Safe and unsafe touch

 The children from 3rd -5th sensitized on safe and unsafe touch from the adults in society. According to WHO, a child is defined who comes under the age of 18 years. If any child can distinguish safe and unsafe touch from the adults, he/she can be saved from the sexual and physical abuse. Most of the times, the child is not even aware that he/ she is abused by an adult. There are some reasons, what makes a child hide the abuse and don’t report to adult.

1. AFRAID OF DISBELIEVING
2. FEEL A SENSE OF GUILT
3. TRAUMA
4. GROOMING
5. MANIPULATED
6. FEAR OF RETALIATION
7. LACK OF ATTENTION FROM ADULTS
8. NOT ENCOURAGED TO TALK ABOUT THEIR

FEELINGS

It is a need of hour, to take initiative and educate our children to keep safe from any abuse. The action points to parents are as:-

1. Develop a safe and trustworthy bond with your child
2. Reciprocate your child feelings through physical affection, hug/kiss or a pat on a back.
3. Be alert with the emotional distress and body signals of your child, so that you can ensure safety and protection.
4. Verbalize the feelings and thoughts to your child, don’t assume that child understands. He/she understands whatever is being communicated to him/her.