



**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)
----------------	--------	---------------------