

Touches that make you feel uncomfortable are usually "bad" touches. You don't have to keep a secret when someone gives you bad touch. Don't feel that you are bad.

Whoever gives you a bad touch is the one who is bad, not you.

Your body belongs to you. Nobody should touch it if you don't want to be touched.



For more information call
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Good touch
Bad touch
Secret touch



Good
touch
bad
touch
secret
touch

Is every touch a 'good' touch?

NO.

Some people may give you 'bad' touches.

Do you know what a bad touch is?

It is a bad touch if it hurts you. Ouch!

It is a bad touch if someone touches you on your body where you don't want to be touched.

It is a bad touch if a person touches you in a way that makes you uncomfortable.

It is a bad touch if that touch makes you feel scared and nervous.

It is a bad touch if a person forces you to touch him or her.

It is a bad touch if a person asks you not to tell anyone.

It is a bad touch if a person threatens to hurt you if you tell.

What do you do when someone gives you bad or secret touches?

- First of all, don't be afraid.
- Say "NO!" Tell the person that you don't like it and you don't want to be touched.
- Get away fast! Run away from the person whose touch you don't like. Never stay alone with that person ever again.
- Ask for help. You can scream.
- Go and tell someone you trust what has happened even if the person who touched you in a bad or secret way told you not to tell anyone. Tell your mom, dad, a friend, teacher, or a doctor. If someone doesn't seem to believe you, go and tell someone else until you are sure someone believes you.
- Believe in yourself. You did nothing wrong.

It feels good to be hugged and kissed by the people you love.

For example:

When Mommy gives you a hug and kiss after you wake up

When Daddy gives you a good-night hug and kiss

When Grandma and Grandpa come to visit and everyone gets hugs and kisses