



Let's Talk About Touching

Parents, talking to your children about appropriate touch can be tough! But just as we teach our children guidelines for water, traffic and bike safety without children becoming fearful of swimming pools, crosswalks or riding their bicycles we can teach them about touching safety. Touching safety can be approached in the same straightforward, matter-of-fact manner. Here are some ideas for talking with children about touching safety:



Include touching safety rules when you talk about other kinds of safety



Teach children that touching safety rules apply all the time and with anybody!



Repeat simple safety guidelines often: "In our family, we don't keep secrets about touching. Grown-ups should never touch children on their private body parts except for health or hygiene reasons." Or, "Never get in a car with a stranger you don't know, no matter what they tell you."



Teach children that adults or children are not always right; most people touch children in the right ways, but some don't make good decisions about touching children. "If you aren't sure about something another person says or does, ask me to explain it."



Trust your inner voice (instincts, judgment, the uh oh feeling) if it is telling you something is not right. Trust your Gut!



Let children know that you are approachable and will believe them and support them if they come to you with a tricky or dangerous, or confusing situation.



Establish your own set of family rules. Also, "It is OK to say no to anyone who wants to break one of our family rules. I will back you up."



Use correct vocabulary for the private parts of their body. Using the correct names for the private body parts enables children to express themselves clearly and not be misunderstood.