

AGE
10-15



Good
touch

bad
touch



What's the difference between good touch and bad touch?

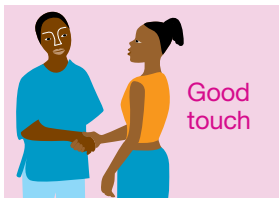
Good touch could include your mother giving you a kiss on the cheek as she says goodnight, or your father putting his arm around your shoulders. Or maybe your uncle patting you on the back when you've done well at school. This is loving. You feel safe and cared for.

But an adult or a person older than you could try to touch you on parts of your body and in ways that you don't like.

It's wrong for anyone to touch your genitals (private parts) or breasts – parts of the body that are usually covered by your underwear – without your permission. This is known as the underwear rule.

If a person touches you in ways that make you feel frightened, worried, sad, ashamed or bad – it's not OK. This is **bad touch**.

If a doctor or nurse needs to examine you, they must do this with the knowledge of your parent or guardian and with your



permission. They have to explain to you why they need to examine you so that you understand.

Dealing with bad touch

Your body belongs to you. It's up to you who can touch it.

Someone may try to get you to do something that you don't want to.

They may offer you something you need or want, tell you they love you, or threaten you. They might try to touch you in a way that makes you feel uncomfortable; touch your breasts or genitals; ask you to take your clothes off; take a photo or video of you when you're naked; talk to you about sexy things; or ask you to touch their genitals.

If something doesn't feel right, even if the other person doesn't touch you, trust your feelings and get away. It's OK to say no. Avoid being alone with people who make you feel uncomfortable or unsafe.

If you experience bad touch, here are some things you can do to get help:

- ▲ **Shout** "No, stop it! I don't like it" or say in a loud voice, "Go away, that's wrong!"
- ▲ **Run away** and shout for help.
- ▲ **Fight back** if you feel safe enough.

If somebody does touch you – or makes you touch them sexually – you might feel ashamed or guilty. They may ask you to keep it a secret or threaten to hurt you if you tell. They may make you feel alone, as if no one will help you. They may even make you feel it's your fault.

It's difficult to tell someone when something like this happens to you, but it's important to talk about it. This can help you feel better and get the support you need.

Tell somebody you trust (perhaps a parent, teacher or doctor), even if the person who touched you is a friend of the family or a relative. If the first person you tell can't or won't help, tell somebody else until you find someone who believes you and can support you.

If the person who did the bad touching lives in your home or is often close to you (at school or church), it's very important to tell someone to make sure it doesn't happen again. If this happens to you, you need to know that:

- ▲ You did nothing wrong; it's not your fault.
- ▲ You are not bad.
- ▲ You will go on to have happy relationships.

For more information: