

Touches and Feelings

What do they mean?





FEELINGS

Sad



· Afraid



Mischievous



Nervous



Angry

Happy



· Embarrassed

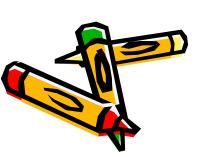


Surprised



Guilty









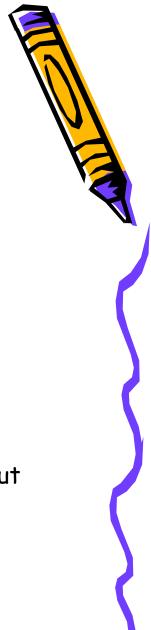


Who can tell me what Guilty means?



Do you feel bad about yourself?





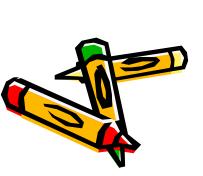
Good Touch

 A good touch makes you feel warm, comfortable, and safe inside.

 A good touch for me is when someone gives me a hug to say hello.

· What are some good touches for

you?

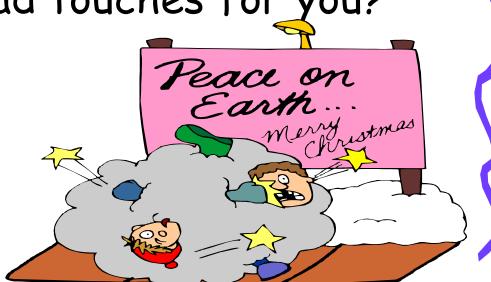




Bad Touch

- A bad touch does not feel good. It may make you feel uneasy or bothered inside.
- A bad touch for me is when someone pinches me on purpose.
- What are some bad touches for you?





How many of us like hugs, kisses, and touches from people we know, love, and

trust?





How about those same kinds of touches from people we do not know, do not like, or do not trust?

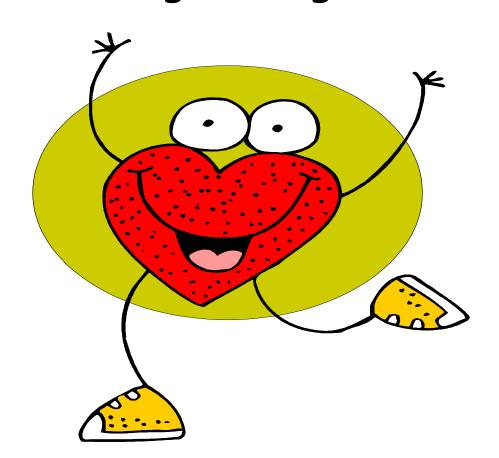


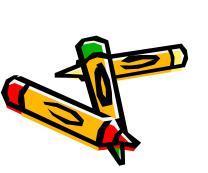




When we get touches, we get feelings inside.

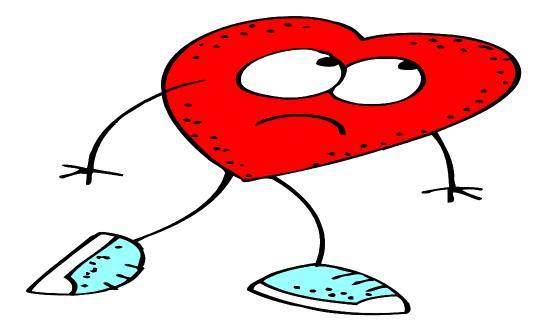
· Good touches give us good feelings.



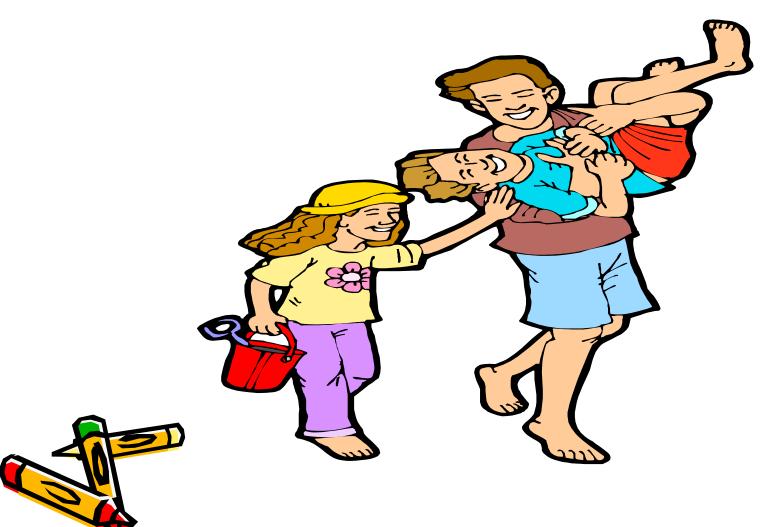


Sometimes touches can give us bad feelings inside.

- Sad
- Frightened
- · Unloved
- Unwanted







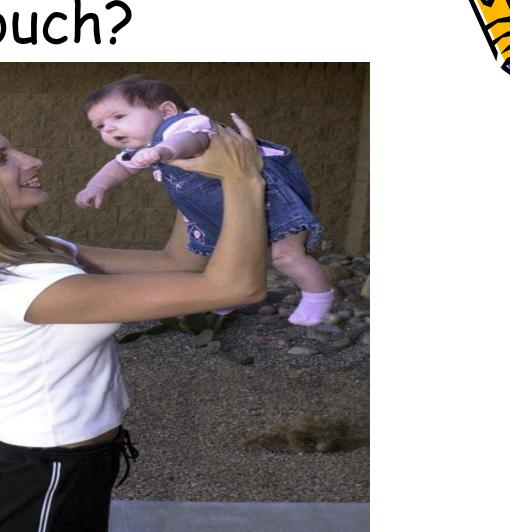








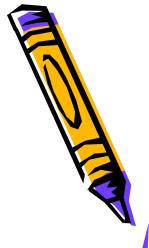


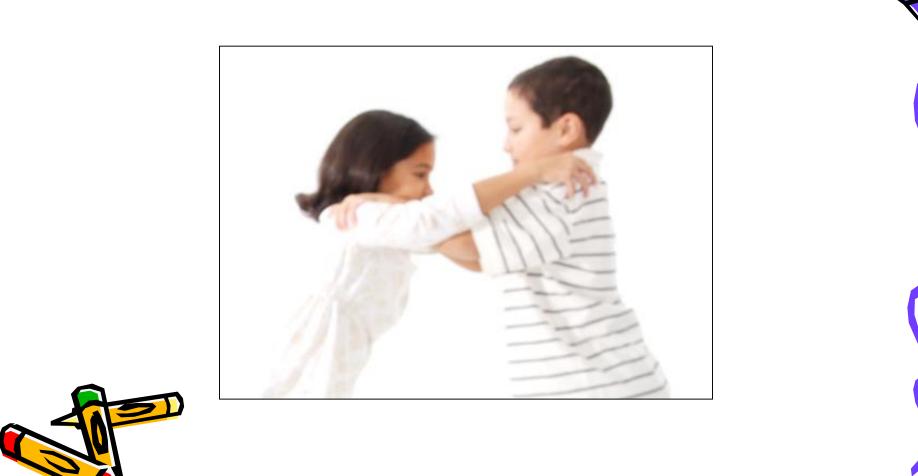










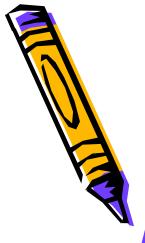












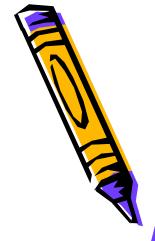






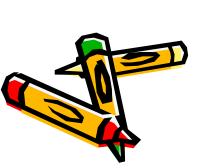






Do you like to be tickled?

- · How many of us do not like being tickled?
- For those of us who like being tickled, is that a good touch or a bad touch?
- For those of us who do not like being tickled, is that a good touch or a bad touch?



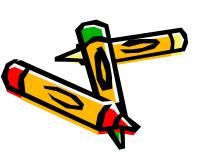




Tickling



- Sometimes even when we think tickling is a good touch it can become a bad touch.
- Before we get started, can everyone give a thumbs up sign? How about a thumbs down sign?
- · Good! Now you be the judge.



When tickling becomes bad touch.

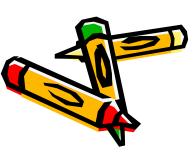
- It lasts too long
- It is too hard
- It starts to hurt
- You start to cry
- It gets hard to breathe
- You are being touched in your private areas





Good or Bad?

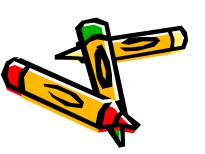






What is happening?

- Are both boys having a good time?
- Is one boy having a better time than the other boy.
- Who gets to say if a touch is a good or bad touch?
- Does the boy on bottom get to say or the boy on top?
- The person being touched is always the one to decide if it is a good or bad touch.

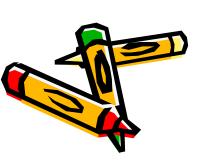


You make the call!!!

 If you get a touch you do not like what is it called?

· A Bad Touch!!





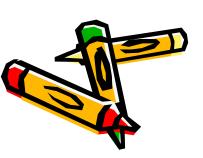
No one should touch our private body parts except to keep us clean or healthy.



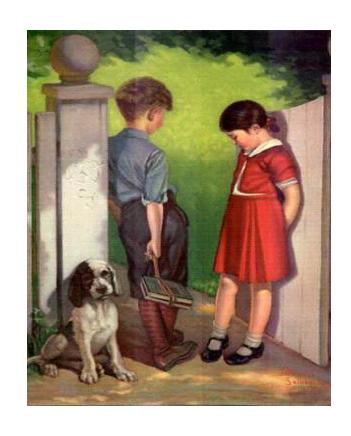


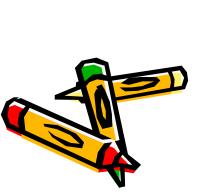






No room for secrets.



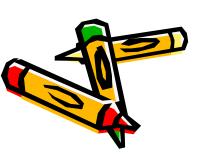




Who can you tell?

- Parents
- Grandparents
- Teacher
- Pastor
- Other trusted adults



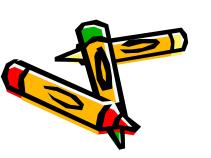


Help!!!

 If the person you tell does not know how to help you or does not help you,

what can you do?



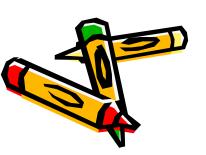






TOUCHING RULES

- No one should ever touch your private parts except to keep you clean or healthy.
- · Never agree to keep it a secret.
- · Tell someone you trust.



10 tips for teaching good touck

- · Give Them Ownership of Their Body
- · Use Appropriate Language
- · Keep Conversation Light and Easy
- · Use the Swim Suit Rule
- Explain What Safe Touch Is
- Empower Them to Say NO
- · Use Books About Good Touch Bad Touch
- · Don't Force Affection
- · Help Your Child Trust Her Feelings
- · Practice or Role Play

Do

- cPpksa ds vf/kdkj vkSj muds loksZRre fgr dks /;ku esa j[\rightarrow
 ihfMr cPpksa ds izfr ldkjkRed joS;k dks c<+kok nsosaA
- fofHkUu yf{kr oxksZ@lewgks ds fy, izklafxd dk;ZØe rS;kj djsA
- cPpksa ds fp=.k esa ldkjkRed joS;k viukosa] /;ku j[ksa fd og ,d ihfM+r gS u fd fdlh vijk/k ls fyIr gSA
- fo"k; ds izfr le> vkSj laosnu'khyrk j[ksA
- cky vf/kdkjksa Is IEcfU/kr fofHkUu izko/kkuksa] dkuwuksa vkSj fu;eksa ds izfr tkudkjh j[ksA
- leL;k dh fLFkfr;ksa ls fuiVus dk rjhdk [kksts@igpkusA
- fyaxkuqikr vkSj ckfydkvksa ds vf/kdkjksa dks c<kok nsosA
- k:rkEkZ lsokvksa gsrq tkx:drk c<kosaA

/k dh xafHkjrk ij /;ku dsfUnzr djsaA

Don't

- ihfM+r;k ihfMr ifjokj dh igpku dk [kqyklk u djsaA
- Vh-oh- ij cPpksa ds lkFk gksus okys ;kSu 'kks"k.k ls d`R;ksa dks luluh[kst u cuk,A
- cPpksa ij gq, nq:I;ksx@'kks"k.k ij ckj&ckj
 c;ku@iwNrkN dj mlds lkFk gqb nq/kZVuk dks
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- ihfM+r cPpksa ls yxkrkj iwNrkN ;k nksgjk;k iz'u u iwNsA

dks rqPN :Ik esa u n'kkZ;sA Pps dks detksj o fu%lgk; iznÆ'kr u djsaaA

cPpsa D;k djs

- cPpksa ds vf/kdkj dks lh[ksa ,oa igpkusA
- vkidk 'kjhj O;fDrxr gS vkSj fdlh ds Nwus ij vkidks uk dgus dk vf/kdkj gSA
- vkids lkFk gqbZ fgalk ds fy;s vki ftEesnkj ugha gSaA
- fdlh fo'okl ik= O;Ld esa fo'okl j[ksa] ;fn vkids lkFk fgalk vFkok 'kks"k.k gqvk gS rksA
- vkidks fpfdRlh; ijh{k.k dk vf/kdkj gSA
- vkidks vf/kdkj gS fd iqfyl vkids ekeys dh tkap djsA
- ;fn vkidks fdlh fLFkfr ;k ifjfLFkfr esa vlgt eglwl gks rks ogka vdsys jgus ls euk djsaA
- gks lewg esa jgssaA
 - s Hkkxuk [krjukd o tksf[ke iw.kZ gS tc rd [krjk ?kj ij

v/;kidx.k D;k djs

- cPpkssa ds vf/kdkjksa ij le> cuk,saA
- cPpksa dks muds vf/kdkjks ds ckjs esa tkx:d djsaA
- vki viuh ,slh Noh cuk;s dh cPpksa dks vki esa fo'okl gks vkSj fdlh Hkh fgalk vFkok 'kks"k.k gksus ij os vki ds ikl vk ldsaA
- cPpksa ij fo'okl djsaA
- cPpksa ls tqM+s lHkh dkuwuh ds ckjs esa tkudkjh j[ksaa
- ,sls fpUgh vFkok b'kkjksa dks le>us dk iz;Ur

 dia ftlls ,slk izrhr gksrk gks fd cPpksaa ds lkFk
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Whose Fault Is It?

The Person Who Did the Touching.

