

# NOT EVERY TOUCH IS SAFE AND CARING!

## LEARN TO DIFFERENTIATE



### SAFE TOUCH

When there is no threat and you feel happy and comfortable

#### Examples

Safe touches can include handshakes and friendly pats on back which make you feel comfortable



### UNSAFE TOUCH

When you feel uncomfortable, scared, sad, angry or confused

#### Examples

Someone touches your private body parts and asks you to keep it a secret and/or gives you gift

**IF ANYONE TOUCHES YOU INAPPROPRIATELY REMEMBER TO:**

**SAY NO**

Loudly and Confidently

**GO AWAY**

From The Person

**TELL**

A Trusted Adult

**Stay Alert and Speak Out**

It can even be your family or friends!

**Keep telling until you get help**

You can also call on 1098 for any support

For any health related counselling and information, please visit your nearest Adolescent Friendly Health Clinic or Ayushman Bharat Health and Wellness Centre





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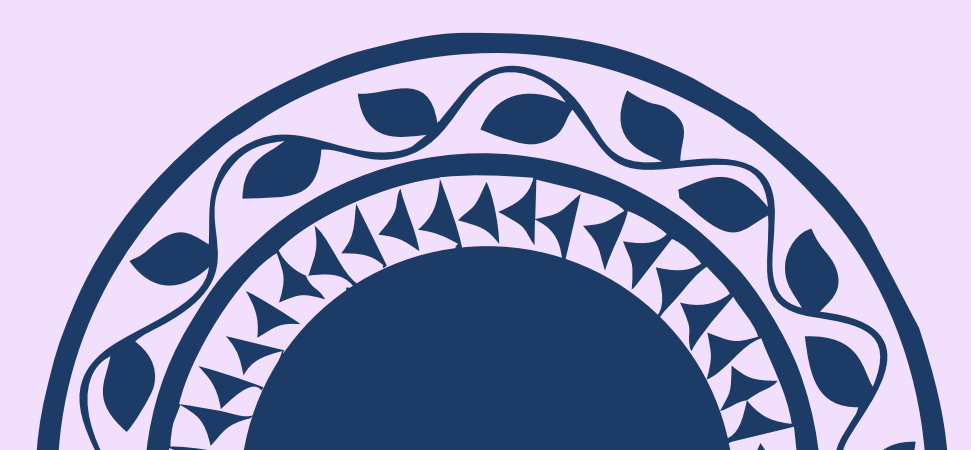
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