

Digicel Foundation and CKFTO present Puberty, Sex and Sexuality Programme

Good Touch versus Bad Touch

An effective way to prevent sexual abuse is to help children recognize sexual abuse and give them the skills to stop it. Teaching the difference between good touch, bad touch and necessary touch is very important.

Introduce the topic of touching by talking about different kinds of touches, encourage your child to brainstorm some ideas. It may also be helpful to include a discussion of feelings that a person may have when they get the following “okay” and “not-okay” touches.

- 1** “Touches that are important to get, that make us feel loved and cared about.” (i.e. Hugs, kisses, handshakes, cuddles, a pat on the back, high fives, etc).
- 2** “Hurtful touches that might leave a bruise or mark on our body.” This is an opportunity to reinforce to your child that giving hurtful touches isn’t okay, and that it is also not okay for people that take care of kids to give them hurtful touches or for kids to see other people getting hurtful touches. (i.e. punches, kicks, slaps, bites, etc).
- 3** Give your child a definition for Child Sexual Abuse. Introduce this as another kind of hurtful touch that is also “not okay.” “When someone bigger or older looks at or touches the private parts of a child’s body for no good reason or when someone bigger or older asks the child to look at or touch the bigger or older person’s private parts.” (with older children include: “or when an older or bigger person talks to you in a sexual or inappropriate way or shows you pictures or sites on the internet of naked people or of people touching people’s private (or sexual) parts.”)

It is also important to give your child the skills to say “NO”. Practice using scenarios and asking your child what they would do in certain situations. Giving your children privacy around bath time and when they are changing their clothes teaches them about boundaries and lets them know they have the right to privacy. Use the correct terminology for genitals. It sends a positive message that body parts are important and not something to be ashamed of. It also helps in cases of sexual abuse for the child to be able to correctly name the parts of their body that was inappropriately touched.

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Reference:

Sex and Disability: Guide for Parents. TEACHINGSEXUALHEALTH.CA 2013. Retrieved on November 25th 2015 from <http://teachers.teachingsexualhealth.ca/wp-content/uploads/Sexual-and-Development-Disability-Guide-2013.pdf>