## TABLE OF CONTENTS

RELATIONSHIPS AND SELF-AWARENESSPa	age 1
MATURATIONPag	ge 45
THE LIFE CYCLEPaç	ge 107
SEXUAL HEALTHPag	ge 133
BEING STRONG, STAYING SAFE	ge 179



Right Touch is when people

- ✓ Consent
- ✓ Trust
- ✓ Feel Safe
- ✓ Feel Comfortable



Wrong Touch is when people

- ✓ Do not consent
- ✓ Do not trust
- ✓ Do not feel safe
- ✓ Do not feel comfortable



- > Would you let a stranger into your personal space?
- ➤ Could a stranger hurt you? How?
- ➤ Could someone you know hurt you? How?
- > What can you do if you don't like the way someone touches you?

## REMEMBER THE 5 RULES FOR PERSONAL SPACE:



I don't let people I just met or don't know well into my personal space.



I don't stare at people.



I don't sit or stand too close to people.



I only touch other people with their consent.



If ANYONE comes into my personal space and it makes me uncomfortable, I always have the right to assert myself and tell the person NO.





- > Practice saying: "NO! STOP! You're in my space!"
- > Practice matching your body language to your words.



In a healthy relationship people only touch with consent.