



Understanding Good Touch and Bad Touch for Kids



An Essential Guide for Child Safety and Awareness



Introduction



It's crucial for children to understand the difference between good and bad touch to ensure their safety. By teaching them early, we empower them to recognize inappropriate behavior and speak up when needed.

What is Good Touch?

Good touch makes you feel comfortable, safe, and cared for. Examples include:

Hugs from family members

A handshake or high-five

Being gently patted on the back by a teacher or coach in encouragement.





What is Bad Touch?

Bad touch makes you feel uncomfortable, scared, or confused. Examples include:

Someone touching you in private areas without your consent.

Touch that feels forced or unwanted.

Being gently patted on the back by a teacher or coach in encouragement.



Teaching Children About Boundaries

- **It's important to teach children that their body belongs to them and they have the right to say 'no' to unwanted touch. Encouraging open communication with trusted adults is key.**



What to Do if You Experience Bad Touch

If a child experiences bad touch, they should:

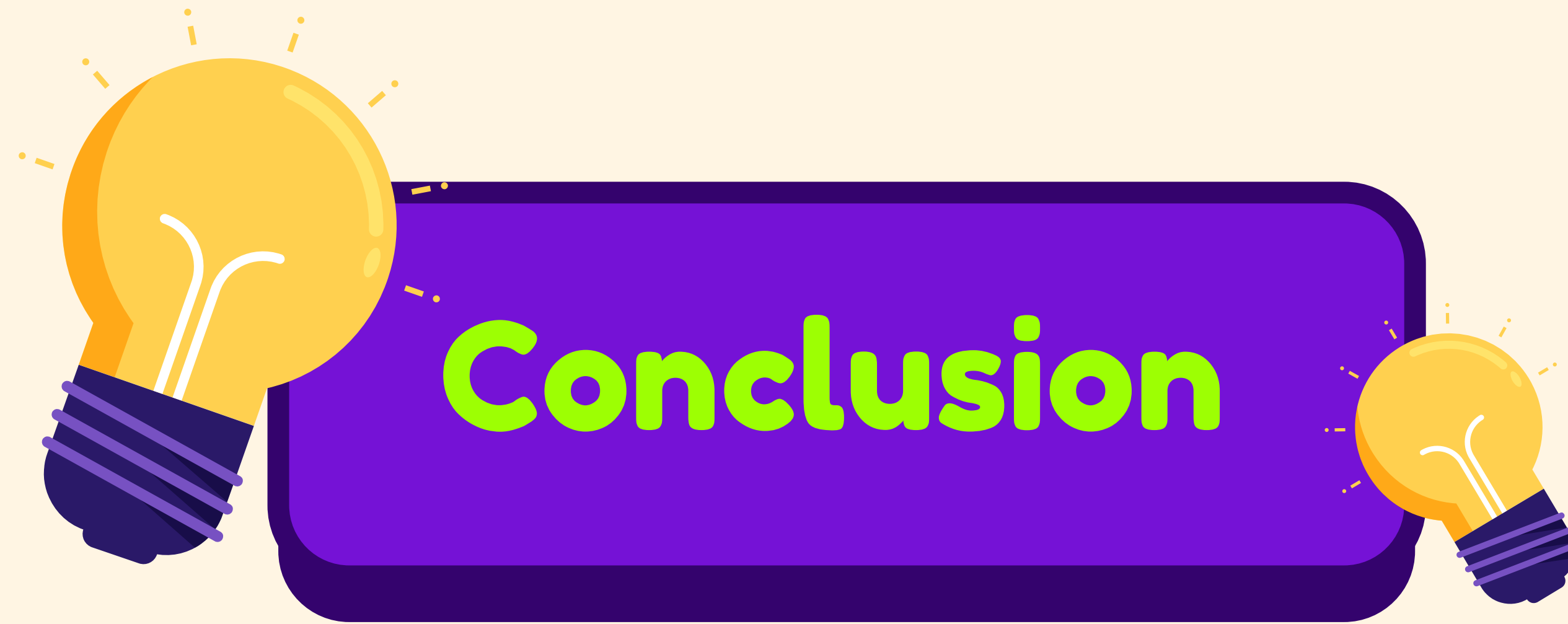
- Say 'No' loudly.
- Move away from the situation.
- Tell a trusted adult immediately.
- Keep telling until they get help.



Parents and guardians play a key role in this conversation:

- **Teach children about safe and unsafe touch.**
- **Create a trusting environment where children feel safe discussing their concerns.**
- **Be vigilant and listen to your child.**



A large yellow lightbulb with a blue base and radiating lines is on the left. To its right is a purple rounded rectangle containing the word "Conclusion" in bright green. A smaller yellow lightbulb with a blue base is on the right side of the purple rectangle.

Conclusion

- **Teaching children about good touch and bad touch is essential in keeping them safe. By educating them early, we help them build confidence in recognizing inappropriate behavior and seeking help.**