



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)
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