



Easy  
Read

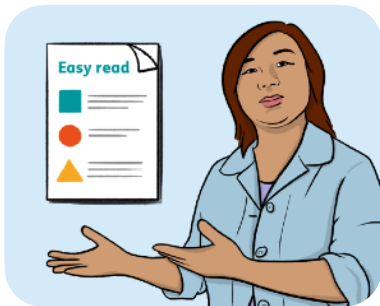
# Good Touch and Bad Touch



UNITED  
NATIONS  
NEPAL



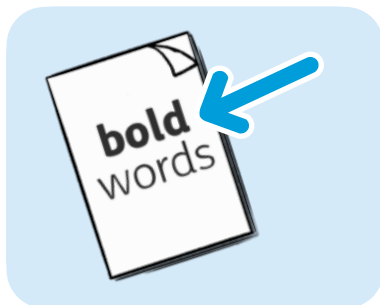
# Easy Read



This is an Easy Read version of some information. It may not include all of the information but will tell you about the important parts.



This Easy Read information uses easier words and pictures. You may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker.



These are words that some people will find hard. When you see a bold word, we will explain it in the next sentence.

# What is in this booklet

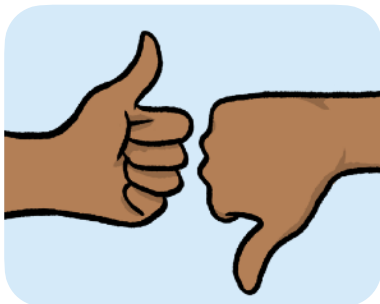
About this booklet.....	4
Good Touch .....	5
Bad Touch.....	6
If someone touches you in a bad way .....	9
Your body belongs to you.....	10
What to do if someone touches you in a bad way.....	12

# About this booklet



This booklet is from the **United Nations (UN)**.

The **United Nations (UN)** is an organisation made up of many countries working together. It works to make the world a safer and better place.



In this booklet, we will explain:

- The difference between Good Touch and Bad Touch.
- What to do if someone gives you a Bad Touch.



# Good Touch



Good Touch makes you feel:

- Safe.
- Happy.
- Comfortable.

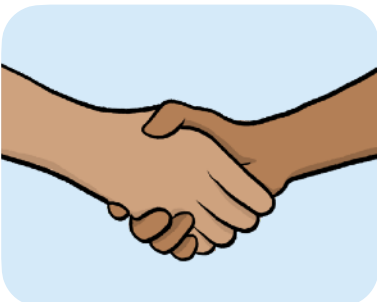


Good Touch includes:

- Getting a hug and kiss from your parents and grandparents.



- A teacher or member of your family patting you on the back.



- Shaking someone's hand when you meet them.

# Bad Touch



Bad Touch can make you feel unsafe or scared.

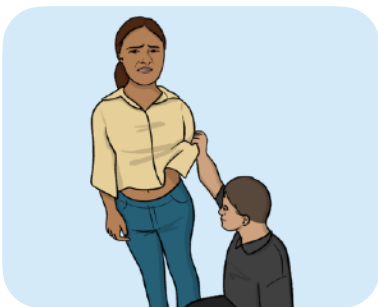


Bad Touch is when a person:

- Hurts you.



- Touches a part of your body you do not want to be touched.

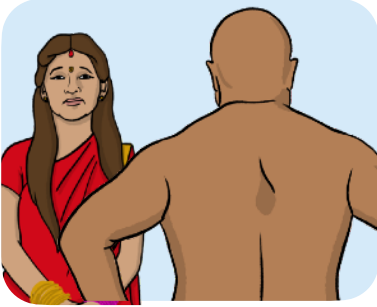


- Touches or tickles you under your clothes.



- Touches you in a way that makes you scared or worried.

Bad Touch is also when a person:



- Shows you the private parts of their body.



- Touches the private parts of their body in front of you.



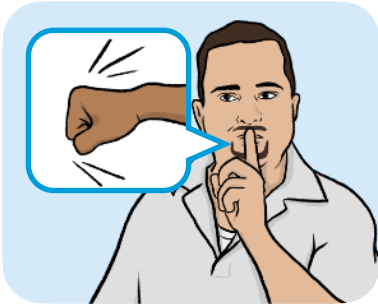
- Makes you touch them.



- Takes photos or videos of you with your clothes off.



- Shows you photos or videos of people without their clothes on.



Bad Touch is also when a person asks you not to tell anyone and says they will hurt you if you do tell.

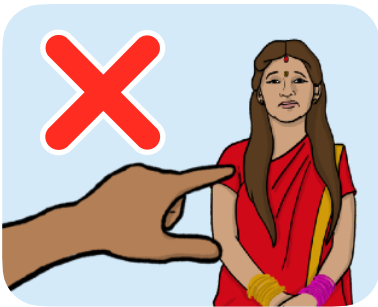


# If someone touches you in a bad way



If someone touches you in a bad way:

- You do not ever have to keep it secret.



- It is not your fault.

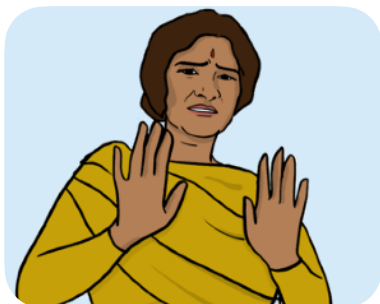


- Do not feel that you are bad.



The person who gives you a Bad Touch is bad, not you.

# Your body belongs to you



Nobody is allowed to touch you if you do not want to be touched.

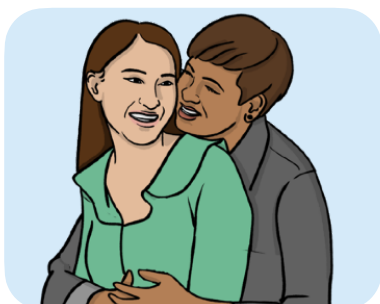


You can decide:

- Who can touch you.



- Who can kiss you.



- Who can hug you.



**NO!**

You can always say 'No'.



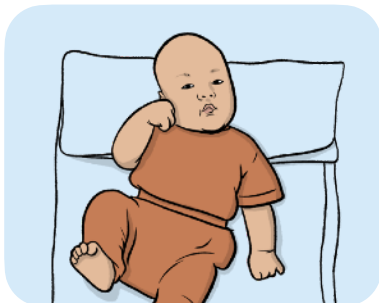
You can say 'no' to a Bad Touch even if the person is your:

- Family member, or the person who looks after you.
- Friend.
- Teacher.



Not all touches are Bad Touches, like:

- When your parent, or the person who looks after you, is giving you a bath.



- When parents need to change a baby's diaper.



- If a doctor needs to check your private parts, while your parents are there.

# What to do if someone touches you in a bad way

If someone touches you in a way you do not like:



- It is important to say 'No'!



- Tell the person:

- You do not like it.



- You do not want to be touched.

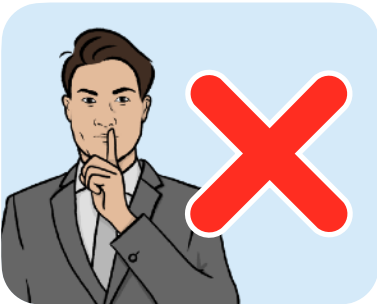


- Run away if you can.

If someone touches you in a way you do not like:



- Never stay alone with that person ever again.



- Do not keep secrets if you do not want to.



- Tell a person you trust, like a parent, family member, teacher or doctor.



If this person does not believe you, tell someone else you trust until someone helps you.

You can get help by calling:



- Nepal Police at 100

or



- Child Help Line at 1098



If someone from the UN is involved in a Bad Touch, you can call:  
01-4290098

This Easy Read information has been produced by [easy-read-online.co.uk](http://easy-read-online.co.uk)