

How to Talk to Your Child about Good and Bad Touch

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Parents and guardians find it challenging to decide when to begin teaching children about their personal safety. It is harder to start a subject concerning predators who can benefit from them. Nevertheless, it is necessary to teach your kids from an early age about safety precautions, as the cases of paedophilia are expanding and begin to harm children in schools, public places, and on the internet. Children should be taught about a safe touch and an unsafe one, so that they are ready to protect themselves, armed with this information.



Picture for illustration purpose only

1) Teach children the names of the private parts of their bodies

Children frequently find it challenging, since they do not know what are the appropriate words to use to inform adults about sexual assault. Learning the right terminology for the private parts provides kids the language they need and enables them to realize that talking about their parts is all right. Use the right terms for the private parts such as genitals and buttocks while educating young children about parts of the body.

2) Teach kids, "You are your body's boss"

Teach your children that they have right to protect themselves from being touched by anyone. Create a home environment that respects the rights of each other. For instance, your kids may tell their siblings, "Sister, I don't want you to play with my hair, please stop." Build activities with them in which they can learn to express themselves. As a parent or guardian, their requests not to be touched in any way must be instantly respected. Now, do you want to be a supportive mother? Okay. Okay. When you observe the interaction of your children, explain that if someone yells, "Stop!" they need to stop tickling or disturbing their siblings. Let them know that as a security educational element of their safety education, you are educating your children to become bosses so that their behaviour does not irritate their siblings.

You must also cease pressuring your children, if they don't want, to give or accept hugs or kisses from family members. This teaches toddlers that it is all OK to say no to their family

members. Every time you meet other family members, they might expect a hug from your children.

3) Explain to your child that there are three types of touch

First, safe touch. For them, this is a safe and good touch, which makes children feel highly valued and important. Hugging, papping at the back, and hugging at the shoulder are safe touches. Safe touch also includes painful touches such as the removal of debris. Explain to your children that you do this to keep them healthy, making it a safe touch when you take away the debris.

Second, unsafe touch. The one that causes physical or emotional harm to a kid (e.g., hitting, pushing, pinching, and kicking). Teach children that this type of touch is not acceptable.

Third, unwanted touch. This is a safe touch, but a kid does not desire it from the person at the time. It is acceptable for a kid to refuse unwelcome touch, especially from a stranger. Help your children to say 'no' loudly and politely. This will assist them in learning to create personal limits.



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You can teach the names of the private parts to your kids when they reach the age of three and begin teaching safety guidelines when they can recognize well their bodily components. The earlier you begin, the better. Make sure you clearly say that the mouth and the thorn are also part of the body that are prohibited for cleaning or health purposes by others.

The above-mentioned parts may appear to be something that can rationally be considered in your opinion. If you explain the personal rights and restrictions of other people's touch, your small kid may not grasp the abuse. You should be honest than regret it afterward. Moreover, paedophile predators will often try to sexually treat your child until they feel confident and comfortable. Thus, protect your children with proper education and preventative measures.