

All About **Touches**



Copyright 2006
Global Children's Fund

All About Touches

Teaching children about different kinds of touches is the most fundamental part of abuse prevention. It is the best way to teach them to distinguish abusive behavior, without going into details or trying to give them every scenario that could possibly come up. However, most programs still fail in a few major ways with the touch method. First, they teach about good and bad touches, which is great, but a molesters advances aren't likely to fall into either category. Secondly, they seldom go into much detail about touches, or take time to explain that touches can go both ways, someone touching them, or being asked to touch someone else.

Our program has added a third type of touch, the confusing touch. Chances are, a molesters advances will register as confusing to the child. They will be a touch they have not experienced before. They will be a touch that they may not know whether is good or bad. Programs that leave this all important touch out of their programs, leave a lot lacking.

Secondly, throughout this and other books in our abuse prevention programs, we do our best to give children context for the three touches. We take time to explain that touches can go both ways. It can be being touched, or being asked to touch someone else. That bad touches can be touches that affect your mind or feelings, not just something that causes physical pain. That touching can be with any body part, not just your hands.

This book talks about the three touches, and lays a foundation for touching that should help keep them protected from abuse.

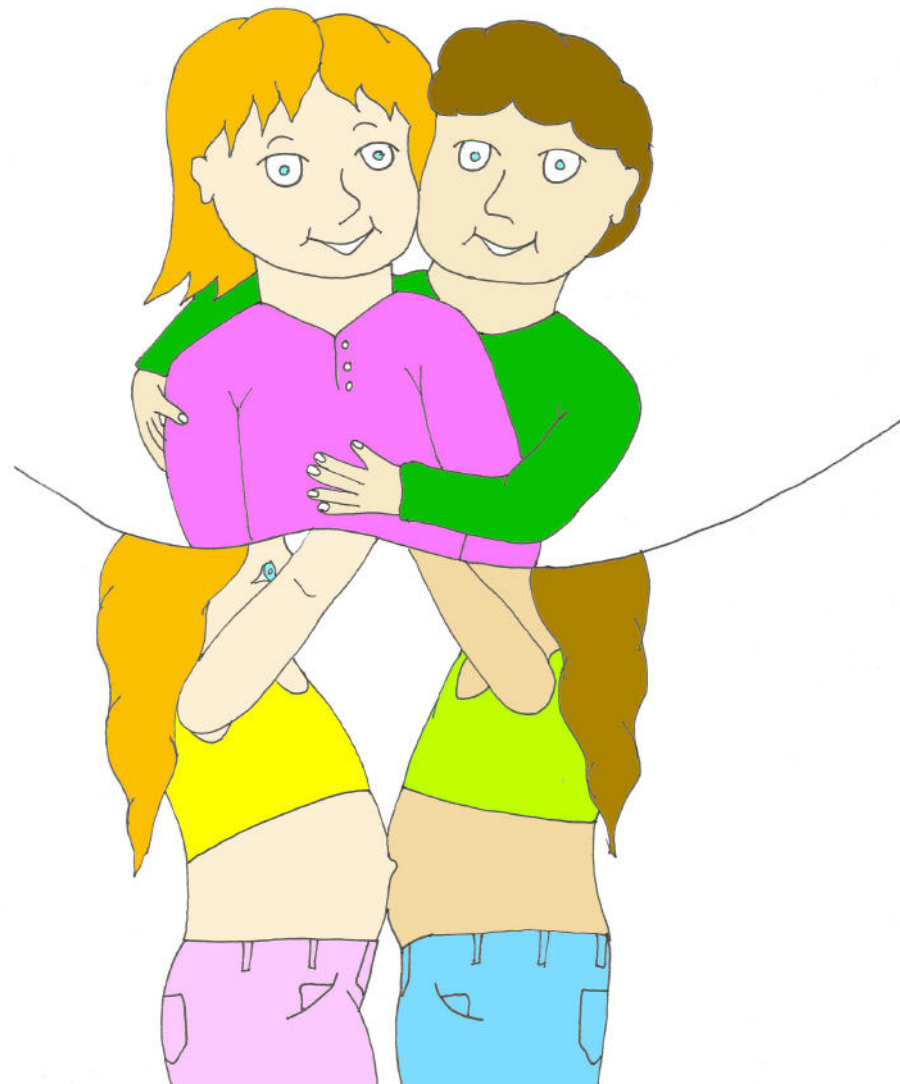
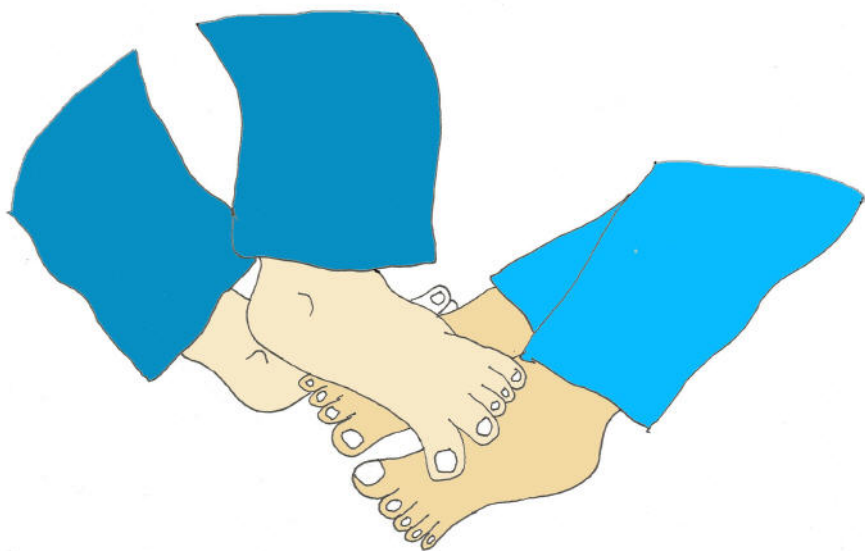
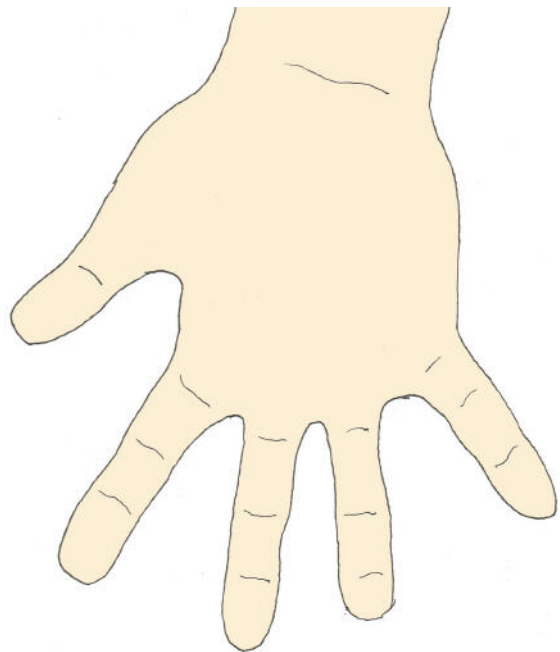


Hi, my name
is Jenny,
and my name
is Bill.

We're going to talk
about touches
today.
Do you know
what a
touch is?

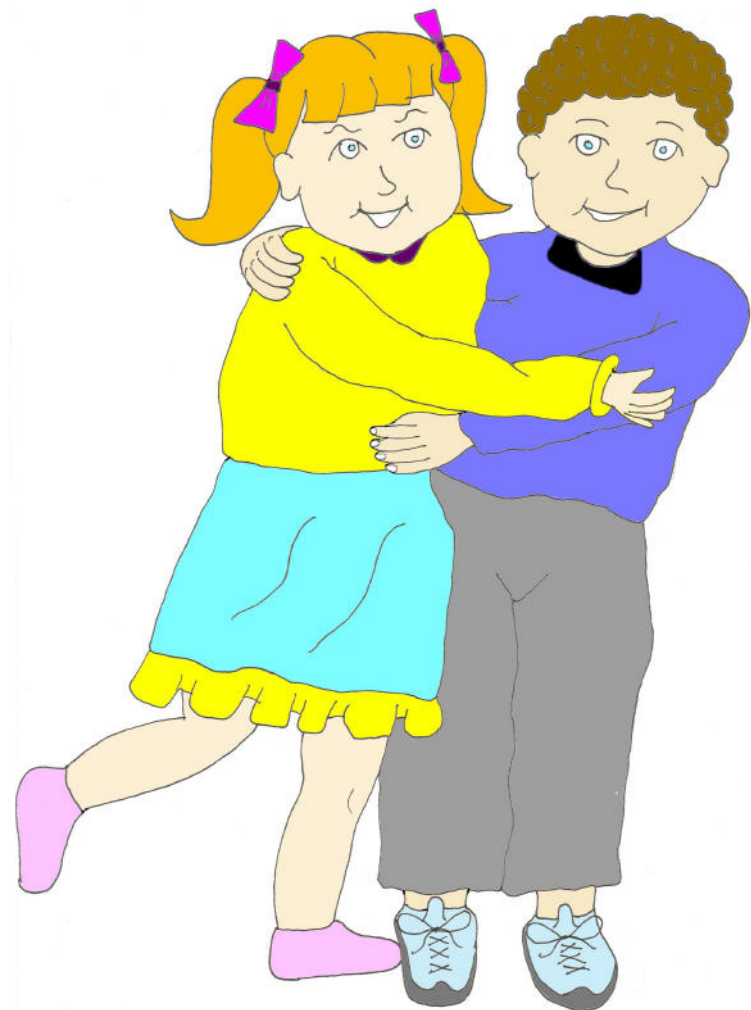
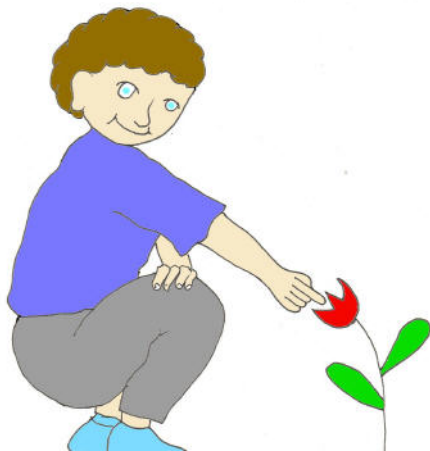
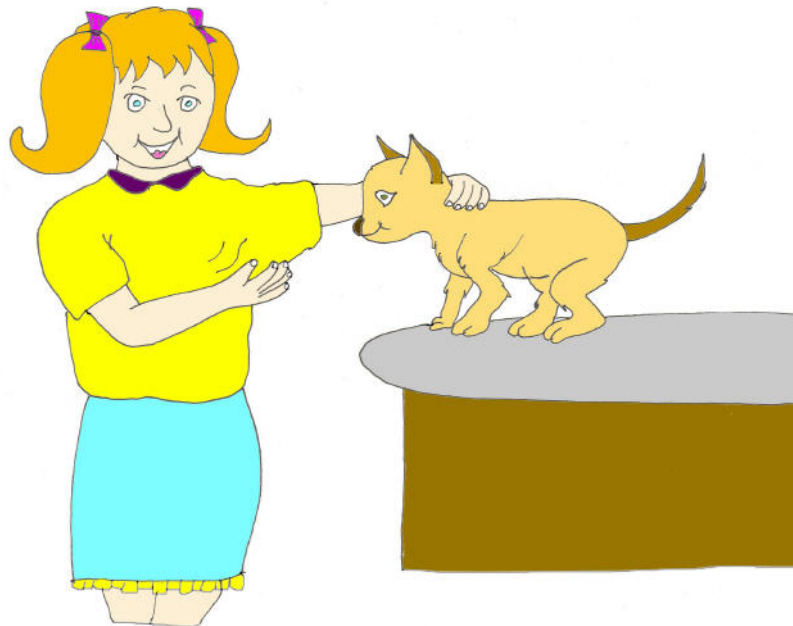
With people, a touch is when a part of your body comes into contact with something else.

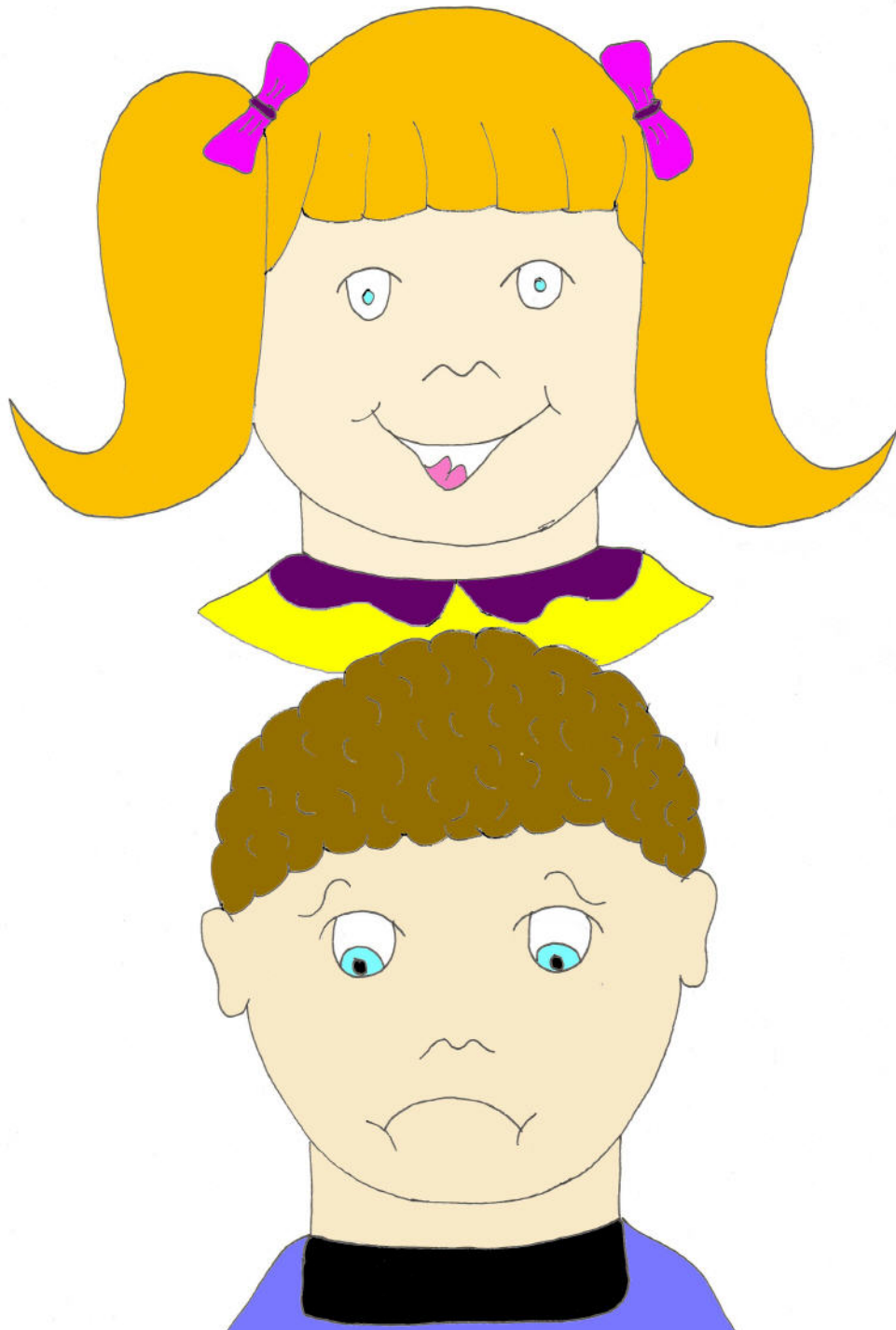
We can touch with our hands. We can touch with our feet.



We can touch with our cheeks. We can touch with our belly's. A touch is you touching me. A touch is me touching you. Touching is something that people like you and me like to do.

Jenny reaches out and touches the cat. Bill bends down and touches a flower. We give each other a hug, and our bodies touch all over.



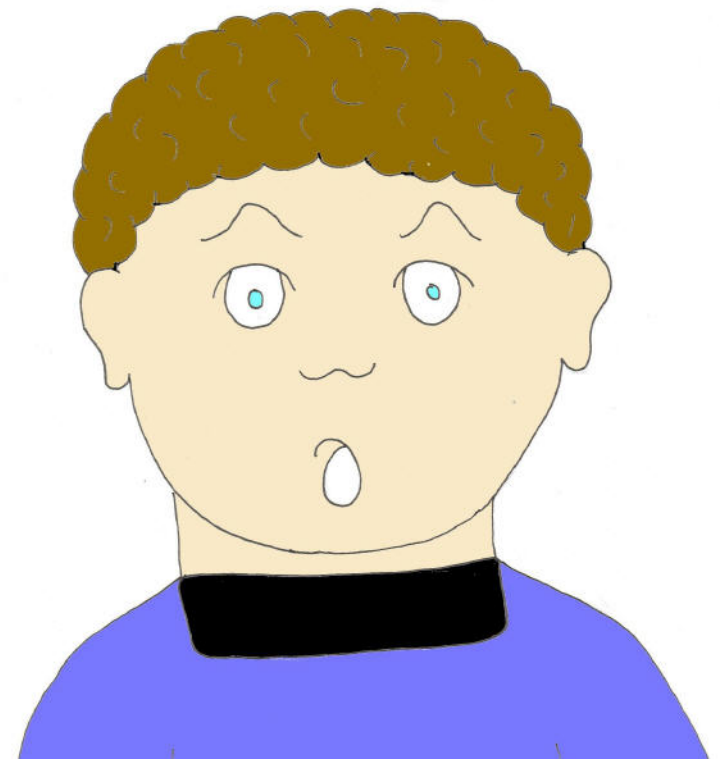


There are many different types of touches.

There are touches that make us feel good.

There are touches that make us feel bad.

There are also touches that are confusing
to us, that we don't quite understand.



Let's talk about good touches first.

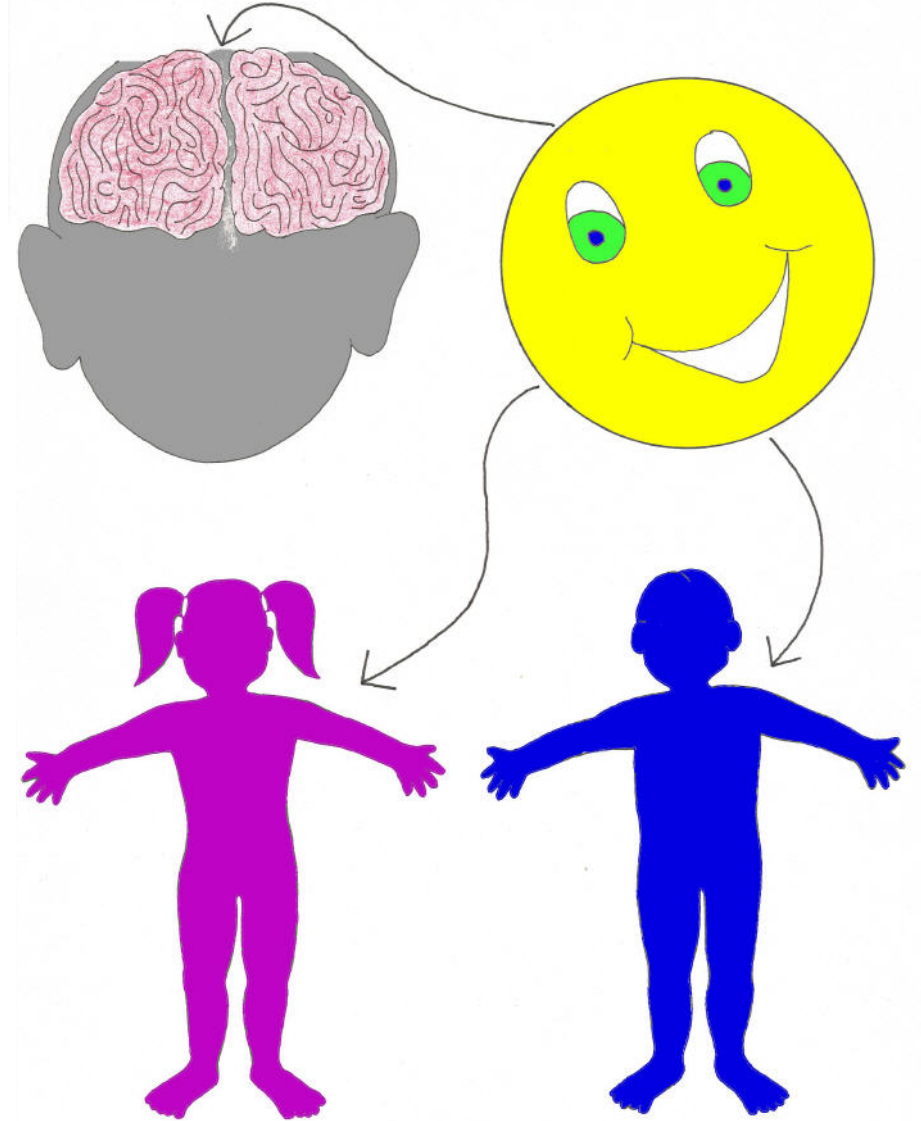
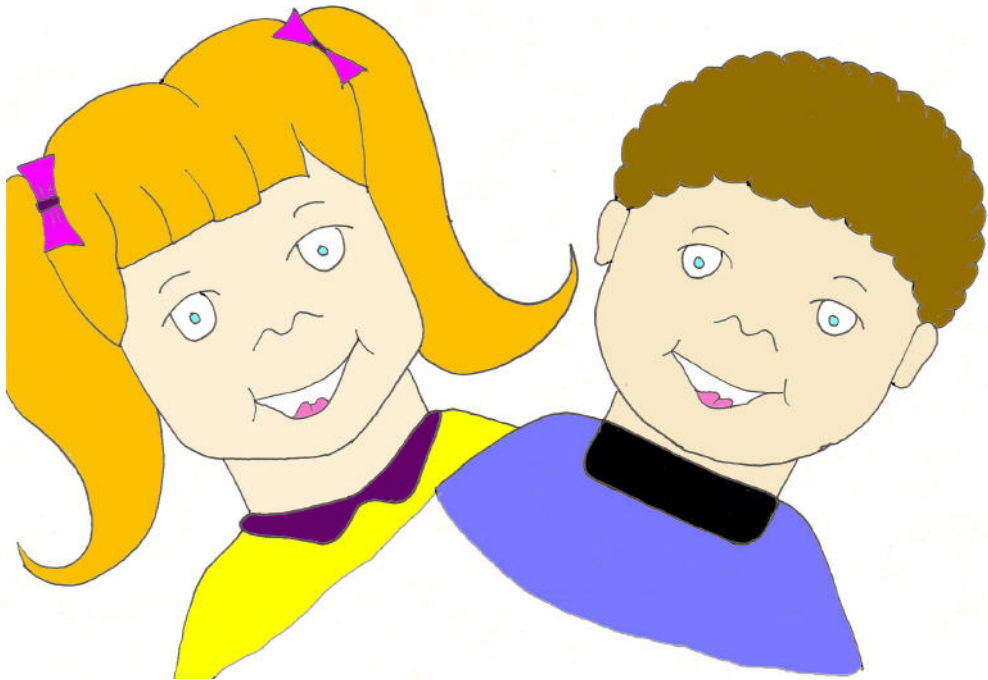
Good touches make you feel good.

They feel good for your body.

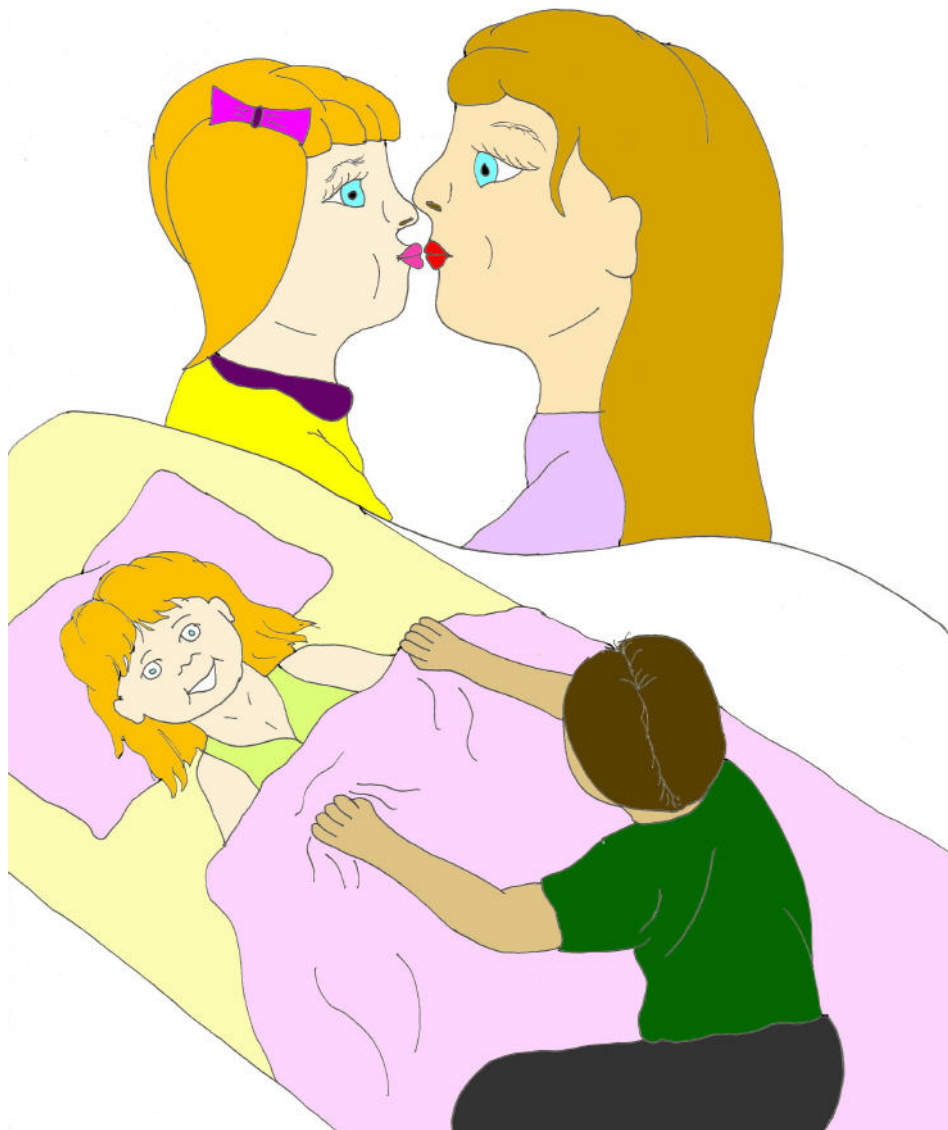
They feel good for your mind.

They make you feel loved, they make you feel safe.

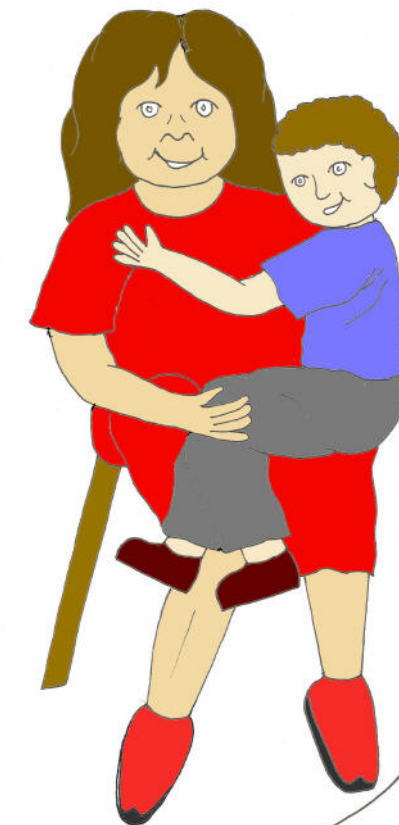
They are touches that you like and want more of.



A good touch for me is
when I give my mom a kiss,
or when my dad tucks me
in bed at night.



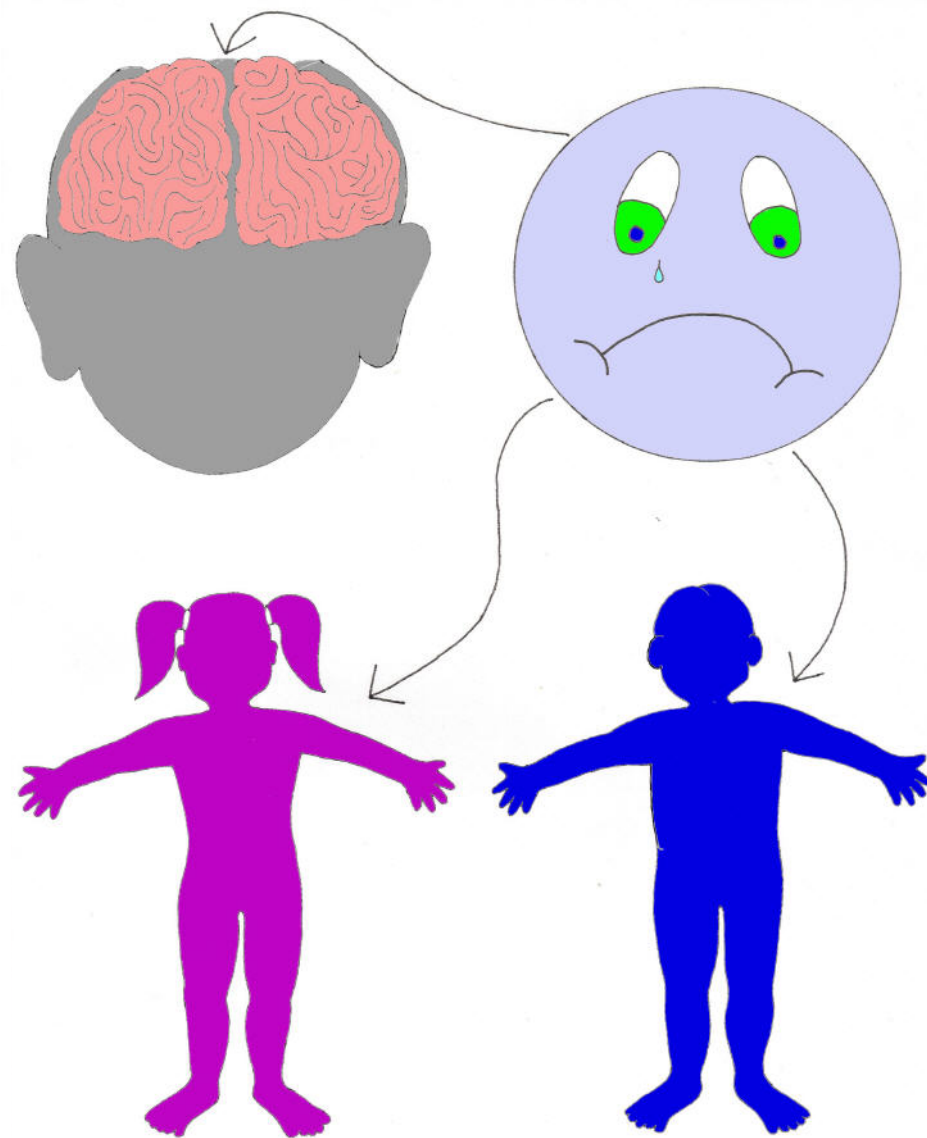
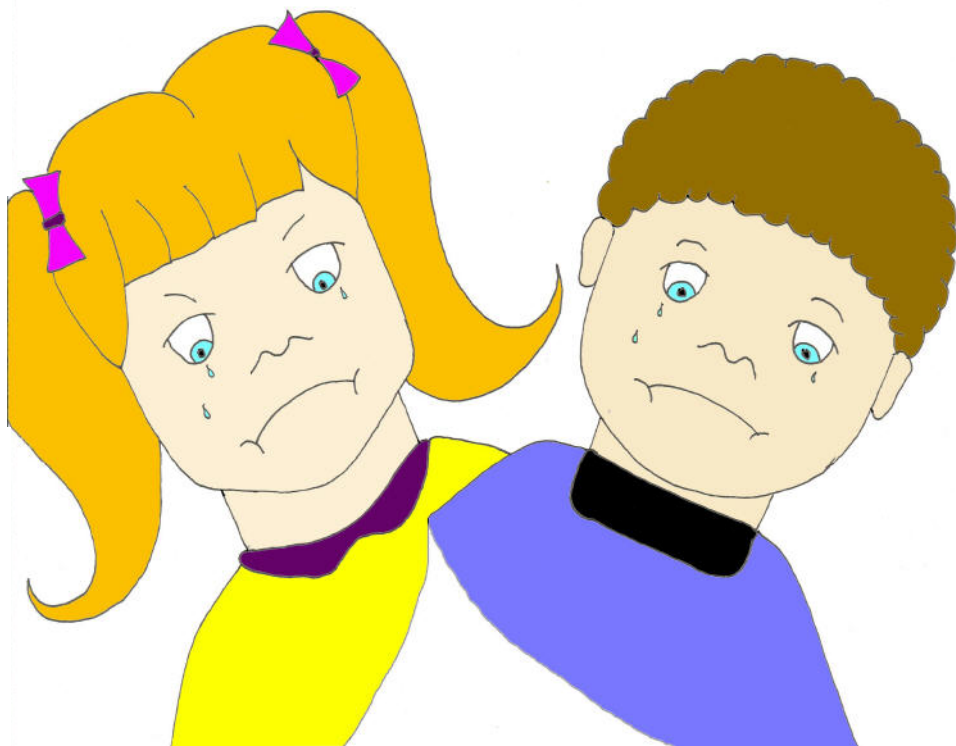
A good touch for me is
when I sit on my mommies
lap, or when my dad
carries me on his
shoulders.



How about you?
Are these good for you too?
Has anyone ever given you
some good touches?
What are some good touches
you know?

(Allow child to respond)

A bad touch is a touch that makes us feel bad.
It might hurt. It might not hurt on the outside,
but hurts our feelings on the inside.
It makes us feel weird and uncomfortable.
It is maybe a touch that makes us feel embarrassed.
It is a touch that you would choose not
to do on your own.



A bad touch for me is when
someone hits me.



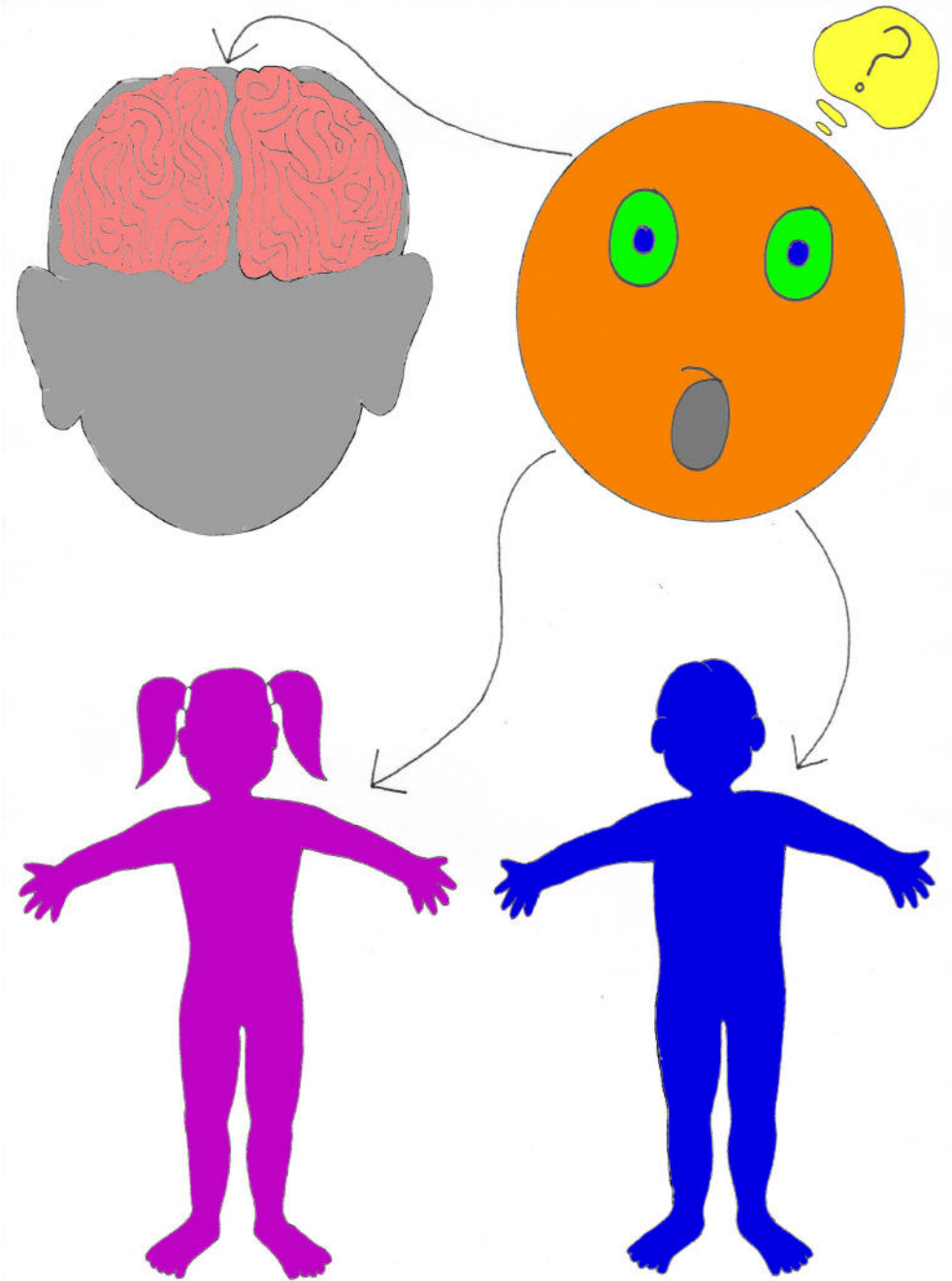
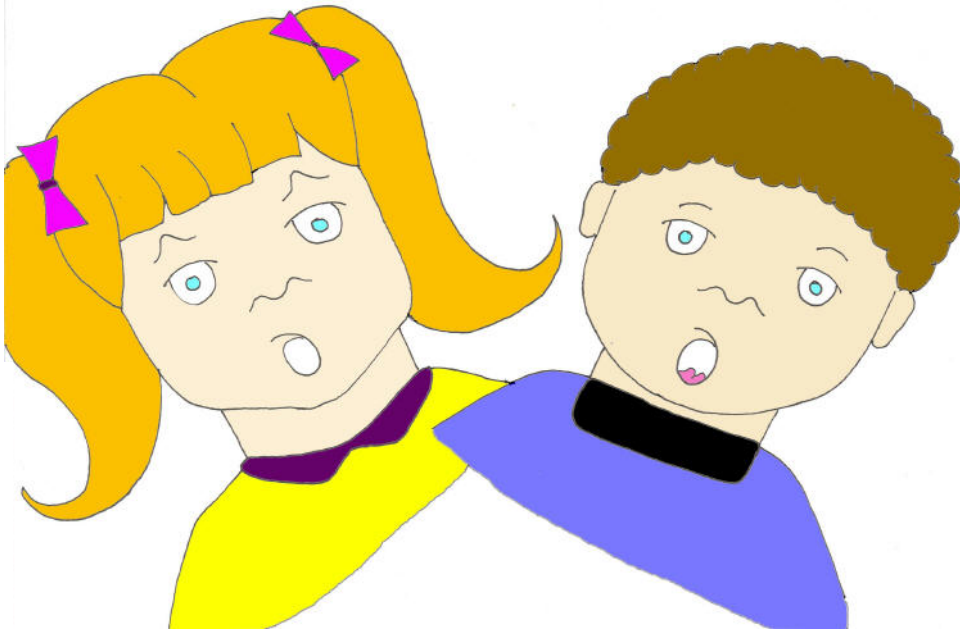
A bad touch for me is when a friend pushes me
away. It hurts my arm and it hurts my feelings.



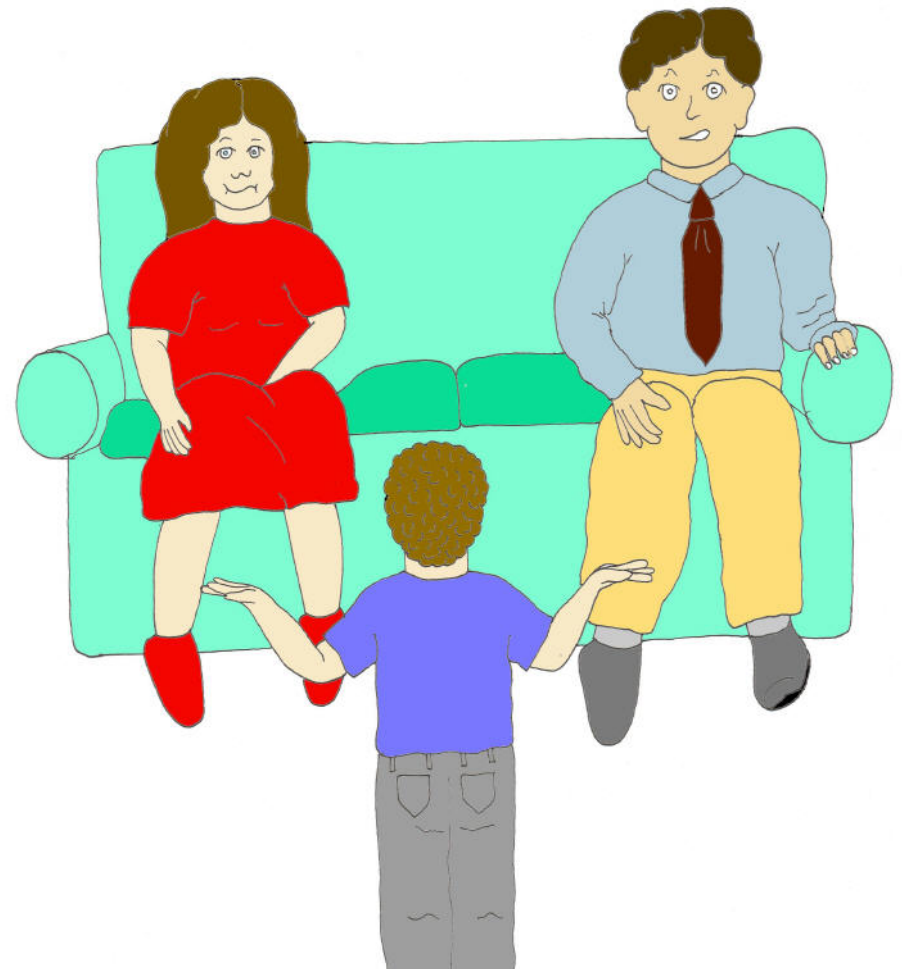
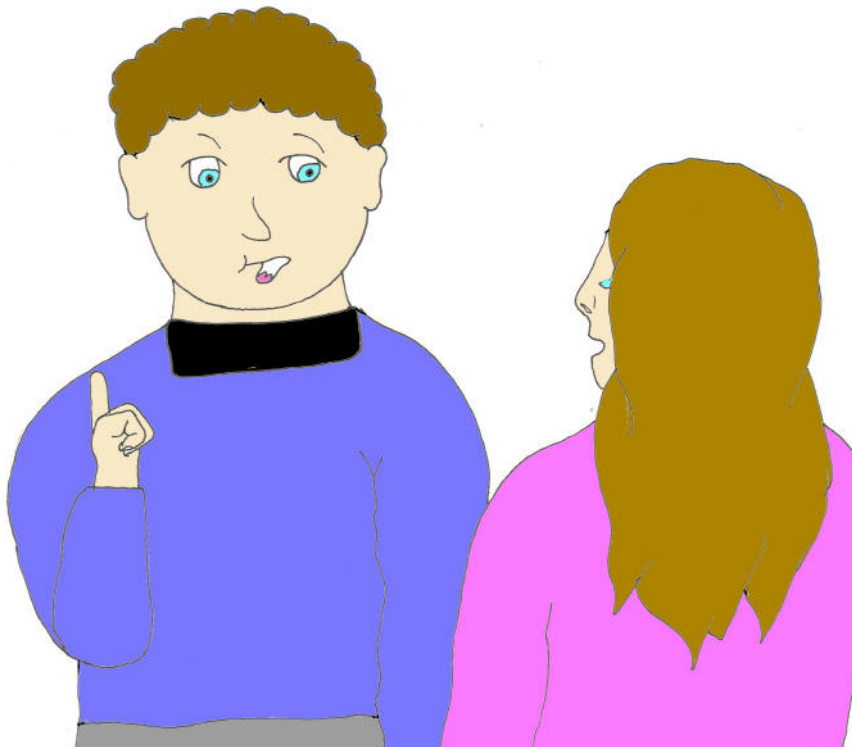
How about you? Are these bad for you too?
Has anyone ever given you bad touches?
What are some bad touches you know?
(Have child respond)

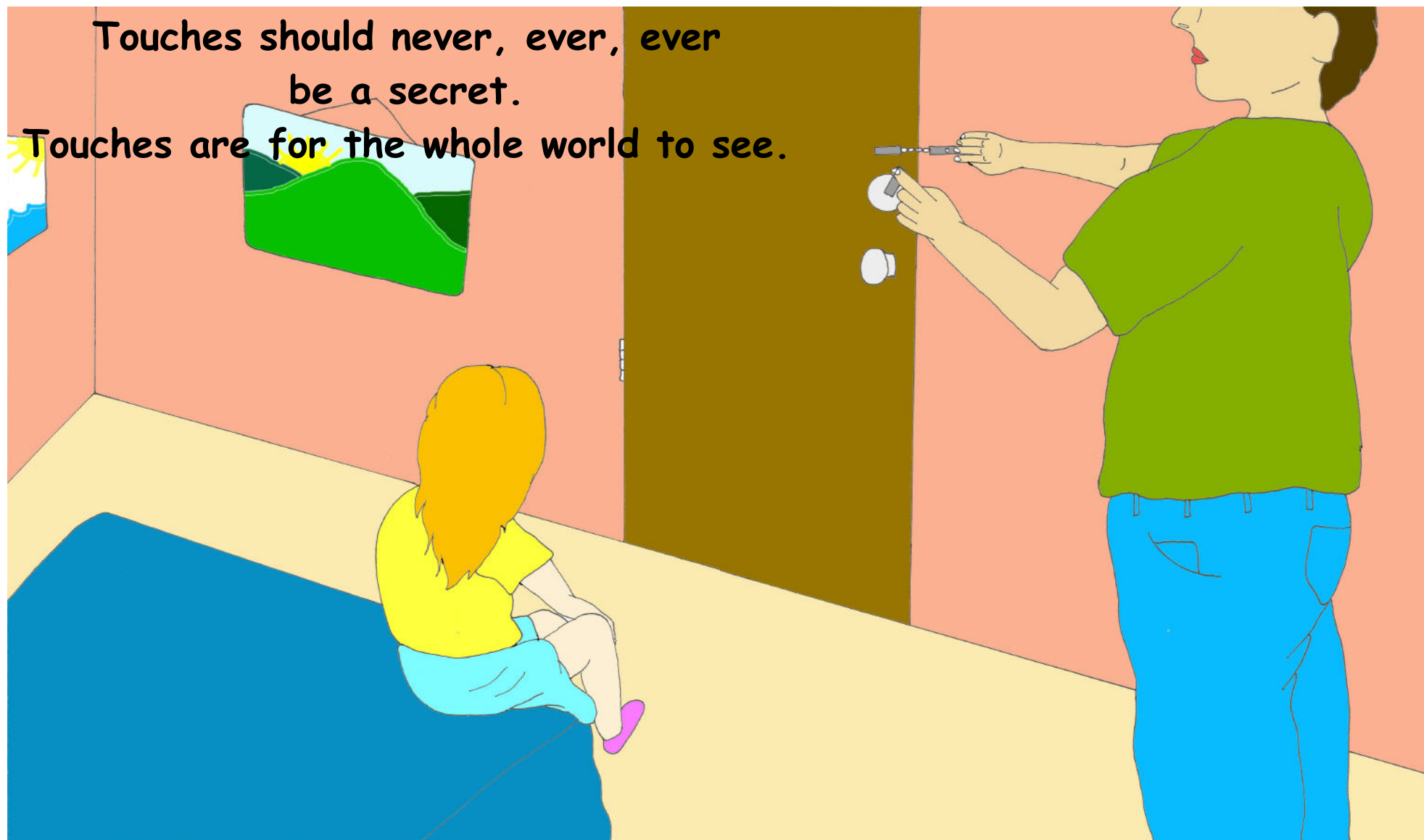
There is a third type of touch,
and that is a confusing touch.
A confusing touch makes us confused.
It is probably a touch that nobody else
has given us before. It makes
us feel weird and funny when they do it.
We might not be sure whether it is a good
touch or a bad touch.

Have you ever had any
confusing touches before?



We should not let people give us touches that are confusing until after we ask our mom and dad first.
Sometimes a confusing touch might be OK.
Lots of times, though, it can be a bad touch in disguise.
We never let anyone touch us in this way without first asking our mom and dad.
When someone gives you a touch that is confusing, you tell them **"Stop, no more until after I ask my mom and dad."**





Touches should never, ever, ever
be a secret.

Touches are for the whole world to see.

If someone wants you to keep their touches a secret, especially from your mom and dad, it is because they are doing something they shouldn't.

Tell that person "NO! I don't like that kind of touch." If they still want to continue, shout **"NO!"** and start to cry.

If afterwards, they want you to promise not to tell about their touches, it is OK to lie to them.

It is OK to tell them you won't tell, just to make sure you can get away safe. But as soon as you are with your mom and dad again, you should tell them what happened.

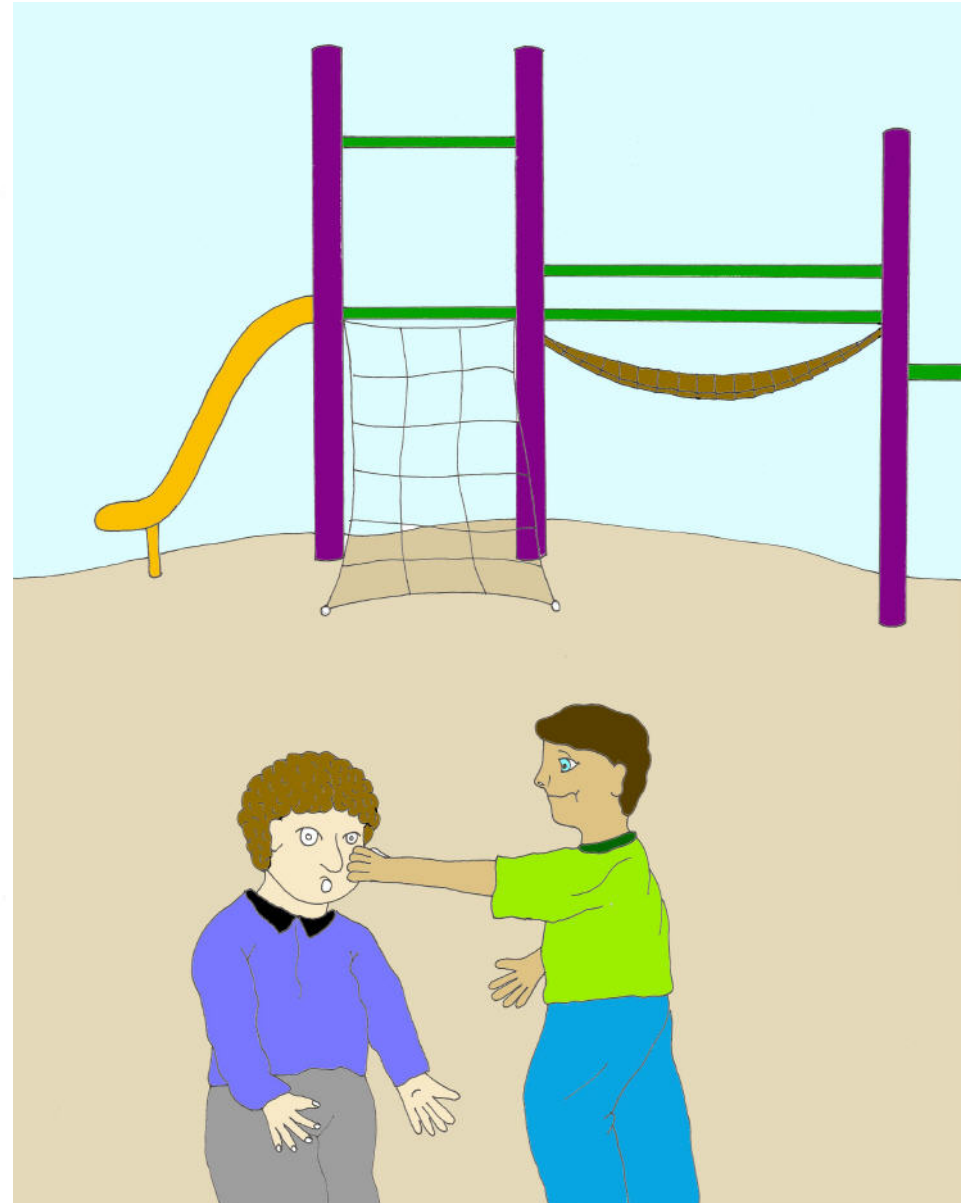
Touches are a great thing.

Everyone likes touches.

Everyone gets lots of touches every day.

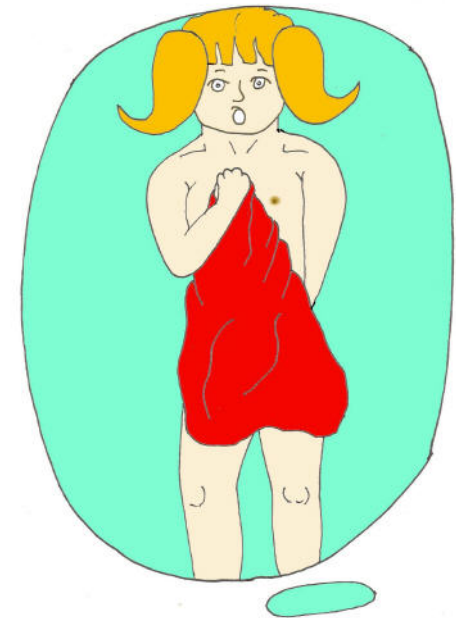
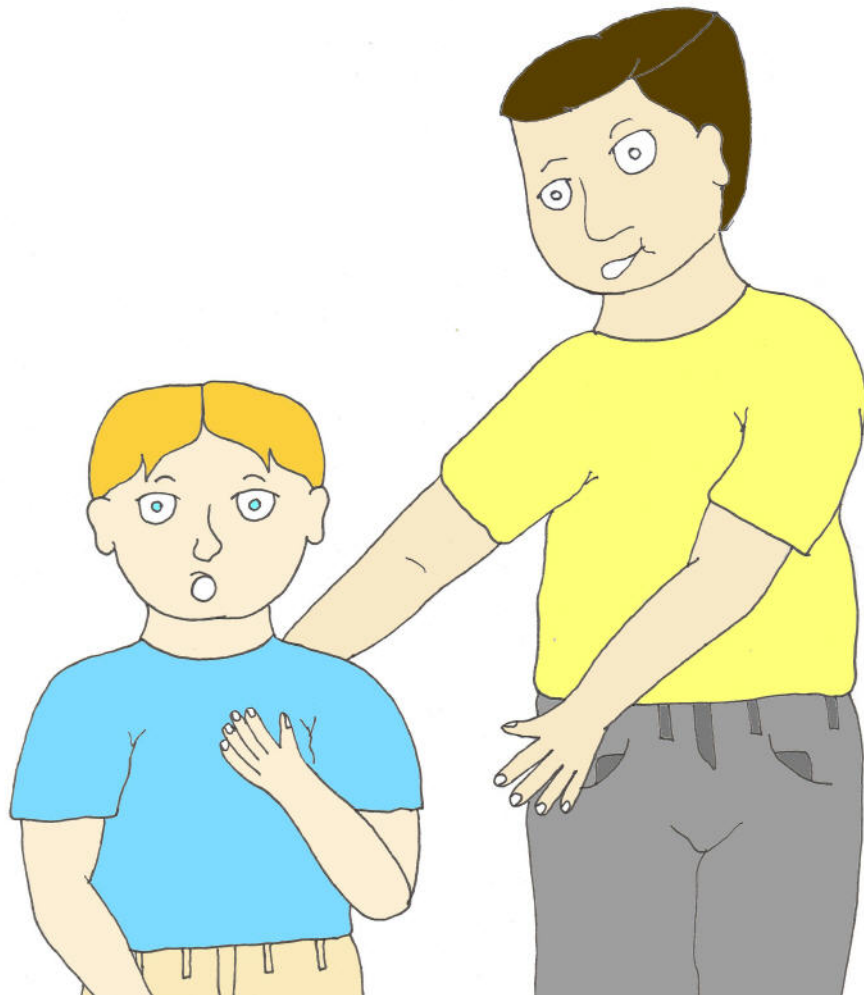
But touches are supposed to make people feel good.

Touches are never supposed to make you feel bad or
make you feel embarrassed or uncomfortable.



On the playground, Frank hits me.
That's a touch that makes me feel bad.
I tell him "NO! Stop that!"

At Jenny's house, her dad touches me
in a weird way that is confusing to me.
I tell him "No, I don't like that touch."
He says come on, just try it and you might like it.
I tell him I have to ask my mom first if I can.
He stops, and tells me not to tell my mom.
I say "OK", but as soon as I am with my parents, I
tell them anyway, because I know
touches are never supposed to be a secret.



My grown up friend Mark wants to touch with our
clothes off. I tell him "No!" because those touches
would make me feel embarrassed and uncomfortable.
There's no reason for us to touch like that.

Well that's the end.

Now that we know about touches, let's close the book
and give the person next to us a good touch.

Isn't that nice!
(Goodnight Mom)



Global Childrens Fund

www.keepyourchildsafe.org

