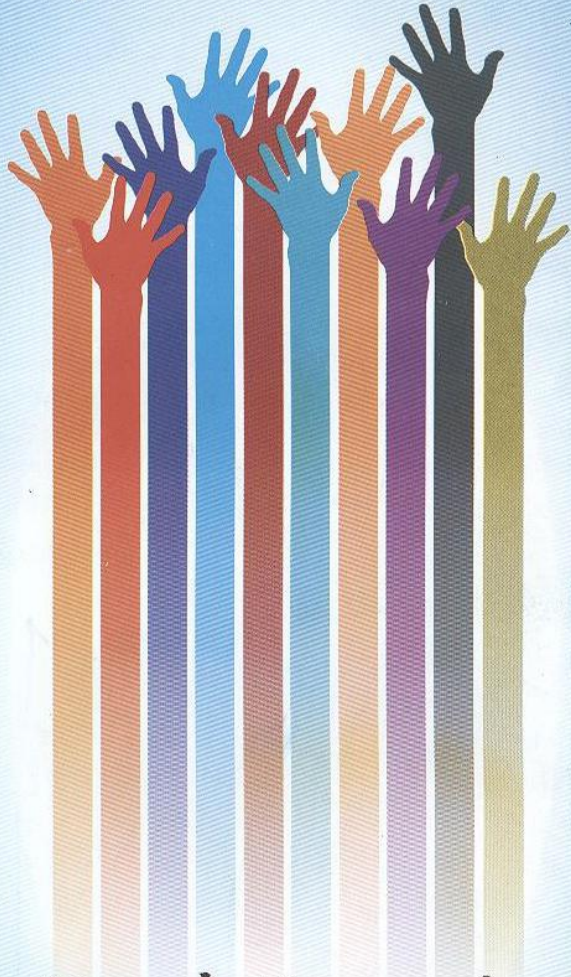


Good Touch



Bad Touch

A safety guide for children upto 18 years on proper and improper touches.



National Child Protection Authority
www.childprotection.gov.lk

What is Child Sexual Abuse?

Child Sexual Abuse is when someone forces, threatens or encourages a child into sexual activity. This can be direct physical contact, and non-touching behaviours. Physical contact is touching the private parts on the child's body or making the child touch the private parts on an adult's body. Non-touching sexual contact includes showing a child obscene photographs or films.

Incest is also sexual abuse. It is any form of sexual contact between family members. The most common form of incest occurs between an older family member – a parent, step parent, uncle or cousin, and a child or teenager. Children can be sexually abused by someone they know or don't know and abuse can happen to both girls and boys.

Good touch, Bad touch



Good touch



Not like to touch



Bad touch

It feels good to be hugged and kissed by the people you love. For example:

- When Amma gives you a hug and kiss after you wake up.
- When Thaththa gives you a good-night hug and kiss.



There are some parts of our bodies which we might not like people to touch.

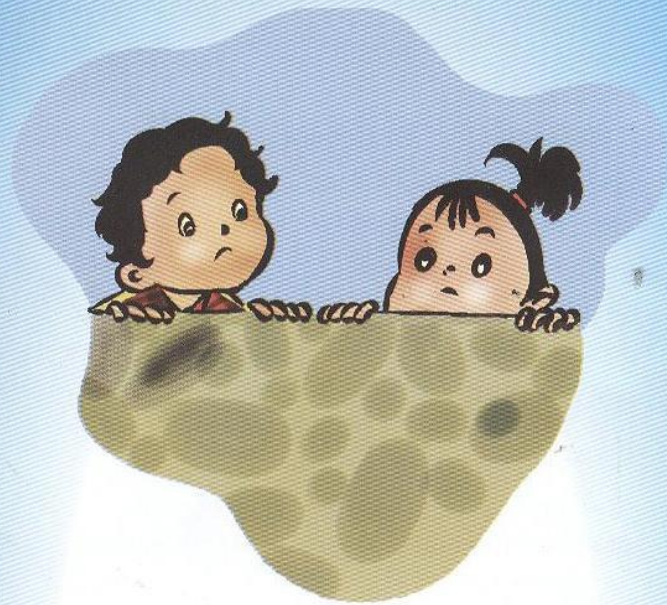
Touches that make you feel uncomfortable are usually bad touches.

- 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.

Keep Safe Code



- * 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 has 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.



Remember:

Your body belongs to you. You can decide who can touch you, who can kiss you, or who can give you a hug. You have the right to say "no."

What you should know

- * 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 - full stop!
- * Sometimes abusers will scare and frighten you so you won't tell. This is wrong. Tell an adult you trust. This may be a family member, teacher, counsellor or neighbour.
- * Unfortunately, some adults may abuse the trust you give them.
- * There are people out there who care and who want to help you.



If you are sexually abused, it is NOT your fault. The person who touches you in a way you don't like is the person who is doing something wrong, not you. Sexual abuse is always the fault of the bigger, older, or stronger person. DO NOT blame yourself and DO NOT allow anyone to blame you.

Remember to speak up and keep safe. If you need to talk to someone or get advice, contact:

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இலங்கை சிறுவர் தொண்டைச் சேவை
ChildLine Sri Lanka

1929



National Child Protection Authority

330, Thalawatugoda Road
Madiwela, Sri Jayawardenapura Kotte, Sri Lanka
Tel: 0112 778 911-12-14 Fax: 0112 778 915
Email: ncpa@childprotection.gov.lk
Web: www.childprotection.gov.lk