

# ASKING FOR PERMISSION

WISE was back to talk about asking for permission!

We talked about how important it is to ask someone permission before we touch them. We made paper hands and discovered that people have lots of different opinions about something as simple as a hug. Sometimes people want hugs and sometimes they do not. Some people like tight hugs and some people like short hugs or bear hugs or air hugs. We used the paper hands to practice asking permission to touch our friend (hug, high five, fist bump) and then really listened to the friend's response.

We learned that it is ok to say "no!" to touching when we want to, and that we shouldn't touch people who say "no!" Touching should never be a secret, and if someone asks us to keep touching a secret or we're confused about a touch, we brainstormed some adults who we could ask for help.

## You can help WISE reinforce these important messages!

Looking for more ways to support young people in your life? Check out WISE's Prevention booklet located on our website.

### BOOKS

**For kids:**

*More, More, More*  
by Vera B. Williams

**For caregivers:**

*Keeping the Peace:  
Practicing Co-operation & Conflict  
Resolution with Preschoolers*  
by Suzanne Wichert

### ACTIVITIES

When watching TV, movies, or looking at pictures where people are touching ask "how can we tell if this person likes being touched?" Sometimes we can tell by the person's face or body language, but to know for sure we need to ASK!

Use the paper hands to practice asking permission to touch (hug, tickle, pet hair, scratch backs). Listen to their answer and pay attention to their face and body.

### VIDEO

Find "4 Ways Parents Teach Kids that Consent Doesn't Matter" by Parenting Gently on YouTube