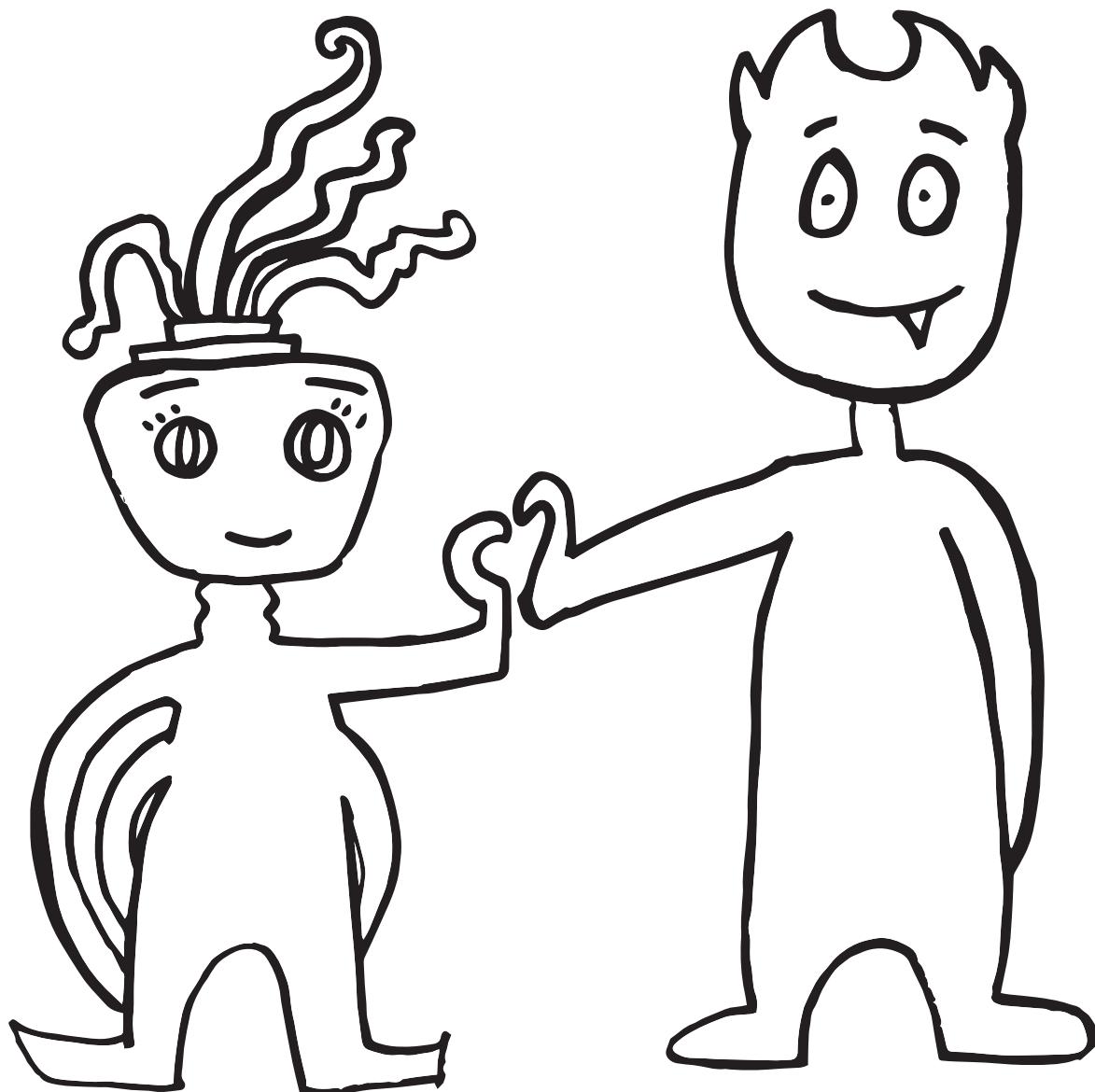


And if your body is your body, then
other people's bodies are THEIR
bodies.



That means if you want to hug your friend, you should ask. And if your friend doesn't want a hug, THEY can say, "NO!"

And that doesn't mean that they don't love you. It doesn't mean they won't want a hug another time. But it means you cannot touch them. Because it's THEIR body!



But don't worry. You can always find
SOMEONE who wants a hug!

