

What Is My Child Learning?

Your child is learning that safe touches are positive and caring, unsafe touches hurt your body, and how to say no assertively to unwanted touches, safe or unsafe.

Why Is It Important?

Students need to know the difference between safe and unsafe touches, that unsafe touches are not okay, and that they can refuse any touch they don't want, even if it's safe. This can help protect them from sexual abuse.

Ask your child:

- **What are some unsafe touches?** Possible answers: Kicking, hitting, pinching.
- **What should you say if someone touches you in an unsafe way?** Possible answers: Stop, that hurts me. Stop, that's not okay.
- **What are some safe touches?** Possible answers: Hugs, holding hands.
- **What can you say if someone wants to touch you, but you don't want to be touched?** Possible answers: Please don't touch me. I don't want to be touched.

Practice at Home

When you are talking to your child about the day, ask for stories about any safe touches or unsafe touches he or she saw or experienced. Ask: **How did you know that was a safe touch?** (It made me feel happy. It made me feel cared for.) Or: **How did you know that was an unsafe touch?** (It hurt my body.)

Activity

Help your child list different safe and unsafe touches. For each, help him or her write why it is safe or unsafe.

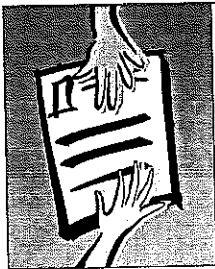
Safe Touches

Type of Touch	Why Is It Safe?
Pat on back	It makes me feel happy.

Unsafe Touches

Type of Touch	Why Is It Unsafe?
Tripping	It can hurt when I fall.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)



What Is My Child Learning?

Your child is learning the Touching Rule: A person should never touch your private body parts except to keep you healthy. Your child is also learning how to say no and to tell an adult when someone breaks the rule.

Why Is It Important?

The Touching Rule helps your child recognize sexual abuse so he or she can say no and tell an adult. Knowing the correct names for private body parts helps your child be understood when reporting.

Ask your child:

- **What is the Touching Rule?** *Second Step* answer: A person should never touch your private body parts except to keep you healthy.
- **What are your private body parts?** Possible answers: Boys—penis and buttocks or bottom. Girls—vulva, vagina, breasts, and buttocks or bottom.
- **What should you do when a person breaks the Touching Rule?** *Second Step* answer: Say, “No, I don’t want to be touched,” and tell an adult.

Practice at Home

Help your child create a plan for what to do if someone breaks the Touching Rule at school, daycare, a friend’s house, or other places your child regularly visits. Ask: **If a person broke the Touching Rule at _____, what would you do? What adult would you tell?**

Activity

Help your child name and label private body parts on the body outline below. Then help your child think of three different things to say if a person tried to touch his or her private body parts. Have your child practice standing tall and using a strong, respectful voice to say words that mean no.

	Refuse—Say words that mean no:

(CHILD’S NAME)	(DATE)	(ADULT’S SIGNATURE)