

LESSON 4: SAFE AND UNSAFE TOUCHES



Today's Lesson: Lesson 4

In today's lesson, your child learned about personal **space**. Together, the children brainstormed about how a **safe touch** (a welcome hug, an encouraging pat on the back, cuddling with a parent) and **unsafe touch** ("icky," uncomfortable, or confusing touches) make them feel.

We discussed that **safe touches** make them feel:

- Loved
- Happy
- Encouraged
- Safe

While **Unsafe Touches** make them feel:

- Icky
- Scared
- Confused
- Uncomfortable
- Upset

The children learned that they have **private parts**, which are covered by their bathing suits, and that NO ONE should touch or look at their **private parts**, except their **Grown-Up Buddies** and doctors, when they are in pain or feel that something may be wrong. The children also learned that their mouths are **private parts**, and no one should put anything in them unless they're at the doctor's or the dentist's office. The children were strongly encouraged to tell a trusted adult about any touch that makes them feel unsafe and to keep telling until they get the **2 H's: Heard and Helped**.



Human Trafficking Prevention

In this lesson, students learned that they have **personal space**, and this space belongs to them. Next, students reviewed several scenarios illustrating various situations involving touch and **personal space**.

The human trafficking prevention concept of **personal space** is extended by introducing **personal safety** and **physical safety concepts**. Students learned about the differences between **personal safety** and **physical safety** and how **personal boundaries** and **physical boundaries** will help keep them safe. Students learned their **personal safety** involves their **privacy**, **personal space** being respected, and the **private parts** of the body not being seen by others unless there is a medical reason or they need help from a caregiver. They learned their **physical safety** includes their **body boundaries** being respected and their right to be free from unwanted and **unsafe touches**.

Reinforce to your child that when they feel unsafe, they are unsafe. When they are unsafe, they must tell a **Grown-Up Buddy** in their **Trusted Triangle**.



Caregiver Connection

We recommend that you make time to discuss this important lesson with your child. If you have not already spoken to your children about their bodies, the proper names of their body parts, and their right to keep their bodies safe, now is the time!

To avoid being victimized by predators, children must know it's okay for them to say "no" any time a touch of any kind makes them uncomfortable – they have the power over their own bodies.

Children should not be forced to kiss or hug family members if they don't feel like it, even though these are harmless touches. Forcing children to kiss and hug people when they don't want to sends a subtle and dangerous message that they are not in control of their own bodies and that adults hold the power.

Activities to Try at Home

You are encouraged to use the following resources with your child at home. Each may be downloaded and printed.

- [Safe and Unsafe Touches](#)
- [Steps To Safety: Respecting Body Boundaries & Private Parts](#)



Tips to Further Today's Lesson

- Help your child complete the **safe and unsafe touch** activity.
- Ask your child about **safe touches** they like and **unsafe touches** they do not like.
- Please remind your child that they can always go to the adults in their **trusted triangle** to talk about any touch that leaves them feeling confused or unsafe.
- Ask your child if anyone other than mom, dad, or the doctor has ever looked at or touched their **private parts**.

For more ways to talk to your child about staying safe, visit [Safer, Smarter Families](#). For additional resources, visit [Lauren's Kids](#). To report abuse, call the [ChildHelp National Child Abuse Hotline](#) at 1-800-422-4453, and you will be referred to your local reporting agency.

