

Three Types of Touch

There are three different types of touch children can experience. **Safe Touches** are touches a child likes to get and they always give good feelings inside. Examples could be: hugs, high-fives, and tickles.

Not Sure Touches look just like Safe Touches, but they do not give children good feelings. A Not Sure Touch can make a child feel uncomfortable or nervous inside. These are touches they should talk to a Safe Adult about.

Not Safe Touches are touches to the private parts of a child's body. These are the parts of their body a swimsuit covers. Not Safe Touches are touches children should *always* tell a Safe Adult about. Safe Adults will make sure these touches stop happening and everyone gets the help they need.

→ Directions: Read each example below and decide together the type of touch it is. Next, write on the lines if the touch is one you need to tell a Safe Adult about. ←

1. My friend and I have a secret handshake that is fun to do!

Safe Touch

Not Safe Touch

2. My teacher and I do a high-five when I come into his classroom.

Safe Touch

Not Sure Touch

3. My friend asked me to play a game about touching private parts.

Not Safe Touch

Not Sure Touch

5. A friend of my family rubs my back and it makes me feel uncomfortable.

Safe Touch

Not Sure Touch

After discussing with your child the above examples, talk with them about the importance of telling a Safe Adult in their life if someone gives them touches that make them feel uncomfortable or if someone ever gave them Not Safe Touches.

Provide an opportunity to practice with them the words they could say to begin a conversation with a Safe Adult. These could include, "Something is bothering me.", "I need to talk to you.", or, "I have a problem."

Provide your child praise and remind them - you will listen to them, believe them, and help them.

