

Dear Families/Caregivers,

Personal boundaries are important to protect our emotional and physical safety and take care of ourselves.

In this lesson, your child learned to identify appropriate touch and ways to keep him or herself safe. Students learned that some kinds of touches like a hug or a high five can make us feel loved and happy inside! Some kinds of touches like hitting, pinching, kicking, and pulling hurt us. Touches that hurt us are *not* okay.

Here are some ways to say STOP to inappropriate touches:

Say, NO!

Tell the person touching you *No* or *Stop!* You have the right to say what kind of touch is okay and what is not okay.

Talk to a grown up.

If someone is hurting or scaring you or making you uncomfortable, talk to a trusted adult, like a parent or teacher.

Own your body.

You get to choose what kind of touch is okay with your body.

Protect yourself.

If asking the person to stop doesn't work and there are no grownups around, protect yourself by leaving or pushing the other person away.

Encourage your child to feel that he or she has authority over what happens to his or her body and to know what touch he or she is and is not okay with.

Sincerely,

Your Child's Teacher