

MY CHOICES & PERSONAL BOUNDARIES: IS BEING TICKLED ALWAYS FUN?



Lesson Objectives:

- Children will explore different types of touch, including: comforting touches, taking care, playful touches, accidental and hurtful touches and consider how they themselves like to be touched.
- Children will learn that just because they like to be touched in a particular way, doesn't mean that everyone does.
- No one has the right to touch you in a way that you find uncomfortable.
- Children will learn strategies as to what to do if they experience unwanted touching and how to seek help
- Supports key messages from the Protective behaviours Taking Care Programme.

Key Messages:

“There are lots of different ways we might touch or be touched by other people. Some of these may feel nice and some might leave us feeling hurt or confused...”

We separate different touches into five categories:

comforting touches - are when someone touches us to help us feel better when we are upset - like giving us a hug.

Taking care touches - are when someone touches us to help us feel better when we are poorly or looks after us for example puts a plaster on a cut

Playful touches - For example, when someone tickles us - or touches us as part of a fun game when we consent.

Accidental Touch - might be when someone touches us by mistake - for example the bump into us

Hurtful Touch - are when someone touches us in a way that causes pain.

Closing:

Remember your body belongs to you and no one should touch you in a way you don't like. There are lots of different ways we may touch or be touched. Sometimes, we touch people to take care of them, or when playing, but sometimes people might not like to be touched in the way we do. If anyone touches us in a way we don't like we need to ask them to stop and tell a trusted grown up.



Key Messages continued...

Importantly, some types of touches can stray into more than one category - such as tickling.... tickling can be fun, but it can also be hurtful depending on the circumstances.

Children will be reminded of the key lesson point to always consider: **“Is my fun, fun for everyone?”**

Children will talk about what to do if someone touches them in a way they don't like or makes them feel uncomfortable. Children will also be told the importance of hearing “no”, when they are touching someone else in a way that person doesn't like.

CARRYING ON THE CONVERSATION AT HOME:

Ask your child if they can name a touch from each of the categories. Ask which they like and are there any they don't like.

See if they know what to do and who to talk to if anyone touches them in a way they don't like. Get them to practice the steps above - help them to put it into practice when situations arise.

Reinforcing the rule - is my fun, fun for everyone at home, between siblings or friends is another important step.

The more we can model common rules and behaviours at home and at school the easier it is for children to take on board.

- We can ask them to stop politely. “I need you to stop doing that I don't like it” (ask the children to repeat the phrase).
- We can tell them to STOP. Louder.... and louder (ask the children to shout stop louder and louder). Get the children to put their hand out in a stop motion too.
- If they don't list we need to tell an adult we trust.
- If it is an adult - we can tell another adult.

Useful Links:

- Check out our pages to explore how to talk to children about consent.
- There are also some fantastic books in our library too.