

Safe Touch and Unsafe Touch

This lesson introduces children to the concept of touch. The children were taught the difference between a **Safe Touch and an Unsafe Touch. A Safe Touch** is a touch that makes a child feel warm, safe, cozy, loved, and comfortable. An **Unsafe Touch** is a touch that makes a child feel mad, bad, sad, uncomfortable, worried, confused, scared, or unsafe. The children learned how to describe their feelings and how to communicate feelings to others. They were taught that **their bodies are special and belong to them** and no one else. They learned that they have Private Parts (those parts of their bodies covered by their bathing suits) and no one should look at or touch their Private Parts. **KidSafe's** award winning safety book ***My Body Is Special and Belongs to Me!*** was read and used as a teaching tool. Children learned to **Report to a Grown-up in their Circle of Safe Adults** if they ever receive a touch that is confusing or makes them feel uncomfortable. Children were taught that **Unsafe Touches are NEVER a child's fault.**

Keep in mind that if a child receives an Unsafe Touch, 90% of the time it is from someone they know and trust, and 68% of the time an Unsafe Touch is from a family member. Most children will **NEVER** tell unless they have **received personal safety education** and have a safe, open communication with the Grown-ups in their **Circle of Safe Adults.**

Continue the KidSafe Conversation at Home

- Talk with your children, using everyday examples, about **Safe Touches and Unsafe Touches.**
- Teach your children the proper names for their private parts.
- Never force your child to kiss or hug teens, adult friends, and relatives if it makes your child feel uncomfortable. When we force children to kiss or hug, we are sending the message that they are not in control of their bodies, and that the needs of the adult are more important. Focus on a more empowering and healthier approach letting your children know it is okay to say no to a touch, even from someone they know and love.
- Play the **“What if?”** game to practice what to do if they are touched in an unsafe way by anyone. For example, ask:
 - “If you were pushed by one of your friends, what kind of touch would it be? How would it make you **feel**? What would you **say**? What would you **do**?”
 - “What would you do if someone touched you and you were not sure if it was a Safe Touch or Unsafe Touch?” (Answer: Go to a Grown-up in my **Circle of Safe Adults** and tell them what happened.)
- Read ***My Body Is Special and Belongs to Me!*** and ***Jack Teaches His Friends to Be KidSafe!*** to your children on a regular basis. Reviewing the safety concepts and lessons in these books will reinforce their learning. Each of the two books has an extensive **Parent Section** designed to help you continue the **KidSafe for Kids** lessons.