

## CEREBRAL PALSY DAY

### GOOD TOUCH AND BAD TOUCH

How many of us like hugs and kisses and touches from people we know, love and trust? So are those considered as GOOD TOUCH? YES

How about those same kind of touch from people we don't know or don't like or don't trust? Could those be considered as bad touches? YES

So its very important for us to understand and differentiate between the two different types of touches , sometimes it does make a difference as to who is the person touching us.

When someone touches us , it leads to an inculcation of a feeling inside. Good touch gives us good feelings. Bad touch makes us feel bad or uncomfortable.

So we discussed exactly this with our special kids at our Physiotherapy clinic in Dadar on 5<sup>th</sup> October 2014, as a part of IACP undertaking.

We had invited **Dr Khyati Gada, a counseling psychologist**, who took time off her hectic schedule to spend some time with our kids and did a workshop on **GOOD TOUCH, BAD TOUCH to HELP THE CHILD, HELP HIMSELF in this world.**

This included some songs, videos and a lot of information to make them understand the differentiation between a GOOD and a BAD TOUCH and what should be done in case of a bad touch.

Parents and guardians are the primary educators of their own children. They should create an environment where children are free to ask them questions about their life and about their bodies.

This early experience of honesty and trust will then set the stage for each child's life long relationship with significant adults.

### KEY WORDS

- Say **NO**, tell the person that you don't like it and don't want to be touched.
- **GET AWAY FAST!** Run away from the person whose touch you don't like.
- **CALL FOR HELP**, You can scream as loud or make noise as you want no matter where you are.
- Believe in yourself, **YOU DID NOTHING WRONG**, your body belongs to you.