

Staying Safe

Safe Touch Review Guide for 2nd-3rd Grade Caregivers

After receiving a Safe Touch lesson or having a talk about body safety, there are many ways to continue the conversation throughout the year. Below is a guide to help you reinforce the safety concepts your child has learned.

The Safety Rules

What are some safe touches—touches you like to give and get?

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

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

Hit, punch, pinch, bite, etc.

(Note: Some children may say a shot is an unsafe touch. Explain that this is a touch that might hurt, but it is only done to keep you healthy. Another example could be getting a splinter taken out. It might hurt, but it is done to keep you healthy.)

Some touches are confusing. What are some feelings you might have if you are confused or uncomfortable? *Nervous, scared, embarrassed, funny feeling in your stomach, etc.*

A confusing touch might make you have those kinds of feelings. The touch may not hurt, but it doesn't feel good either. An unsafe or confusing touch could be if someone tried to touch the private parts of your body or asked you to touch their private parts. 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. There are times when an adult you trust needs to touch your private parts to help you stay safe and healthy (like at the doctor's office). But remember, no one should touch the private parts of your body unless it's an adult you trust who is helping you stay safe and healthy. It doesn't matter how old someone is, no one has the right to give you an unsafe touch. If you are ever confused or worried about a touch, it's okay to tell someone.

Can anyone remember what you can do if someone tries to touch the private parts of your body or give you a different unsafe touch? *Say No, Get Away, and Tell Someone.*

Who could you tell?

Parents, teacher, school counselor, neighbor, coach... any adult that you trust.

What if you told an adult and they didn't help or didn't believe you?

Tell someone else. Keep telling the adults you trust until someone believes you.

Is it ever your fault if someone touches you in a way that you don't like?

No! Even if you didn't say no or stop, it is still never your fault if someone else decides to give you an unsafe touch.

Sometimes the person who touches you or makes you touch them tries to make you think it's your fault. Why? *They don't want to get in trouble. They don't want you to tell anyone.*



What are some tricks they might use?

They might say that you'll get in trouble, you'll both get in trouble, this is our secret, it's just a game, this is what people do when they like each other, etc. Even if they use a trick, remember it is never your fault!

Do you ever have to keep a secret that makes you feel uncomfortable or hurts your body? *No! Adults should never ask children to keep secrets about touches. You can always tell an adult that you trust.*

What if your friend told you that they got an unsafe touch and wanted you to keep it a secret? *That is not a secret you have to keep. You never have to keep secrets about any kind of touch. It's important to tell an adult you trust right away.*

What could you tell your friend?

I believe you. It's not your fault. You don't have to keep secrets about touching. I can come with you to tell someone.

Scenarios to practice

Saying No

Caregiver pretends to be aunt/uncle, and child practices saying no to play wrestling.

- *Caregiver: Come over here, I'll teach you some wrestling tricks!*
- *Example child response: No, thank you. Sometimes when we wrestle, you don't listen when I ask you to stop.*
- *Caregiver: Oh, I'm sorry! I'm really glad you told me. Let's go play catch instead.*

Telling an adult

Child approaches an adult to talk about an uncomfortable touch, but the adult is busy and not listening.

- *Caregiver: (acting busy, not really listening)*
- *Example child response: I need to talk to you about something really important. It's about my safety.*
- *Caregiver: Oh. Okay, I'll stop what I'm doing so that we can talk.*

Helping a friend

Caregiver pretends to be a child who is getting an uncomfortable touch. Tells another child about it and says that it is a secret. Child practices helping their friend.

- *Caregiver: My cousin is touching me in places I don't want to be touched, and he's telling me that I have to keep it a secret. I don't know what to do.*
- *Example child response: You don't ever have to keep secrets about touching. Let's go tell an adult we trust. I'll come with you.*

Take Away

Nobody has the right to make you feel bad, uncomfortable, or unsafe about your body. If they do, it is NOT your fault. Tell a trusted adult about any uncomfortable touches.



For more information, please contact us
At 919-968-4647 or visit ocrcc.org/safetouch

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