

Safe Touch Conversation Guide

No Secrets, Only Surprises: Sami's Story



This is a conversation guide for adults discussing our Safe Touch video lesson with young people ages 7-11. "Sami's story" provides age-appropriate, kid-friendly language to help protect children from sexual abuse. The video addresses tricks and secrecy, talking to trusted adults, and empowers kids with the knowledge that it is never their fault if someone touches their body in an unsafe way.



Starting the Conversation

[Click here for video lesson](#)

Safe, Unsafe, Confusing Touches

Safety is important! One way we can keep our bodies safe is by paying attention to different types of touches, and how they make us feel.

Some touches are safe—safe touches make you feel good and happy. What are some safe touches that you like?

Hugs, high fives, fist bump, pat on the back, handshakes, etc.

Is it ok to say no or stop if someone gives you a touch that you don't like?

Yes, because your body belongs to you! You get to decide which touches you like or don't like.

What should we do before we give someone else a safe touch like a hug?

Ask! To make sure that's a safe touch for that person.

What are some unsafe touches—touches that hurt or that you don't like?

Hit, punch, pinch, bite, etc.

Sometimes, touches are confusing. They don't hurt, but they still make you worried or uncomfortable. Examples?

Tickling, wrestling, an unwanted hug





An unsafe or uncomfortable touch would be if someone touched the private parts of your body. The private parts of your body are the parts covered by a bathing suit.



No one has the right to touch the private parts of your body, unless it's to help keep you safe and healthy (like at the doctor's office). Whether that person is a grown up or another child, it is still not okay for them to give you an unsafe or uncomfortable touch.



What can you do if someone gives you an unsafe touch?
Follow the Safety Saying- Say No, Get Away, and Tell Someone.

Is it ever your fault if someone touches you in a way that you don't like?
No! Even if you didn't follow the safety saying, it is never your fault.



Who could you tell?
Parent, grandparent, teacher, babysitter, doctor, guardian, school counselor, any adult you trust to help you!

Is it safe to keep secrets about touches?
No, you never have to keep a secret about any touch! It's always ok to tell a trusted adult.



Video Discussion Questions



What happened that made Sami feel uncomfortable?
Her cousin touched her private parts and it was not to keep her safe and healthy.

At first, did Sami follow the Safety Saying (Say no, get away, tell someone?)

No, she was confused and scared to tell. She felt like it was her fault, but it was NOT her fault!

What tricks did Daniel use to stop Sami from telling?

Kept secrets, said "it's just a game," gave her presents and did nice things to gain Sami's trust





What's the difference between a secret and a surprise?

Surprises make people happy, like a surprise birthday party, and everyone finds out eventually. But secrets can make you worried or upset- you don't have to keep secrets about any touches.

Who does Sami tell first? What does her friend say to help?

Her friend Ethan said it's not Sami's fault and he knows someone who got an unsafe touch- they told a trusted adult to get help.

Remember, it is never your fault if someone touches your body in an unsafe way. You never have to keep secrets about anything that makes you scared or uncomfortable- you have the right to tell.



Additional Resources

Hot Chocolate Talks Campaign: How to talk with kids ages 4-11 about CSA prevention

Every Body Talk Book (Ages 0-8)

OCRCC 24/7 Helplines

Phone Helpline: (919) 967-7273

Text Helpline: (919) 967-7273

Online Chat Helpline: Click the button at the bottom of our website at ocrcc.org

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What to Do if a Child Discloses

If a child discloses that they have experienced abuse, follow these steps to support them and help keep them safe:

- 1** Support and encourage them by listening. Let them lead the way in talking about what happened- "I believe you and it's not your fault. Do you want to tell me more about how your feeling?"
- 2** Respond calmly and with reassurance. "I am so glad you told me- it is not your fault. I am sorry this happened to you and I will do my best to keep you safe."
- 3** Ensure their immediate safety. Depending on the nature of the incident, you may need to report it to your child's school, DSS, or law enforcement. You can contact OCRCC if you are unsure about your legal reporting requirements or if you need additional support.
- 4** Get help from people trained to support children who have experienced abuse- OCRCC can provide referrals. Respect a child's privacy around the details of the event and who is told.
- 5** Try to follow normal routines. This provides reassurance while children seek to reestablish a sense of control over their life.
- 6** Recognize your own feelings. It's ok to seek help for yourself while you are also helping others. Our trained advocates are just one phone call, text, or chat away to provide support to survivors and their loved ones.

If you would like more support, OCRCC's
Phone, Text, and Online Chat Helplines are
available 24 hours a day, 7 days a week:

919-967-7273

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