



Dear Parents.

The screaming headlines in the dailies on atrocities against children really send shivers down our spines.

More often than not, it is the people children come in contact with so very frequently turn out to be offenders and what complicates the issue further, is that, by the time we find out it is too late.

We share your concern!

We have been educating our little ones about Good touch and Bad touch

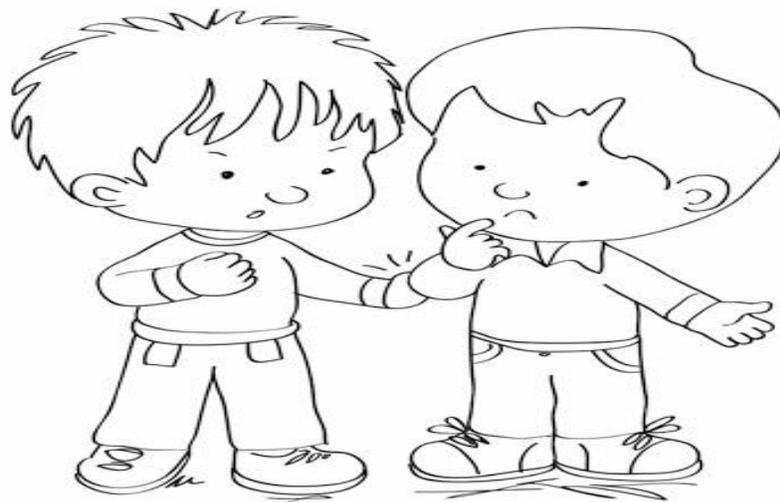
We put this little write up together specially for parents to keep children safe from all forms of abuse:

- let us admit that we live busy lives. As parents, however we need to note, that there needs to be a time in a day when we have a heart to heart conversation with our kids about how their day was, who they met, where they went and what they saw.
- By virtue of their physical size adults have power over children, and that increases their vulnerability. As parents we need to tell them that only their parents and near and dear ones have the authority to tell them what to do and also, that, their own feelings are important.

- Parents must never insist that children hug or kiss relatives or friends. It is always better to intervene if one notices that the child is uncomfortable doing something that another adult has asked him or her to do. Children always need to be assured that, no matter what, Parents would always protect them.



The first touch is called a Good Touch. A Good Touch is when someone touches you in a way that is nice and friendly and safe. A hug or a handshake is a Good Touch.



The second touch is a Bad Touch. Bad Touch is when someone tries to hurt you and it makes you feel mad or sad. A pinch or a hit is a Bad Touch.

- Parents must teach children proper names for all body parts. They should be taught to say no to anyone who makes them uncomfortable. It is important to teach children to scream “Stop it!”, to instructions that need them to do things they do not really want to do.
- As Parents, we need to be very cautious about their own conduct in the child’s presence .
- Children need to know that their mouth, chest, buttocks and the area between their legs is their own personal space and nobody should be allowed to touch them there and no one must touch their own personal zones in presence of the kid or try to make the child touch their personal parts.
- Kissing children on the lips by parents is not a good idea as it often confuses them, and often when others, who are not trustworthy do it, it is difficult for them to decipher it as objectionable.
- Parents must always encourage children to communicate openly about any instance where in any adult has tried to show them objectionable pictures, videos or indulged in exhibitionism.
- Parents must always learn to recognize and take advantage of teachable moments and discuss if anyone has been trying to play any secret game with the kid which involves touching the personal zones

Please share your experience regarding how effectively you could get across to our children and if you found this write useful. We

look forward to hearing more on " Good and Bad touch" from
you.
