



What Is My Child Learning?

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

Why Is It Important?

Students need to know 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 is the difference between a safe and unsafe touch?

Read Together

People touch each other every day. Some touches make you feel happy or loved and are good for your body. These are safe touches. Hugs, holding hands, and pats on the back are examples of safe touches.

Other touches hurt. These are called unsafe touches. Pushing, kicking, hitting, and pinching are examples of unsafe touches. If you don't want a touch, even if it is a safe touch, it's okay to say no to the person touching you.

Practice Together

For this activity, you and your child will create lists of safe and unsafe touches:

1. Separately write lists of safe and unsafe touches.
2. Share lists and explain why you picked the touches you did.
3. Work together to create your family's definition of what safe and unsafe touches are.

Child's Touches

Adult's Touches

Child's Touches		Adult's Touches	
Safe	Unsafe	Safe	Unsafe

(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 to use the Ways to Stay Safe when someone breaks the Touching 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?

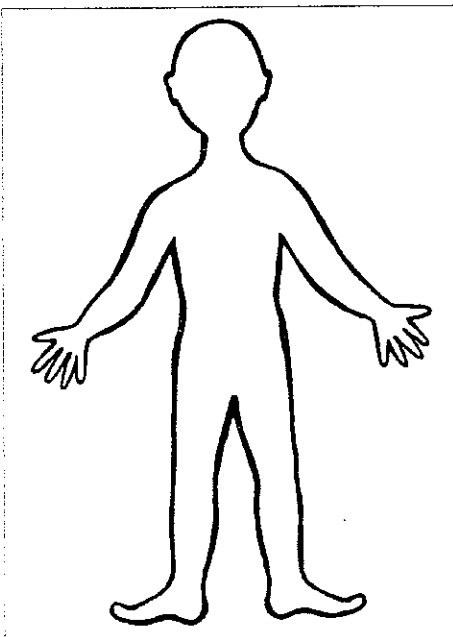
Read Together

A person should never touch your private body parts except to keep you healthy. That is the Touching Rule. Remembering the Touching Rule will help keep you safe. You can pay attention to uncomfortable feelings in your body to help you recognize when someone breaks the Touching Rule. Remember, it is never your fault if someone breaks the Touching Rule.

Practice Together: Talking About Private Body Parts

Practice using the correct words for private body parts. Your child may giggle at first using these words, but the more he or she practices, the more comfortable he or she will be.

1. Using the outline below, point to private and nonprivate body parts and say their names with your child.
2. Have your child point out the body parts on his or her own. Help your child remember the correct names.
3. Help your child label the outline body below with the correct names for his or her private body parts.
4. Each time your child labels a private body part, ask what he or she would do if someone tried to touch that body part.



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