



# For Girls

Good and Bad Touching



## The Crisis Centre

P.O.Box EE-17910  
Nassau Bahamas

24-Hour Hotline: 328-0922  
Family Violence Unit: 322-4999  
Fax: 328-7824  
email: bahamascrisiscentre@yahoo.com  
www.bahamascrisiscentre.org

## Tips to Keep you Safe

### 1. Before I go anywhere, I:

- A) Check first with my parents, teacher or person in charge
- B) Go and play and check back later
- C) Leave my family a note about where I am and when I'll be back.

### 2. When I walk to school:

- A) I go alone... I'm big and can take care of myself.
- B) I go with a friend because it is more fun.
- C) I walk with anyone who starts talking to me.

### 3. If I'm feeling really sad or confused about something someone did:

- A) I tell my Mom and Dad.
- B) I tell a stranger.
- C) I keep it a secret, because I was told I should.

*If you would like to talk to someone about anything that is bothering you, please call:*

**The Crisis Centre on  
328-0922**

### 4. If I get lost and can't find my Mom or Dad in a store, I:

- A) Run around calling out their names really loud.
- B) Find a store clerk and ask for help.
- C) Go out to the car and wait for them there.

### 5. If someone I don't know asks me for directions or to help them, I:

- A) Tell them to ask a grown-up.
- B) Go over to their car and tell them where they need to go.
- C) Offer to go with them and show them the way.

Answers:

- 1. A)
- 2. B)
- 3. A)
- 4. B)
- 5. A)



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## Good and Bad Touching

There are different types of touching. Some touches make us feel good and some make us feel bad.

Everybody needs good touching...it makes us feel loved. However, there are some people who give bad touches.

It is important that girls know the difference between good and bad touches.

## What are some touches that make you feel good?

- ◆ Cuddles from family members or friends
- ◆ Kisses from Mummy and Daddy or other family members
- ◆ High Five from team mates
- ◆ Pat on the back from a teacher
- ◆ Check up by the doctor or nurse

## What are some touches that make you feel bad?

- ◆ Touching that makes you feel yucky
- ◆ Touching after you have said "No"
- ◆ Touching your private parts
- ◆ Touching when the person knows you do not like it
- ◆ Cuddles from people you do not feel comfortable with
- ◆ Kisses that make you feel yucky
- ◆ Touching that is done in secret or in a secret place

## What are your private parts?

They are the parts of your body that are normally covered by a bathing costume or underwear.



## What you should do if someone touches you in a way that makes you feel uncomfortable?

- ◆ Say **NO**
- ◆ Move away from the person
- ◆ Tell someone you trust, an adult, about how the person touched you and how it made you feel uncomfortable

