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DEAR PARENTS,

What is it that is most appealing about children? Is it simply their physical beauty? Is it their openness to loving and being loved? Their playfulness, their innate humour? Beyond these things, in our view, children are beautiful because they possess something that we all have lost – the quality of innocence.

It is our moral responsibility to save our children's smile and innocence as we all are their role models in their lives.

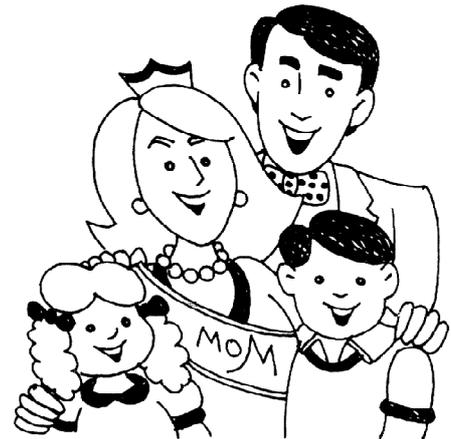
The motive behind this workshop is to make you aware through various activities about the sensitive issue of Good touch and Bad touch, so that you can train your child and instill in them various ways if they are in some risky situation.

Parents should first clear in them the difference between the Good Touch and Bad Touch.

Good Touch

It feels good to be hugged and kissed by the people you love. For example:

- When Mother/Father gives you a hug and kiss after you wake up. .
- When Grandma and Grandpa come to visit and everyone gets hugs and kisses.

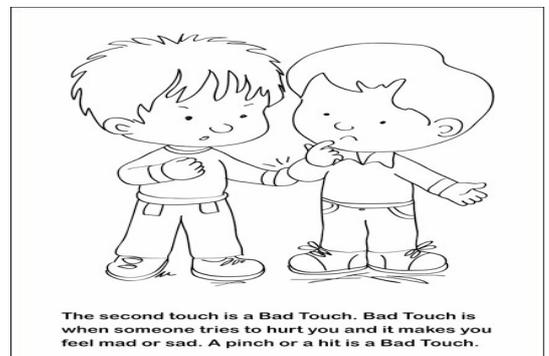


Bad Touch

Touches that make you feel uncomfortable are usually bad touches. You don't have to keep a secret when someone gives you bad touch.

Don't feel that you are bad. Whoever gives you a bad touch is the one who is bad, not you. Your body belongs to you. Nobody should touch you if you don't want to be touched. Do you know what a bad touch is?

- It is a bad touch if it hurts you.
- It is a bad touch if someone touches you on your body where you don't want to be touched.
- It is a bad touch if a person touches you in a way that makes you feel uncomfortable.
- It is a bad touch if that touch makes you feel scared and nervous.
- It is a bad touch if a person forces you to touch him or her.
- It is a bad touch if a person asks you not to tell anyone.



Suggestions to the Parents

DO'S

- Teach your child the correct names for all body parts. Explain that everyone's body is special and private and belongs to her/himself.
- Let your child know that no one has the right to touch them without their permission...not Daddy, Mummy, Auntie, Uncle, no one. Let him/her choose whether or not they feel like hugging or kissing.
- Talk about the difference between "good touch" and "bad touch". Good touch, such as hugs and holding hands with family and friends, makes children feel safe and loved. Good touch is never forced and is never a secret. Bad touch makes children feel uncomfortable.
- Role-play with your child how to handle situations of potential abuse. For example, "What would you do if someone offered you treats or toys to touch you in a private place on your body?" Rehearse what to say and what to do?
- It is okay for a child to say "no" to an unwanted touch, even if it is from a familiar person. Help your children practice saying "no" in a strong, yet polite voice. This will help children learn to set personal boundaries.

DON'T'S

Say no! Tell the person that you don't like it and you don't want to be touched.

- Tell your children to run away fast from the person whose touch you don't like. Never stay alone with that person ever again.
- Guide your children to Call for help. They can scream.
- Assure them that they should Believe in themselves as they have not done anything wrong.
- Tell them that If someone touches you in the wrong way, tell someone they trust what has happened.
- You give assurance to your children that Don't keep secrets that make them feel uncomfortable. Go to a person whom they can trust-a parent, a relative, a teacher.

As parents, we are responsible to make our children distinguish between right and wrong. We need to shed our inhibitions and talk to our children without being judgmental. Let your child decide whom, he wants to stay with. Never push your children and respect their feelings. We all know child abuse exists, let us ensure that none of us let this happen to our children. Living in denial that my child can never be abused will not do any good, but acting and preparing the child to deal with perpetrators of such lowly intentions will surely make a marked difference to you, us and the society at large.

Help lines are available globally to prevent child abuse. Child help line number is 1098 for India

PRINCIPAL