

AGE  
16-24

Good touch  
bad touch



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

An example of **good touch** is your mother giving you a kiss on the cheek as she says goodbye, or your father putting his arm around your shoulders. Or maybe your uncle patting you on the back. This is loving. You feel safe and cared for.

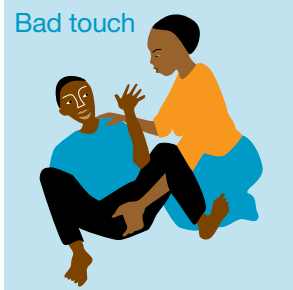
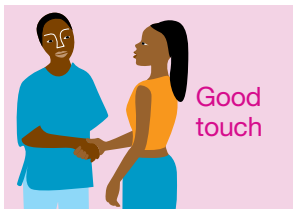
But somebody could try to touch you on parts of your body and in ways that you don't like.

It's wrong for anyone to touch your genitals or breasts without your permission. If a person touches you in ways that make you feel frightened, worried, sad, ashamed or uncomfortable – it's not OK. This is **bad touch** or sexual abuse.

If a doctor or nurse needs to examine you, they must get your permission. They have to explain to you why they need to do this.

### Dealing with bad touch

Your body belongs to you. So 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/video of you when you're naked; talk to you about having sex; or ask you to touch their genitals.

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

If something like this happens to you, here are some things you can do:

- ▲ **Shout** "No, stop it!" or say in a loud voice, "Go away, I don't like it!"
- ▲ **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. Often the person doing this is trying to show their power.

It's not easy to report sexual abuse. But talking to someone 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 go to can't or won't help, tell someone else until you find somebody who believes you and can support you.

If the person who touched you in this way lives in your home or is often near you (maybe at church or your place of work), it's really important to tell someone so that it doesn't happen again. You could also access a youth-friendly service for people who have experienced sexual abuse.

If this happens to you, you need to know that:

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

For more information:



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