**GOOD TOUCH & BAD TOUCH**

**INSTANCES WHEN YOU HAVE PLEASANT FEELINGS**

- Your teacher or a person of similar status taps you on the back and wishes you a safe journey.
- Shaking hands with a friend.
- My mum and Dad hugging me with love and affection.

**GOOD TOUCH**

- You can decide who can touch you, who can kiss you or who can give you a hug.
- No one has a right to touch you in way.
- You have the right to say "no".

**BAD TOUCH**

- There are some parts of our bodies which we might not like people to touch. Touches that make you feel uncomfortable are usually bad touches.
- It is a bad touch if it hurts you.
- 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 feel 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.

**DEAR CHILDREN...**

- Do not be alone with anyone who tries to touch in a way that makes you feel uncomfortable or makes you feel unsafe.
- Do not let threats scare you into running away or keeping quiet.
- It is OK to say NO if someone tries to touch you in ways that make you feel frightened, confused or uncomfortable.
- Don't keep secrets that make you feel uncomfortable. Tell an adult you trust.
- If someone tries to take you away or approaches you in a way that makes you feel uncomfortable, run, scream and get away.
- It takes courage to ask for help. Reporting sexual abuse can be difficult. Think of it this way. You are helping others, not just yourself. You have stopped it now- fullstop!
- Unfortunately, some adults may abuse the trust you give them.
- There are people out there who care and who want to help you.

**GOOD TOUCH**

- When Amma gives you a hug and kiss after you wake up. When Thaththa gives you a good-night hug and kiss.
- An example of a good touch is when you get ready to go to school and your worship your Grand Mother she kisses you on your head and blesses you.

**DEAR CHILDREN...**

- Your body belongs to you.
- You have the right to say "no".
- No one has a right to touch you in way.

**GOOD TOUCH**

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