



**What Is My Child Learning?**

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

**Why Is This 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**

Help your child identify safe and unsafe touching by asking your child if certain types of touching (for example, hugging or pinching) are safe or unsafe.

Ask your child: **What should you say if you don't want to be touched that way?**

**Activity**

Help your child list examples of safe and unsafe touches. Once you have completed each list, help your child think of words that mean no that he or she can use to refuse touches if they're unsafe or unwanted. Practice assertively refusing the unsafe or unwanted touches with your child.

Safe touches: \_\_\_\_\_

\_\_\_\_\_

Unsafe touches: \_\_\_\_\_

\_\_\_\_\_

Words than mean no: \_\_\_\_\_

\_\_\_\_\_

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





**What is My Child Learning?**

Your child is learning the Touching Rule: A bigger 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 This Important?**

Learning the Touching Rule helps your child recognize sexual abuse so he or she can say no and tell an adult about it. 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 bigger 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 if a bigger person breaks the Touching Rule?** Say, “No, I don’t want to be touched” and tell an adult.

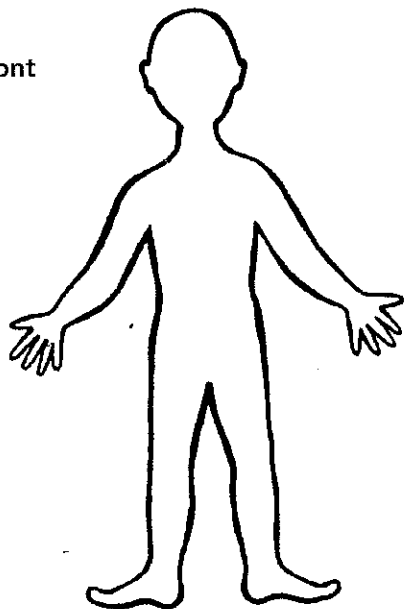
**Practice at Home**

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 bigger person broke the Touching Rule at \_\_\_\_\_, what would you do? Which adult would you tell?**

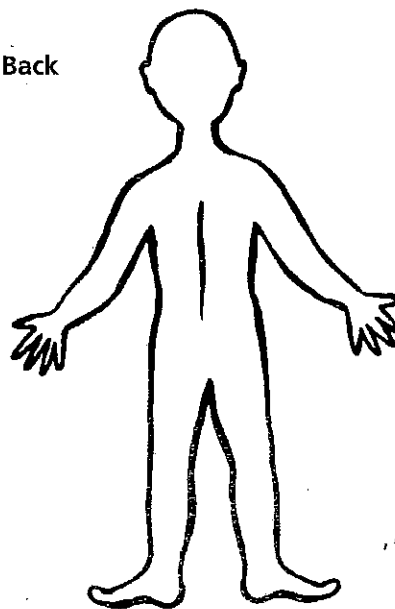
**Activity**

Help your child name and label his or her private body parts on the body outlines below. Next help your child think of three different things to say if a bigger 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.

Front



Back



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

