# “May I...?”

## NO touch without permission

Unwanted touch can re-traumatise someone who has experienced abuse.

Some people simply don’t like being touched and some people with sensory processing differences may be uncomfortable with touch or find it distressing.

The most loving thing you can do is to **ask permission** BEFORE you touch anyone.

**Creating safer spaces for EVERYONE**

**Facebook:** May I? No Touch Without Permission
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