

HOLIDAY GREETINGS

THAT I'M OKAY WITH!

HUGS



OKAY FROM:

NOT OKAY FROM:

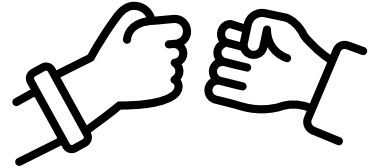
HIGH FIVES



OKAY FROM:

NOT OKAY FROM:

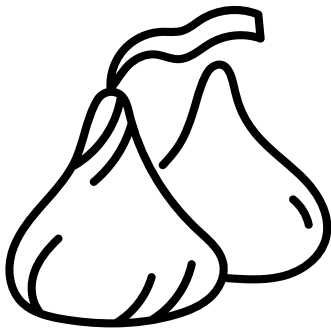
FIST BUMPS



OKAY FROM:

NOT OKAY FROM:

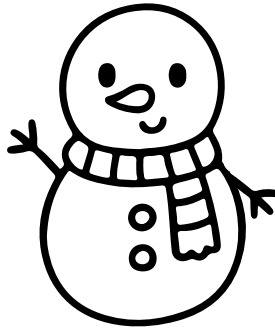
KISSES



OKAY FROM:

NOT OKAY FROM:

WAVES



OKAY FROM:

NOT OKAY FROM:

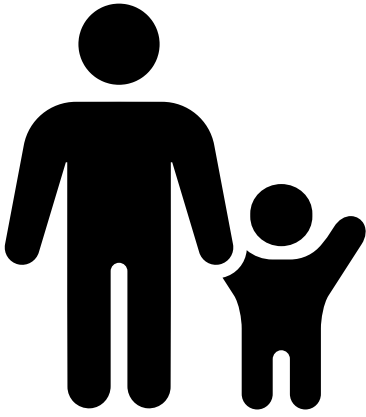
DRAW YOUR OWN

OKAY FROM:

NOT OKAY FROM:



FOR PARENTS & GUARDIANS



During the holidays, it may be normal in your family to hug and kiss loved ones when you come together. However, it is important to avoid pressuring kids to engage in unwanted gestures of affection. Kids have boundaries that adults should respect.



For boundary setting to be effective, discuss and practice before a gathering or interaction with family and friends.

TEACH RESPECTFUL WAYS TO SAY "NO"

It's so nice to see you, but I'm not feeling up to hugging or kissing right now.

OFFER APPROPRIATE ALTERNATIVES (FROM THEIR SHEET)

Kisses are only for mom/dad/guardian, but I'd be happy to give a hug or high five!

NOTE: When you advocate for your children, two important things happen: you provide safety and encourage autonomy!

THIS SPARKS DISCUSSIONS ON CONSENT AND RESPECT WITH OTHER ADULTS AND RELATIVES.
"WE DO NOT FORCE THEM TO DO SOMETHING WITH THEIR BODY THAT THEY DON'T WANT TO DO."

