



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		

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