

Lets learn good touch and bad touch



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Hi! I'm Ammar.

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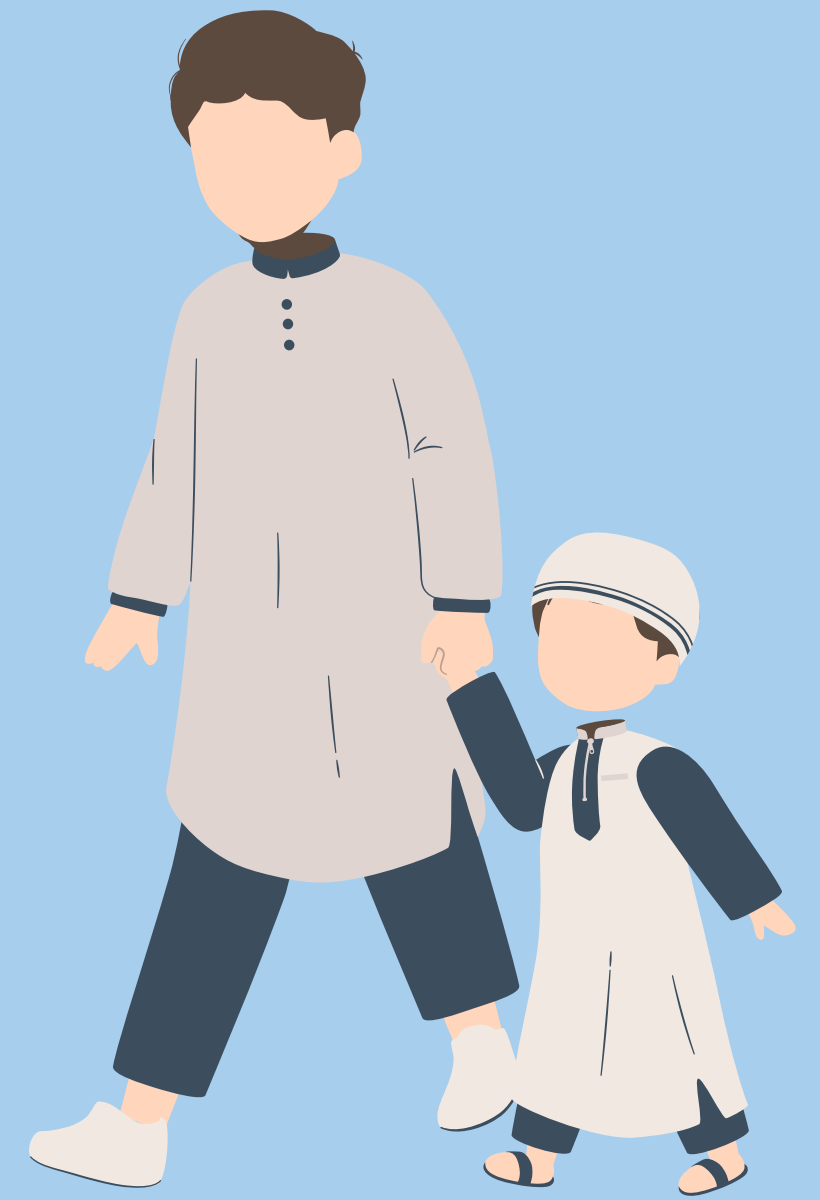
Today, let's learn
about something
important: how to keep
our bodies safe and
happy! We all have a
body, and our body
belongs only to us.



What is a Good Touch?



A good touch is a touch that makes us feel happy and safe. Like a hug from Mom, holding hands with Dad, or a high-five with a friend.



What is a Bad Touch?



Sometimes, touches make us feel uncomfortable or scared. These are called 'bad touches.' If a touch feels yucky or makes you sad, it's okay to say NO.



**If someone tries to give you an unsafe
touch, you can say, NO!
Saying 'No' is strong and brave!**



If you ever feel worried or scared, always talk to a trusted adult. This could be your parents, a teacher, or anyone who makes you feel safe.



A safe secret is something fun, like a surprise for a friend. An unsafe secret makes you feel sad or scared. You should always tell a trusted adult about an unsafe secret!



Let's practice together! If someone tries to give you an unsafe touch, you can:

1) Say No

2) Run away

3) Tell a trusted adult right away.



Remember, you are strong,
smart, and brave. Your body
belongs to you, and you
have the power to keep it
safe. There's always
someone who cares about
you and wants you to feel
happy and safe.





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