

Your Body Belongs to You



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Words in **bold** are in the glossary.

You're in Charge

You make choices every day. You can choose to do a silly dance. You can decide to stand still. You can choose to run really fast. You can decide to run slow. You can choose to hug a friend. You can decide to high-five instead. You are the boss of your body.



Personal Space

You **interact** with people every day. You talk to teachers and classmates. You might play with friends. Interacting can involve sharing personal space. This is the area around you. Hugs share personal space. Sitting in a circle does too.





Sharing personal space can be a sign of friendship or **affection**. We often touch, hug, or stand close to people we care about.

Sometimes people don't want others in their personal space. Maybe a classmate is tired. Maybe a family member is not feeling well. There are many reasons to want extra space and **privacy**.

It is important to give people personal space when they want it. It shows we **respect** them and their needs.

