

**Good - Touch Bad - Touch**

# What is body safety?

- Who can tell me a rule about keeping your body safe?



# SAFEPATH PALS PRESENT...

## MY 8 RULES FOR SAFETY



Before I go anywhere, I always **CHECK FIRST** with my parents or the person in charge. I tell them where I am going, how I will get there, who will be going with me, and when I'll be back.



I **CHECK FIRST** for permission from my parents before getting into a car or leaving with anyone—even someone I know. I **CHECK FIRST** before changing plans or accepting money, gifts or drugs without my parent's knowledge.



It is safer for me to be with other people when going places or playing outside. I always use the "**BUDDY SYSTEM**".



I **SAY NO** if someone tries to touch me in ways that make me feel frightened, uncomfortable, or confused. Then I **GO AND TELL** a grown-up I trust what happened.



I know that it is **NOT MY FAULT** if someone touches me in a way that is not O.K. I don't have to keep secrets about those touches.



I **TRUST MY FEELINGS** and talk to grown-ups about problems that are too big for me to handle on my own. A lot of people care about me and will listen and believe me. I **AM NOT ALONE**.



It is **NEVER TOO LATE** to ask for help. I can keep asking until I get the help I need.



I am a **SPECIAL PERSON**, and I deserve to feel safe.

**MY RULES ARE:**

- CHECK FIRST.
- USE "BUDDY SYSTEM."
- SAY NO, THEN GO AND TELL.
- LISTEN TO MY FEELINGS.
- AND TALK WITH GROWN-UPS I TRUST ABOUT MY PROBLEMS AND CONCERNS.

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Every child is special!  
There is no one else just like you.



# What is Sexual Abuse?

- **Sexual abuse** is when someone tries to force a child or trick a child so that they can touch a child's private body parts

**Or**

- **Sexual abuse** can be when someone forces a child or tricks a child into touching the private parts of the other person's body.

## **Force**

If someone tries to force you to do something, what does that mean?

Force is when someone makes you do something you don't want to do or don't understand.



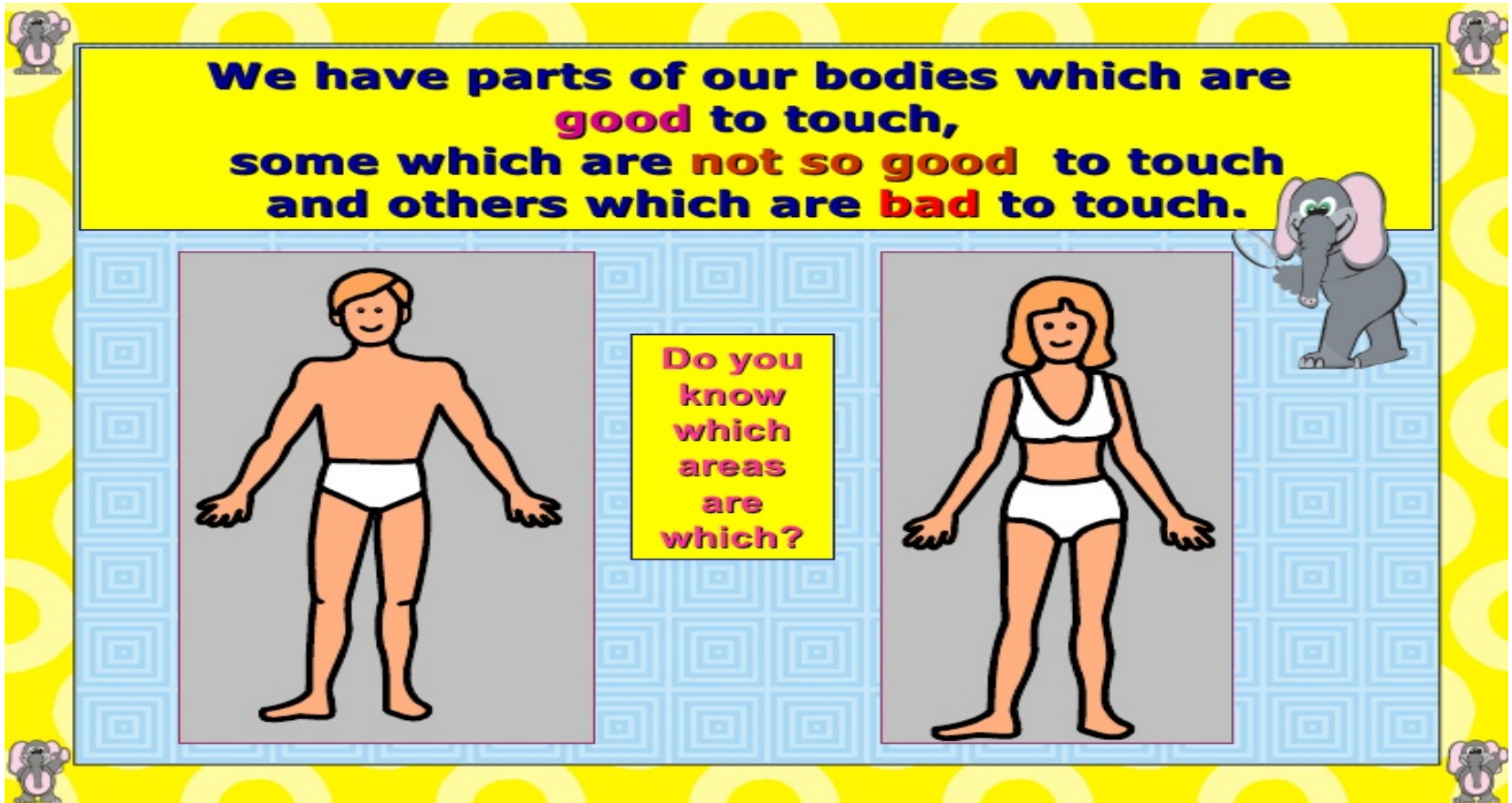
## **Trick**

If someone tries to trick you, what do they do to you?

A trick is when someone fools you, lies to you, pretends, or calls something a game that really isn't a game.

# Private body parts

- Your private body parts are the parts of your body covered by a swimming suit or your underwear.





## GOOD TOUCH

- + Parents hug & kisses.
- + Grandparents love.
- + Teacher pats you on the head "Good Job".
- + Brief Friendly hugs by family members.
- + Brief kiss on the cheek or forehead.
- + Shaking hands or giving High5.
- + Doesn't scare or make you feel bad.

## BAD TOUCH

- = Makes you feel scared / nervous / ashamed.
- = Forced or Hurts.
- = Told to keep it a SECRET
- = Touching or patting areas covered by a SWIM SUIT.
- = Kissing on the mouth.
- = Touching the buttocks.
- = Hitting, slapping, spitting, pushing or punching.

## **Confusing Touch**

Touching that can feel good or bad on our body, but they can also make us feel sad and yucky on the inside.



# Good Touch 😊



Pat from  
the teacher



Dad giving bath to you  
and cleaning your private parts



Brother pulling  
your cheeks



Good touches



[www.yourdost.com](http://www.yourdost.com)



@yourdost

# Bad Touch 😞



Stranger touching  
your private parts



Stranger touching your private  
parts and asking to keep it as secret



Someone threatening  
or trying to hurt you



# Bad touches



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## **Sexual abuse**

**W**hen someone tries to force a child or trick a child so that they can touch a child's private body parts

**Or**

## **Sexual abuse**

When someone forces a child or tricks a child into touching the private parts of the other person's body.



# Most touch is good touch!

