



## Home Connection

Dear Parent or Guardian,

In health class, students have been learning about families and good feelings and bad feelings. They are learning that everyone is a member of a family. They are learning to identify positive ways in which family members and friends show love, affection, respect, and appreciation. They are also learning to identify good and bad touches.

Today we talked about identifying elements of good and bad touches. We defined the elements of good touches by others as touches that:

- can be done in front of anyone
- are not a secret
- make the child feel good
- are done to keep a child clean or provide medical care
- are an appropriate expression of affection by a family member

Bad touches were defined as touching:

- of private parts of the body, areas covered by bathing suits or underwear
- to be kept secret
- that makes a child feel bad or uncomfortable

Students learned that everyone is the boss of his or her own body. In our next health lesson, we will teach students how to say no to inappropriate behaviors from family members, neighbors, strangers, and others.

Children need to feel empowered to say no if they feel they are being touched inappropriately. A child who reports inappropriate touch or sexual abuse to you needs your support. You might say something like, "I know it was hard for you to tell me about what happened. I want you to know this is *not* your fault. I am going to take care of you and help you." Reassure the child that telling is the right thing to do.

If you know a child who has been abused or touched inappropriately, contact the Fairfax County Child Protective Services Hotline, (703) 324-7400. You can call anytime, day or night. Social workers at Child Protective Services are trained to help children who have been abused.

Please discuss these issues with your child. It is important for your child to know he or she can talk to you about good and bad feelings and good or bad touches.

Sincerely,

Your Child's Teacher