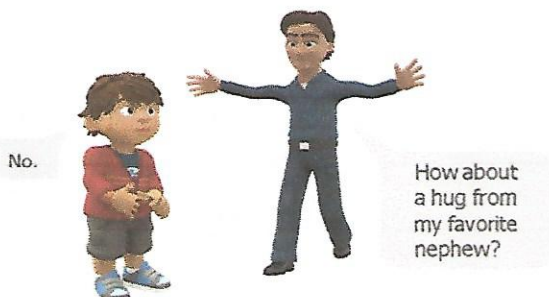


## TIPS FOR PARENTS: SETTING PHYSICAL BOUNDARIES



### Remind children that their bodies are their own.

It's never too early to start talking about consent. If your children don't feel comfortable giving hugs, sitting on laps, or are uncomfortable with another type of touch, encourage them to speak up and *tell people "no"*.



### Let children know you will listen.

Encourage children to talk about their concerns and listen respectfully. If your child discloses something troubling, try to respond calmly, and reassure children that telling you was the right thing to do.



### Keep the adults in your child's life in the loop.

Many friends or family members may not think twice before picking up your children, giving them hugs, or otherwise showing their affection. Let adults in your child's life know that you are working on these skills and strategies. Suggest alternative options for showing affection if your child expresses discomfort, such as "How about a high five instead of a hug?"



### Be a good role model.

Demonstrate what consent and boundaries look and sound like. Ask younger kids questions like "Would you like to be picked up to see better?" or "Should I help you get dressed, or would you like to do that on your own?". Take it a step further by extending this behavior to adults that you and the child interact with, for example: "I'm sorry you had a bad day Aunt Maria, can I give you a hug?"