

PARENT NEWSLETTER *Lesson #3*

RULES KEEP US SAFE! WHEN WE USE THEM, WE ARE ALL STARS!

PARENT CONNECTION

We recommend you make time to discuss this important and sensitive lesson with your children. If you have not already spoken to your children about their right to keep their bodies safe, now is the time! We know that it is not the most comfortable conversation especially with your preteen/teenager. However, keep in mind the more you can teach your child, the lesson they will need to learn elsewhere.

It is important for kids to know that its ok for them to say No any time a touch of any kind is uncomfortable. Kids should not be forced to kiss/hug a family member. Even though these are often harmless touches they send a message that the child is not in control of their own bodies.

EDUCATED PARENTS ARE EMPOWERED PARENTS

Today was a sensitive and crucial lesson. In this lesson we discussed body autonomy. The way this was done was by allowing the kids to go through what we call a touch continuum. It consists of different categories that range from having someone give you a positive feeling without touch such as with a smile or a compliment and moves through safe touch, confusing touch, unsafe touch and someone giving you a negative feeling without touch such as with insults, leering, or showing you inappropriate images. We saw clearly how easy it is for some of these categories can to overlap and how what might be ok for one person may not be ok for another. For example, a hug from my mother may be ok for me but, a hug from my doctor may not be for me. We discussed the rules which are:

SAFE (COMFORTABLE) TOUCH: Caring Touch, Welcomed Touch
 UNSAFE (UNCOMFORTABLE) TOUCH: Hurtful Touch, Abusive Touch, Unpleasant Touch
 CONFUSING TOUCH: When a safe [comfortable] touch begins to feel like an unsafe [uncomfortable] touch – the touching is the same, but you feel differently about it.
 NO TOUCH (or lack of touch): On the positive end – This represents an action by people whose love and friendship is evident, but is not demonstrated by actual touch. On the negative end – this represents lack of care, protection, and affection, which we all need to grow up happy and healthy.

NO TOUCH +	SAFE TOUCH	CONFUSING TOUCH	UNSAFE TOUCH	NO TOUCH -
A COMPLIMENT	A HIGH-FIVE	TICKLING	HITTING	FIERCE GLARE

- No one is allowed to see our private parts
- No one is allowed to touch our private parts
- No one is allowed to talk to us about our private parts and

We are not allowed to see, touch or talk about someone elses private parts.

We also discussed the difference between telling and tattling. Differentiating the difference between telling someone for our own or anothers safety vs. tattling for the purposes of getting someone into trouble or gossip.