

# It's Okay to Say No

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Inspired by the book: It's My Body – by Lory Freeman

Sometimes I  
like to share  
my body with  
others.

It's nice to share  
my body with  
others  
sometimes.



But I always remember



My body is  
my own..



... and I only  
share it when  
I want to.

I like sharing my body with my parents



I always give them big hugs.

I like sharing my body with my baby sister



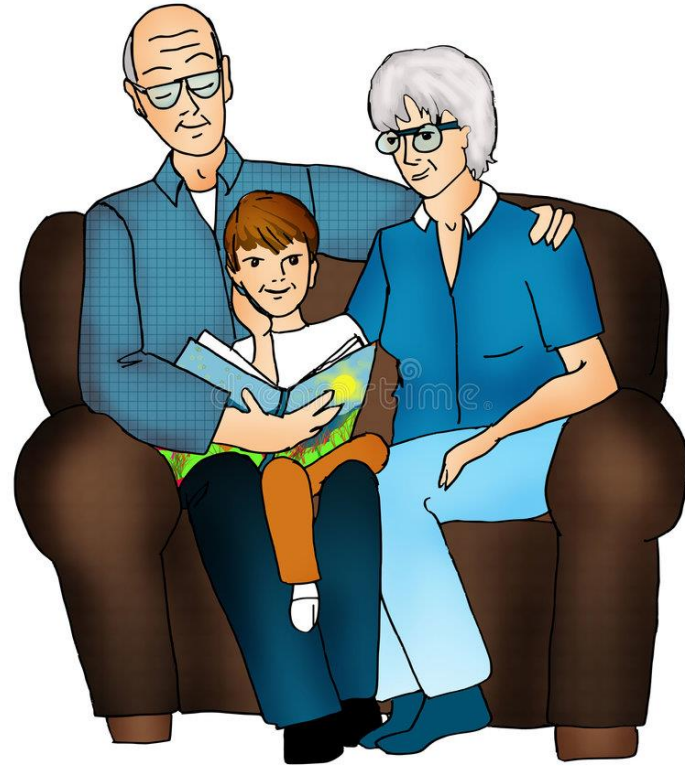
I hold her hands and help her practice walking.

I like sharing my body with my friends



We play tag during recess.

I like sharing my body with my  
grandparents



I sit on their laps and they read stories to  
me



I feel happy and warm when I share my body  
because I want to,

**But** sometimes I do not like to share it with  
others



And it's  
okay to say  
no



My mom's friend visits us, and she hugs me,  
I do not like sharing my body



it's okay to  
say no, I do  
not like that

I do not like sharing my body when my friend is pulling my hair

it's okay to  
say no, I do  
not like that



A stranger wanted to shake my hand,  
and I didn't want to...

it's okay to  
say no, I do  
not like that





I won't share my body if I do not feel comfortable, and it's okay to say **no**.



"No! I don't like it".