

# Our Family's Touching Rules

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- We can ask for a hug when we want one and can say no when we don't.
- We are each the boss of our own bodies. We all have the right to say no to unwelcome touching, play fighting or any other physical activity or conversation that makes us feel uncomfortable (we can say, 'Stop it, I don't like it').
- We use the proper names for our body parts (head, arm, penis, vagina, vulva, anus)
- There are no secrets in our home, only surprises.
- We never have to keep a secret about touching or that makes us feel scared or unhappy.
- We respect each other's privacy when getting changed, washing ourselves and toileting. (Everyone who can wash and toilet themselves should do so).
- Wherever there are children, we use 'The 3 touching rules for private parts':
  - 1. It's OK to touch your own;
  - 2. It's Not OK to touch someone else's; and
  - 3. It's Not OK for someone else to touch yours( from page 8 'We Can Keep Safe' Programme Booklet, Auckland Sexual Abuse Help).
- Online we keep our personal information private (this includes our name, address, school, passwords). We also check with an adult before we sign up to anything online.
- We talk to our caregivers before we meet an online friend in person.

Check out the 'get info' section of [www.capshauraki.co.nz](http://www.capshauraki.co.nz) for more information.

This Tip Sheet has been compiled from the following sources; [www.sexualabusehelp.org.nz](http://www.sexualabusehelp.org.nz) , [www.stopitnow.org/family\\_safety\\_plan](http://www.stopitnow.org/family_safety_plan) & Ending Offending Together [http://rpe.co.nz/wp-content/uploads/2011/11/Ending\\_Offending\\_Together1.pdf](http://rpe.co.nz/wp-content/uploads/2011/11/Ending_Offending_Together1.pdf) & We Can Keep Safe (Auckland Sexual Abuse Help 2011)

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