

# Your Body Belongs to You

## Safe Touch Review Guide for Pre-K – 1<sup>st</sup> 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 safe and healthy. Another example could be getting a splinter taken out. It might hurt, but it is done to keep you safe and healthy.)*

#### There are some kinds of touches that are confusing. What are some feelings you might have if you are confused or uncomfortable?

*Nervous, scared, embarrassed, funny feeling in your stomach, etc.*

*An confusing touch might make you have those kinds of feelings. The touch may not hurt, but it doesn't feel good either.*

*An example of an unsafe or confusing touch would be if someone touched 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, unless it's to help you or keep you 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 tries to touch the private parts of your body?** *Say No, Get Away, and Tell Someone.*

#### Who could you tell?

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

#### What if you told one of those people and they didn't help you or didn't believe you?

*Tell someone else. Keep telling adults 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 follow the safety saying, 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 not ask children to keep secrets about touches. You can always tell an adult that you trust.**

## Scenarios to practice

### Saying No

*Caregiver pretends to be Grandma, and child practices saying no to her hugs.*

- Caregiver: Come over here and give me a hug!
- Example child response: No thank you, Grandma. Sometimes you hug me so tight that it hurts.
- Caregiver: Oh, I'm sorry! I'm really glad you told me. I'll be sure to give you gentle hugs from now on.

### Telling an adult

*Child approaches an adult to talk about an unsafe 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. I got an unsafe touch/confusing touch.
- 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.

### Stranger Safety

#### Who is a stranger?

*Anyone you don't know. A stranger does not have to look scary – a stranger is just anyone that you don't know.*

*Caregiver pretends to be a stranger approaching a child in a car. Child practices the safety saying (i.e., say no, get away, tell someone.)*

- Caregiver: Hi there. I'm going to \_\_\_\_\_ Elementary School, but I'm lost. Could you come over here and tell me where it is?
- Example child response: No! (runs away to tell adult)

### Take Away

Nobody has the right to make you feel 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](http://ocrcc.org/safetouch)

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