

# GOOD TOUCH/BAD TOUCH

A Safety Guide on proper and improper touches (for children upto 18 years)



## REMEMBER...

Your body belongs to you.

You can decide who can touch you, who can kiss you or who can give you a hug.

No one has a right to touch you in way.

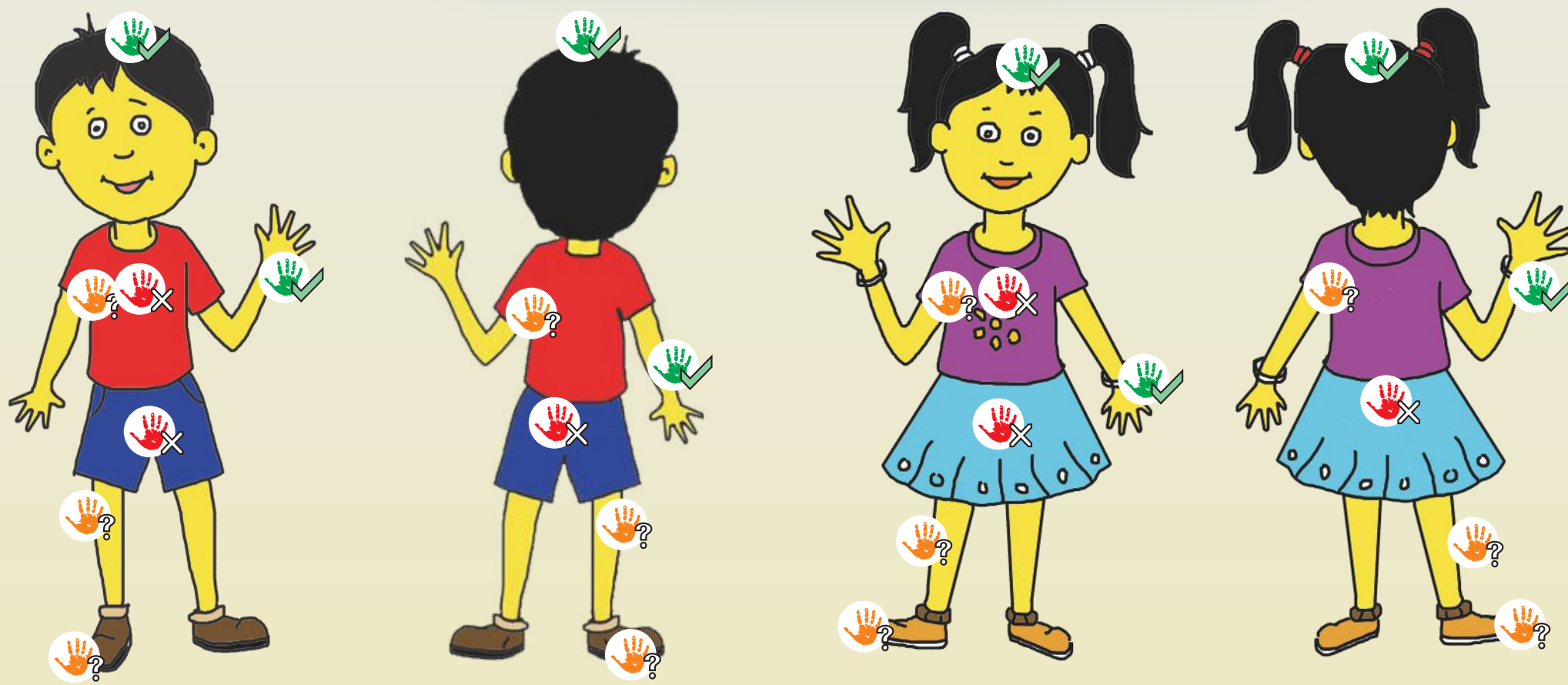
You have the right to say "no".



## GOOD TOUCH

- When Amma gives you a hug and kiss after you wake up. When Thaththa gives you a good-night hug and kiss.
- An example of a good touch is when you get ready to go to school and your worship your Grand Mother she kisses you on your head and blesses you.

## GOOD TOUCH & BAD TOUCH



Good touch



No like to touch



Bad touch



## BAD TOUCH

- There are some parts of our bodies which we might not like people to touch. Touches that make you feel uncomfortable are usually bad touches.
- It is a bad touch if it hurts you.
- It is a bad touch if someone touches you on your body where you don't want to be touched.
- It is a bad touch if a person touches you in a way that makes you feel uncomfortable.
- It is a bad touch if that touch makes you feel scared and nervous.
- It is a bad touch if a person forces you to touch him or her.
- It is a bad touch if a person asks you not to tell anyone.
- It is a bad touch if a person threatens to hurt you if you tell.

## INSTANCES WHEN YOU HAVE PLEASANT FEELINGS



Your teacher or a person of similar status taps you on the back and wishes you a safe journey



Shaking hands with a friend



My mum and Dad hugging me with love and affection

## DEAR CHILDREN...

- Do not be alone with anyone who tries to touch in a way that makes you feel uncomfortable or makes you feel unsafe.
- It is OK to say NO if someone tries to touch you in ways that make you feel frightened, confused or uncomfortable.
- If someone touches you inappropriately, tell someone you trust what was happened.



- Do not let threats scare you into running away or keeping quiet.
- Don't keep secrets that make you feel uncomfortable. Tell an adult you trust.
- If someone tries to take you away or approaches you in a way that makes you feel uncomfortable, run, scream and get away.



- It takes courage to ask for help. Reporting sexual abuse can be difficult. Think of it this way. You are helping others, not just yourself. You have stopped it now- fullstop!
- Unfortunately, some adults may abuse the trust you give them.
- There are people out there who care and who want to help you.



## NATIONAL CHILD PROTECTION AUTHORITY

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Do you need **HELP..!**

**CALL US...**

