

Name: _____

KIDZ Have Rights: Nurturing and Confusing Touches

Circle all that apply:

Nurturing touches make me feel: angry good inside loved safe important sad

Confusing touches make me feel: nervous weird awkward uncomfortable happy

Safe Adults in my **family**: Mom Grandma Auntie Dad Other _____

Safe Adults in my **community**: Teacher Pastor/Priest School Nurse
A friend's Mom or Dad Adult Neighbor School Counselor Other _____

True or False:

_____ When I am hugged and it makes me feel loved and safe that is a *nurturing touch* (nice touch).

_____ *Confusing touches* usually leave a funny feeling in my stomach.

_____ When I receive a "high five" from a team mate after the game, I feel proud and happy and that is a *nurturing touch*.

_____ *Confusing touches* make me feel okay or not okay.

_____ If I get a *confusing touch* and it makes me feel uncomfortable and unsafe, I need to tell a Safe Adult.

_____ A hug that makes me feel weird is a *confusing touch*.

Circle the correct answer:

Do you like to get *Nurturing Touches*? Yes No

You are upset about something and your best friend gives you a hug.
Nurturing Touch Confusing Touch

If you receive a *Confusing Touch* what should you do?
Don't talk to a Safe Adult Do talk to a Safe Adult

Attention Parents: Please turn this page over for Parent/Child Reinforcement and Parental Tips on body safety. Please review this worksheet with your child.

Parent/Child Reinforcement

Look at the choices your child made. Discuss each answer with your child.

Talk about **Nurturing touches** (also called nice touches) These are touches we like to get from people. Review the choices your child made. All should be circled except for angry and sad.

Talk about **Confusing touches**, (touches we get from people that make us feel weird, awkward, confused, uncomfortable), and the choices your child made. All should be circled except for happy.

Talk about the **Safe Adults** in your family and community. Confirm there are many family and community safe adults, **identify them by name**.

Review the True/False statements. All the answers should be True. Discuss the statements with your child.

Talk to your child about **listening** to their stomach/gut and **listening** to their feelings to help decide what type of touch they receive.

Parental Tips

- ❖ *Encourage your child* that if they receive a confusing touch they should talk to a Safe Adult.
 - ❖ *Do not encourage or force your child to* give hugs or kisses to grown-up or Kids they do not want to. Respect their right to express affection on their own terms.
 - ❖ *Praise your child* often as they make good choices or decisions.
 - ❖ *Encourage your child* to ask questions and share their experiences.
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KIDZ Have Rights Logo with the Rights Listed

Logos