

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.

What are some good touches that make you feel good?

- ◇ Cuddles from family members and friends
- ◇ Kisses from Mom and Dad 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 of the touches that make you feel bad?

- ◇ Touching that makes you feel yucky
- ◇ Touching after you have said "No"
- ◇ Touching of 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 swimming costume or underwear.

If someone is molesting you, tell someone you trust, an adult, about how the person touched you and how it made you feel uncomfortable.



Incest... What is it?



THE CRISIS CENTRE:

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What is Incest?

Incest happens when a family member or someone related to you touches you sexually or talks to you about sexual activity.

Incest can include:

- ◇ Sexual touching
- ◇ Talking to you in a sexual way
- ◇ Touching your private parts (those parts of your body which are normally covered with underwear or a bathing suit)
- ◇ Promising you presents if you allow sexual activity
- ◇ Showing you sexual films or videos

Incest can be carried out by a family member, mother, father, grand parents, uncles, aunts, nephews, nieces, cousins, brothers, sisters, half-brothers and half-sisters. These are all people whom you would normally trust.

How old are children who are molested?

It does not make any difference how old you are. You could be a baby, a pre-school child, a school child, a teenager or older.

If you have experienced incest:

- ◇ You may feel confused by what has happened
- ◇ You may not understand why this happened to you
- ◇ You may think you caused it in some way
- ◇ You may feel afraid that if you tell someone, they will not believe you
- ◇ You may feel dirty and ashamed
- ◇ You may have stomach aches and headaches

If you feel any of the above, it is important to know, **it is not your fault in any way.** You are **not responsible for the incest.** The person who abused you is responsible.

It is **very important** to tell someone about the abuse. If that person does not believe you, you must tell someone else.

What is not true about incest

- ◇ Children are usually molested by strangers
(The truth is that children are often molested by family members, which is incest)
- ◇ Incest does not happen often
(The truth is that incest happens quite often)
- ◇ Only girls are victims of incest
(The truth is that boys are molested too)
- ◇ Children lie about incest
(The truth is that children very rarely lie about incest)
- ◇ Children cause the incest
(The truth is that children are never responsible for incest)
- ◇ The child will always dislike the offender
(The truth is that the offender is often very gentle with the child and is someone the child loves)
- ◇ It is best not to tell anyone
*(The truth is that you **must** tell someone about the incest so it can be stopped)*