

# LET YOUR CAT CHOOSE IF THEY WANT TO BE TOUCHED



**Every cat is different.** Some love to be touched, and others don't like it very much or even at all!

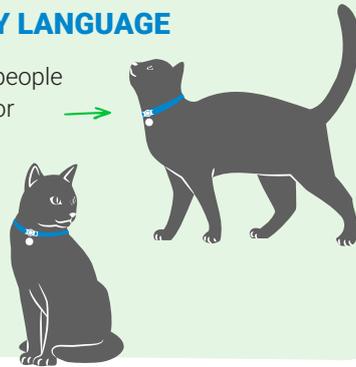
Cats that do enjoy being touched like short petting sessions. Learn what your cat likes and always allow the cat to choose when touch starts and when it stops. This keeps everybody happy and safe.

## WHAT YOUR CAT WANTS

To help you figure out if your cat wants to be touched, follow these steps:

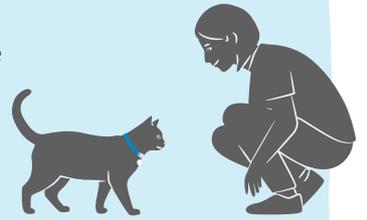
### 1 ASSESS YOUR CAT'S BODY LANGUAGE

- A cat that is willing to interact with people will often approach, purr, facial rub or head bunt and show a relaxed body posture and facial features.
- A cat that does not want to interact will not approach you or will move away from you.

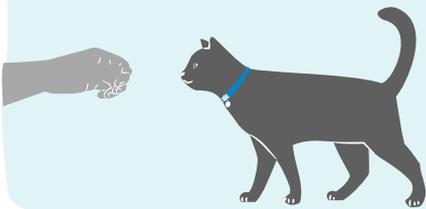


### 2 INVITE THEM TO BE TOUCHED

- Crouch low, avoid direct eye contact, softly speak to the cat by calling its name, and give the cat the choice to approach you (or not).



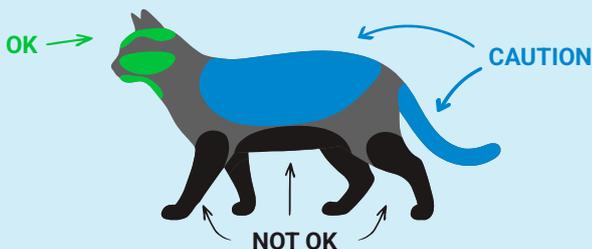
### 3 EXTEND YOUR HAND IN A LOOSELY HELD FIST OR WITH A FINGER OUTSTRETCHED



- If your cat approaches and runs against your hand, see Step 4.
- If your cat rubs against your legs or other body parts (apart from the outstretched hand), let them love on you, but don't touch them with your hands. They have not invited you to!
- If the cat moves away or doesn't approach for interaction, this should be respected. While disappointing, leaving your cat alone when they don't want to be touched will help your cat feel more comfortable to interact with you in the long term.

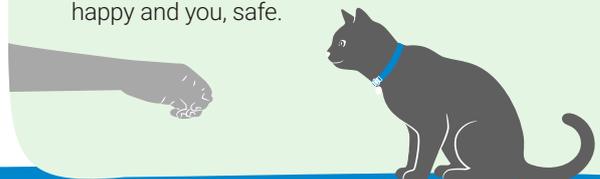
### 4 IF THE CAT HEAD BUNTS YOUR HAND

- Gently stroke the face (cheeks, chin, head) in the direction of the cat's fur for 3 seconds then pull your hand away.
- Some cats may guide your hand to other places on their body, like along the back and sides.



### 5 OFFER YOUR HAND AGAIN AT A DISTANCE TO 'CHECK IN'

- This will tell you if your cat wants you to continue.
- If they head bunt you again, repeat step 4.
- Repeating this multiple times gives your cat the choice to end the interaction whenever they want to.
- Remember, even cats that like to be touched won't always be in the mood for it.
- Respecting what your cat wants keeps them happy and you, safe.



Give your cat choice about whether it wants to be touched. Touch only on their terms.  
**Choice for cats means safety for you!**