



## Hugging is a Choice

Show That You Care in Different Ways

**[Video Tip]:** [https://youtu.be/yywQOyTgXSc?list=PL\\_WI\\_kJLxfcpfl-Aan92\\_eHpaydzM0q3C](https://youtu.be/yywQOyTgXSc?list=PL_WI_kJLxfcpfl-Aan92_eHpaydzM0q3C)

**Goal:** Some people do not like to be hugged, which is okay. There are other ways to show that you care!

**[Tip]:** You can smile, write notes, share a mutually enjoyable activity, or use phrases such as “I’m proud of you” to show affection.

**Why is this important?** Establishing positive relationships helps with physical and mental health, and it is equally important for both adults and children to respect the boundaries of others.

**References:** Mate, G. (2003). When the body says no. Toronto: Vintage Canada.

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