

Rules for Hugging

When I was little, I would hug my teachers and want to be very close to them. I might even touch their hand if we were taking a walk. I liked being hugged and I like to hug. It makes me feel good.



Sometimes I like to touch my friends. Other times I sit real close to my friend and put my arm around them or hug them because we are good friends.



This was O.K. when I was a little kid, but now that I am bigger, touching and hugging my friends can make them feel unsafe, afraid or uncomfortable.



I need to remember that every person's body is private.



Now that I am a second grader, I can use my words to tell someone I'm happy or like being with them. I can tell my teacher "You are the best teacher!"



I can tell my friend "You are a lot of fun, I like playing with you."



I can also show them that I care about them by smiling at them, giving them a "high 5" and telling the "I like you as a friend."



It is important that I respect other people's personal

space. It is not O.K. to hug or get too close to my teachers and friends. This will make them like me better and not feel uncomfortable with me. It will make me feel good too.

