



Lesson Time

Your child is learning how to tell the difference between safe, positive, caring touches and unsafe touches that hurt people's bodies. Your child is also learning how to say no respectfully to touches she or he doesn't want.

Knowing the difference between safe and unsafe touches and how to say no to unwanted touches helps your child stay safe.

Play Time

Say: **Let's play a game by taking turns saying a touch and whether it is safe or unsafe.** Say a touch and have your child say if it's safe or unsafe. Include: pinching, kicking, hugging, pushing, holding hands, patting on the back, grabbing, hitting, high fives.

Now say a touch, and I'll say if I think it's safe or unsafe. Let your child help decide if touches are safe or unsafe. Continue as long as your child is interested in the game.

Story Time



This week's story is about Sam. Sam's cousin wants to give him a hug. Ask your child about this story:

- **What do you see in this photo?**
- **Does Sam want to be hugged by his cousin?** (No.)
- **How can Sam say no to the hug?** (No, thanks. I don't want to be hugged.)

Say: **Tell me about a time when you didn't want to be touched.** Listen to your child's story. **What words can you use to say no to touches you don't want?** (No, thank you. I don't want to be touched.) Help your child practice using a strong, respectful voice and words that say no to unwanted touches.