



The power of touch.

A book specially written for Axel and Owen



My body is special. I can touch my body anywhere that feels comfortable for me.



Only people that I know and trust also get to touch my body.





When people touch my body, they should only touch in areas I feel comfortable with, like my head, my shoulders, or my hands.

People that I really trust like mum and my brother can give me a hug.





Sometimes, I might not like to be touched on my body and that's ok.

If someone touches me on my body and I don't like it, I can ask them to stop.



If they don't stop touching me, I can ask an adult to help me.



Sometimes I might like to touch other people like my friends, my mum or my brother.



If I go to touch someone else, I must make sure that they feel comfortable too.





If I touch someone
when they don't want
to be touched, they
might get angry with
me or they may
become sad.



They may not want me
to play with them
anymore.





If I want someone's attention like my mum or brother, I must call their name and wait for them to answer me.



If I grab or pinch them to get their attention, I am touching them in a way that they don't feel comfortable and it can make them angry or sad.





I must remember to touch people the same way that I want to be touched. That way we all feel happy and comfortable.



The end 😊