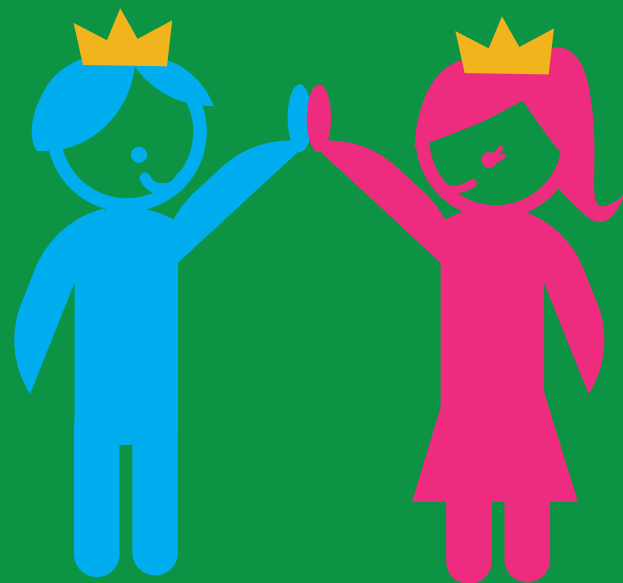




EDUCATEEMPOWERKIDS

A SIMPLE LESSON FOR  
TEACHING YOUR CHILD ABOUT  
**GOOD TOUCH/  
BAD TOUCH**

AGES 3-7



## BACKGROUND

Explain to your child the many positive ways you can show affection: hugs, kisses, backrubs, holding hands, etc. Discuss the appropriate ways your family shows physical affection. Take the time to learn how your child feels affection: Touch? Words? Time? Service? Discuss “bad” touching or touching that makes a child feel uncomfortable or confused. Children may think that they will be punished if they tell an adult about a “bad” experience that happened to them simply because they were there during the experience. Help your child to understand that he or she is not in trouble if someone does touch them where their underwear covers or in a way that makes them feel uncomfortable or confused. Reinforce that you will believe your child if he or she comes to you with this information. This is just one of many, many discussions you should have with your child. (See related discussions below.)

## PREPARATION

Review the objective of the lesson and understand why it is important to talk to your child about it. Read over the lesson first and try to anticipate what your child is ready for and what questions your child might have. Familiarize yourself with the glossary terms.

## OBJECTIVE

Help your child understand that there are good types of touching and bad types of touching. Empower them by teaching them to know the purpose and meaning of affection and its opposite, bad touching which makes them feel uncomfortable. And you will teach them skills for how to say no, how to protect themselves and how to report something that is inappropriate.

## WHAT IS GOOD TOUCH/BAD TOUCH?

There are many positive ways you can show affection: hugs, kisses, backrubs, holding hands, etc. Discuss the appropriate ways your family shows physical affection. Make it clear to your child that we do not allow people to touch us where our underwear covers.

## OTHER POINTS TO MAKE

There are many positive ways you can show affection: hugs, kisses, backrubs, holding hands, etc. Discuss the appropriate ways your family shows physical affection. Make it clear to your child that we do not allow people to touch us where our underwear covers.

- One way we show people we care about them is through touch
- We do not allow people to touch us where our underwear covers
- Parents can help children wash their bodies until we are able to do it themselves
- Doctors can examine you when a parent is present
- These are people we trust (list people your family can trust)

## QUESTIONS TO ASK YOUR CHILD

- What kind of touch do you like best? Hugs? Kisses? High fives? Knuckles?
- Can you think of ways that other people or even animals express affection to each other?
- What should you do if someone touches you in a way that makes you feel uncomfortable?
- What kind of hug is ok?
- Can bad touch happen when you have clothes on?

## FOLLOWING UP

- Teach your child to come to you if anyone touches them where underwear covers or in a way that makes them feel uncomfortable or confused.
- Each time your child is not in your care for any period of time, it is a good idea to remind them of ways to protect and prepare themselves.
- It may be helpful to practice ways that a child could approach a parent or trusted adult with information about “bad touching.”
- This will not be a one-time discussion, you’ll want to reiterate these principles continuously. This lesson will likely lead to other valuable discussions like anatomy, predators, good touch/bad touch and predators, all of which can be found in ***30 Days of Sex Talks, Empowering Your Child with Knowledge of Sexual Intimacy.*** (Available on Amazon.com)

## RELATED DISCUSSIONS

(which can also be found in 30 Days of Sex Talks)

Public

Private

Respecting Self and Others

Predators

### GLOSSARY TERMS

**Affection** - A feeling or type of love that exceeds general goodwill.

**Appropriate** - Suitable, proper, or fitting for a particular purpose, person, or circumstance.

**Friend** - Someone with whom a person has a relationship of mutual affection. A friend is closer than an associate or acquaintance. Friends typically share emotions and characteristics such as affection, empathy, honesty, trust, and compassion.

**Respect** - A feeling or understanding that someone or something is important and should be treated in an appropriate way.