Safety Zones

Each safety zone represents a different 'level' of trust that you might have with other people. Write the names of friends, family and other people in the zone where you think they belong.

**The 'Me' Zone** includes your head, chest, stomach and your penis or vagina. This is **your** zone, and you don’t have to let anybody else in this zone unless you want to.

You use this area of your body for kissing, tight hugs, sleeping and having sex. Only your boyfriend/husband or girlfriend/wife would be allowed in this zone - but only at times when you wanted to let them. Other friends or family would NOT be allowed in this zone - no matter how much you love them.

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**The Cuddle Zone** is for people who you love a lot. Best friends and your favourite family members go in this zone. These are the people who you trust completely.

You feel safe and comfortable when you are with these people and don’t mind letting them get close to you.

You might cuddle these people when you see them, or give them a small kiss. But you don’t have sex with these people - only the people in your 'Me' zone.
The Hug Zone is for people who you like a lot, such as friends and relatives. You might work with some of the people in this zone or go to school with them. You like these people and feel comfortable around them.

You might hug them when we see them, but only briefly. Although you like them a lot, you also respect their personal space (and they respect yours). You don’t have to hug these people, but you wouldn’t hug anybody who was outside this zone.

The Handshake Zone is for a wide range of people. We might know them well, or we might have just met them. We might work with them, go to school with them, be related to them or know them through friends.

A handshake is a polite gesture for greeting or meeting someone. You might also shake somebody's hand as you leave. Shaking hands is much more comfortable than hugging or cuddling someone.
The Wave Zone is for people who you see quite often, like your doctor, bank teller or people who work in your local shops. You probably don’t really know them, but because you see each other at different places it is polite to wave to them.

Your neighbours might also go in this zone. Although you see them a lot, you might not know them well enough to talk to or shake hands. But waving to them is a polite greeting.