



Kids Have Rights Review: Three Types of Touch



#3

Directions: Read each sentence and fill in the blank with a touch from the word bank below. Then, draw a star next to the sentences describing touches that are safe.

Safe Touch

Not Sure Touch

Not Safe Touch

1. You spent the weekend with grandma and when you were leaving she gave you a big hug. This hug made you feel happy inside. It is a _____.
2. One of your cousins is wrestling with you. At first you are laughing and feel special. Then, the wrestling starts to make you feel awkward inside. This is a _____.
3. An adult is helping you and classmates play Duck, Duck, Goose. You will tap each other on the heads. This game makes you feel silly and happy. This touch on the head is a _____.
4. Someone you know and like has been touching the private parts of your body. This makes you feel upset inside. This is a _____.

Directions: Listen as your teacher reads each story below. If the touch in the story is a Safe Touch draw a smiley face. If it is a Not Sure Touch or Not Safe Touch, write what you would do next.

1. You are over at a friend's house playing for the afternoon. Someone there who is older than you is making you feel uncomfortable with the touches they are giving you.

2. A new friend on your bus wants to show you a hand clap they learned. You'll have to clap each other's hands. Doing the hand clap makes you laugh, you are feeling happy inside.

3. A grown-up you know well and care about has been making you touch their private parts. They told you if you ever tell anyone about it, you will be in a lot of trouble. This makes you feel nervous.

4. When you were lining up another kid hit you on your private parts. It happened one time and it made you feel surprised inside.



Talking to Children About Touches



The Kids Have Rights lessons teach children three types of touch:

- Safe Touch: A hug, kiss, tickle that makes children feel happy or good inside.
- Not Sure Touch: Also a hug, tickle, etc. but it doesn't make children feel good/happy. It could make them feel uncomfortable or awkward.
- Not Safe Touch: Someone (grown-up, teenager, kid or friend) touching their private parts, making them touch private parts, playing games about touching private parts, and/or showing pictures of people without clothes on.

Children often are not sure what to do if a touch that is not safe happens when a Safe Adult isn't nearby. Maybe they are outside playing with friends, spending the night away from home or at an after school activity. Talk with your child about coming to you (or another Safe Adult in their life) as soon as they can, to talk about what happened. Make it clear they will not be in trouble, even if they didn't tell right away. It is important for your child to hear:

- You will be proud of them for coming to you.
- You will listen to what happened.
- You will help them figure it out.

Remind your child if anyone gives them a touch that makes them feel uncomfortable or a touch that is not safe they need to follow "the rule" and tell a Safe Adult.

Parent and Child Activity

Talk with your child about who they feel comfortable giving touches to in their life. It is important THEY decide who they want to give hugs, high-fives, kisses, etc to. This teaches children they have control over their own bodies.

One example of an age appropriate book on the topic of personal body safety told through story is I said No! by Kimberly King. This book is one of several excellent titles on the subject for children. For more recommendations visit: <https://cac-kent.org/resources/for-parents/>

After reading a book on personal body safety with your child, discussion ideas can be:

- Why is it important to tell one of your Safe Adults if someone touches your private parts? (This is how it stops happening.)
- Who are three of your Safe Adults? (Encourage them to choose grown-ups at home, school and around where they live if possible.)
- Is it safe for someone you like or care about to touch the private parts of your body? (No. It is not safe. You can always tell a Safe Adult.)