

Fighting Back Institute

Kid-Safe Communities is a division of the Fighting Back Institute, a proactive 501(c)3 organization committed to helping families raise “kid-safe kids in a not-so kid-safe world”.™ Through educational workshops and interactive training programs, we work to empower children with knowledge on how to protect themselves, and to be on the alert for those who would seek to do them harm.

We are supported through the generosity of those we serve, and tax-deductible donations can be made by individual or corporations to help us fund our ongoing activities.



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Good Touch vs. Bad Touch

A Communications Guide



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Good Touch vs. Bad Touch

Children are often introduced into improper sexual relationships with adults through “inappropriate touching”. This brochure is designed to help you (as a parent or youth leader) to explain what constitutes “good touching” versus “bad touching” and the importance of telling others any time someone touches them inappropriately.

It's Against the Law



Laws are rules for right living that we all most live by. It is against the law to:

- Run a red light
- Rob a bank or a store
- Drive faster than the speed limit

It is also against the law for someone to touch a child's private parts. A child's private parts are any part of their body that is covered by a swimsuit.

A person who tries to hurt children or touch their private parts is a child abuser, and this too is against the law.

Good Touch



On the other hand, a good touch is something that friends and family do to show friendship or affection. These can include:

- Handshake
- Pat on the back or head

A hug or a kiss can also be a good touch, but you have the right to say no and not hug (or kiss) relatives, friends or others if you feel at all uncomfortable, and you should never allow a stranger to hug or kiss you.

Your Body is YOUR Body

Your body is your own “personal space”. No one has the right to invade your “space” without your permission. You have the right to:

- Say: “*NO! Please don't touch me.*”
- Say: “*Stop! That makes me uncomfortable!*”
- Tell your parents or a trusted adult about what someone tried to do (or did) to you.



Child abusers sometimes try to tell you they want to be your friend, or that touching your private parts is a game. Don't believe them.

NO ONE has the right to touch you in a bad way and it is perfectly okay to tell the person to leave you alone. If they won't it is okay to be forceful, fight back, or simply run away.

Trust Your “Inner Voice”



We all have an “inner voice” that speaks to us and it's okay to trust this voice when you feel something is “bad” or “wrong”. This is the body's way of telling you something is not right, and this makes you feel bad. Trust your “inner voice”.

Don't Keep “Secrets” from Parents

Child abusers often try to make their actions a “secret” and tell children not to tell others about what they did to them. Why? Because if you tell a parent or trusted adult, they know they will go to jail. Child abuse is a crime...don't keep it a secret.



If You Suspect a Child Has Been Abused...

- Keep calm. Never panic or overreact.
- Believe the child. Don't discount their story.
- Reassure the child and let them know it's not their fault. Listen to the child and answer their questions calmly, honestly and with compassion.
- Respect the child's privacy. Never pressure the child to talk about the abuse until they are ready, and don't talk about the abuse in front of needless others.
- Report the suspected abuse immediately.
- Never confront the offender.