

The background features several purple circles of varying sizes. A large, light purple circle is in the top right corner. A smaller, medium purple circle is in the top center. Two small, dark purple circles are in the middle right area. A light purple circle is in the bottom left corner.

SAFE & UNSAFE TOUCHES

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Teaching children the difference between safe and unsafe touches is crucial for their understanding of personal boundaries and body autonomy.

This booklet shares several examples of safe and unsafe touches to help children differentiate between the two:

Examples of Safe Touches:

- A hug from a family member or close friend when both people are comfortable with it.
- A handshake with a teacher or coach as a greeting or congratulatory gesture.
- Holding hands with a trusted adult while crossing the road or in a crowded place.
- A pat on the back from a teammate after scoring a goal in a sports game.

- A high-five with a friend to celebrate an accomplishment.
- A gentle touch on the arm or shoulder from a teacher or mentor when offering guidance or support.
- A comforting hug from a parent or caregiver when feeling sad or scared.
- A gentle touch from a doctor or nurse during a medical examination with a parent or guardian present.
- Holding hands with a trusted adult while walking in a crowded or unfamiliar place.
- Receiving a gentle massage or tickle from a family member during playtime.

Examples of Unsafe Touches:

- Someone touching your private parts (areas covered by a swimsuit) without your consent.
- A stranger touching you in any way that makes you uncomfortable.
- Someone hitting, kicking, or hurting you physically.
- Any touch that causes pain, fear, or makes you feel uncomfortable.
- Someone touching you in a way that feels wrong, even if they try to convince you it's okay.
- Any touch that makes you feel uncomfortable, scared, or confused, even if it's from someone you know.

- Someone touching your private parts (areas covered by a swimsuit) without a valid reason or without your permission.
- Someone forcefully grabbing, pulling, or restraining you against your will.
- Unwanted touching of your body, such as someone touching your hair, face, or personal belongings without permission.
- Any touch that causes pain, leaves a mark, or makes you feel unsafe or violated.

It is important to explain to children that safe touches usually involve consent, respect, and happen within appropriate contexts. Unsafe touches, on the other hand, are those that make them feel uncomfortable, confused, or violated. Encourage children to trust their instincts and speak up if they experience any touch that feels unsafe.

Remind children that they have the right to say "no" and set boundaries when they feel uncomfortable or unsafe. Encourage them to seek help from trusted adults if they experience any inappropriate or unsafe touches. By providing clear examples, children can develop a better understanding of safe and unsafe touches and be empowered to protect their personal boundaries.



