

What Is My Child Learning?

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

Why Is It Important?

Children need to know that unsafe touches are not okay. They also need to know 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, you can say no to the person touching you. It's okay to say no to unwanted touches.

Practice Together: Safe Touch Survey

Hold a household meeting where everyone who lives with your child lists as many safe and unsafe touches as they can think of in two minutes. Have your child:

1. Explain to everyone beforehand what safe and unsafe touches are.
2. Time everyone as they write down their answers.

After everyone has finished writing their lists, sit with your child and decide what the most popular answers for safe and unsafe touches are. Record the results below.

Safe Touches			Unsafe Touches		
Rank	Type of Touch	# of People	Rank	Type of Touch	# of People
1			1		
2			2		
3			3		
4			4		
5			5		

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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?

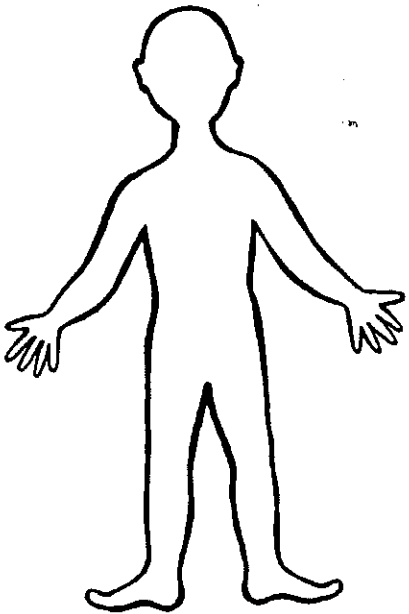
Read Together

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

Your child may have learned many different names for body parts. Help your child to learn and practice the correct names for private body parts by working together to label the body outline.

1. Have your child label the body outline, filling in names for all private body parts.
2. With your child, review the names he or she wrote for private body parts.
3. Make sure your child has written the correct names for private body parts (boys: penis and buttocks or bottom; girls: vagina, vulva, breasts, and buttocks or bottom). If your child has written something else, explain the proper terms and help him or her write the proper terms below.

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