



2.18: Touching myself

There are also rules about touching yourself too.

Now lots of people like to tickle or stroke themselves as it might feel nice. They might play with their hair, stroke their skin or they may even touch their private parts. This is really very normal. However, some people may get cross or say that it is dirty, especially when you touch your own privates.

This is strange as it is really very normal, however, it is not polite to do it when other people are about. It is something we should only do when we are alone, perhaps in the bath or shower or in bed, a bit like picking your nose, it is certainly not polite to do in class when everyone is watching.

Remember no one else should touch your private parts, remember the pants rules!

Close: Our bodies are really very clever, they give us clues as to how we are feeling.

Our bodies belong to us and we get to choose who and how we are touched. Equally we need to respect other people's bodies too and we should never touch them in a way they don't like either.