



Body Autonomy

What Is Body Autonomy?

Body autonomy is the right for an individual to administer what happens to their body without outside impact or pressure. This is a significant idea for all children to be taught and be able to exercise. It is important to teach your child body autonomy because children need to take in the rights they have as a human, learning particularly what is OK and not OK regarding their bodies. Learning body autonomy will likewise assist young ones with showing regard for other people. Your child should have the opportunity to know it is not satisfactory to drive others to do something they would prefer not to do. Through body autonomy, your child can figure out how to have a sense of safety and freedom in having their own choices and options when it comes to their body.

They will likewise realize limits about collaborating with others. The practice of giving children such power over their bodies, rather than ownership by their parents, has not always been the way in society. Yet children are human beings who have fundamental rights.



These children feel comfortable having each other in their personal space as they explore their emotions poster.

Things you can do to practice autonomy include:

- Permission for touching- You can give a gentle reminder such as “We should ask before we touch another person.”
- Giving choices- Whenever you can allow your child to have choice when it comes to their bodies. Choosing their own clothes is a great way to do this.
- Acknowledging personal space- Because our bodies are our own, we all have a personal “square”. It is our own personal space where we feel comfortable.



Here a child is using a floor chair to give themselves some much needed personal space.

Some book suggestions that help teach body autonomy to children are:

- Rissy No Kissies by Katey Howes
- Don't Hug Doug by Carrie Finison
- C is for Consent by Eleanor Morrison
- Don't Touch My Hair by Sharee Miller
- Miles is the Boss of His Body by Abbie Schiller and Samantha Counte
- No Means No by Jaynee Sanders