



**Today, Mom sat down with me
to talk about something
important**



**She said we were going to
learn about good touch and
bad touch**



Good touches are like hugs from Mom, which make me feel safe and loved



High-fives from friends and pats on the back are also good touches



Mom said a bad touch is when someone touches me in a way that makes me feel uncomfortable or scared



She said if I feel a bad touch, I should say 'no' and move away



It's important to tell an adult I trust, like Mom or a teacher, about any bad touch



Mom explained that nobody, not even a friend or family member, should give me a bad touch



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She told me that my body is my own and I have the right to say who can touch it



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Sometimes doctors need to touch me to keep me healthy, but Mom or Dad will be there too



Mom said it's never my fault if someone gives me a bad touch and I should always tell her



She reminded me that good touches should never make me feel uneasy or worried



If I'm ever unsure about a touch, it's okay to ask questions and talk about it



I feel better knowing I can talk to Mom about any touch, good or bad



I know now how to keep myself safe and understand the difference between good and bad touches