

I CAN SAY NO. (a poem for kids about good touch-bad touch)

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These are my lips
My lips help me speak, they help me kiss
I kiss my mummy, I kiss my daddy.
But when my teacher, an uncle or an aunty asks me for a kiss,
I give them a flying kiss; I don't kiss them on their lips or
anywhere else.
I keep my lips safe.



This is my chest
When I have a bath I clean my chest.
But when my teacher, an uncle or an aunty touch my chest,
I say **NO** and I tell my mummy about it.

This is my bottom.
I sit on my bottom.
I wear an underwear to protect my bottom.
But when my teacher, an uncle or an aunty touch or
tickle my bottom,
I say **NO** and I tell my mummy about it.



This is the part between my legs
I keep it clean.
I wear an underwear to protect it.
But when a teacher, an uncle or an aunty touch the
part between my legs,
I say **NO. NEVER.** And I tell my mummy about it.



My lips, my chest, my bottoms, and the part between my
legs belong to me.

Only me or my mummy can touch them.
No teacher, uncle, or aunty should touch or tickle me
in these parts.



I should not touch or tickle anyone on his or her lips, chest,
bottom, or the part between their legs.

These are important body parts and not to play with.

I tell my mummy when someone troubles me.

I don't get scared because my mummy cares.

I don't get frightened because my mummy cares.



**To purchase storybooks on Good Touch-Bad Touch use these links on Amazon-
Price: Rs.200 per book**

1. The secret touch - http://www.amazon.in/secret-touch-Swati-Popat-Vats/dp/9380711328/ref=sr_1_2_twi_pap_2?s=books&ie=UTF8&qid=1479293159&sr=1-2&keywords=the+secret+touch

2. When touch becomes trouble - http://www.amazon.in/Touch-Becomes-Trouble-Swati-Popat/dp/938071114X/ref=sr_1_1?s=books&ie=UTF8&qid=1479293306&sr=1-1&keywords=when+touch+becomes+trouble

19th November is World Day for the Prevention of Child Sexual Abuse.

It is our duty as adults to keep our children safe from **CSA (child sexual abuse)**.
Early Childhood Association and Podar Institute of Education would like
you to spread this to all parents in your school.

Please have regular **GTBT (Good Touch Bad Touch sessions)** with children.
Use this video to train children, start early.

<http://www.youtube.com/watch?v=bCgtNSU4kg4&feature=youtu.be>

Touch is an important need of young children, their brains thrive on touch stimulation, and that is why they seek touch from everybody. They hug, kiss, and want to be hugged, kissed, and cuddled. It is this need for touch that many perverts misuse and because the child is young and cannot differentiate between right and wrong touch they become victims of the most gruesome crimes of child sexual abuse. Let us come together and keep kids safe by reading about these 10 points and teaching them about good touch, bad touch.

1. There is no age for these perverts; children of all ages are being sexually abused. As soon as your child is able to understand about body parts, hands shoulders etc., teach your child through rhymes and actions about the 4 body parts that no one can touch except mothers or when mummy is right there.
2. If your child is too young to be taught about this, then ensure that your child is under 'trusted' adult supervision all the time if not with you. Ensure that trust is not blind faith.
3. Do not kiss your child on the lips as this only makes them more vulnerable to kisses on the mouth by strangers. Young children then associate this as an acceptable way of showing love.
4. Avoid threatening your child. When kids are regularly threatened, they understand fear and consequences and are then easy victims of perverts who use threats to intimidate them into not telling you about it.
5. Never raise your hand on your child. Because it is normal for parents to then feel guilty about it and hug the child but this behavior is then recognized by young children as an acceptable form of showing love and then they accept it from others too.
6. Know who your child was with and what was that person doing with your child. This is important as abuse can start with something as insignificant as tickling, touching, fondling etc.
7. If kids can be taught rhymes on 'traffic signals' etc. then they can definitely be taught rhymes about keeping their body safe.
8. If you are suspecting that someone has abused your child, then confront and find out. Do not try to ignore due to 'hurting the other person' or 'our relationship may suffer'.
9. Child Porn viewing is on the rise, check the mobile phone video viewing habits of the people employed by you especially if they are taking care or are in contact with your child.
10. Report child sexual abuse as it will then make the offenders scared about loss of reputation. You not reporting such instances is making them stronger.
11. If you are worried about its impact on your or your child's reputation, ensure that media or any other reporting authority does not reveal your child's name, your name, etc. as given in the POCSO ACT.

**READ THE POCSO ACT OF THE GOVERNMENT OF INDIA SO THAT
YOU CAN KNOW YOUR RIGHTS AND KEEP YOUR CHILD SAFE. IT
TAKES A VILLAGE TO RAISE A CHILD, SO LET US ALSO BE ALERT
IF WE SEE OTHER CHILDREN BECOMING VICTIMS.**

LET TOUCH NEVER BECOME TROUBLE IN ANY CHILD'S LIFE!

