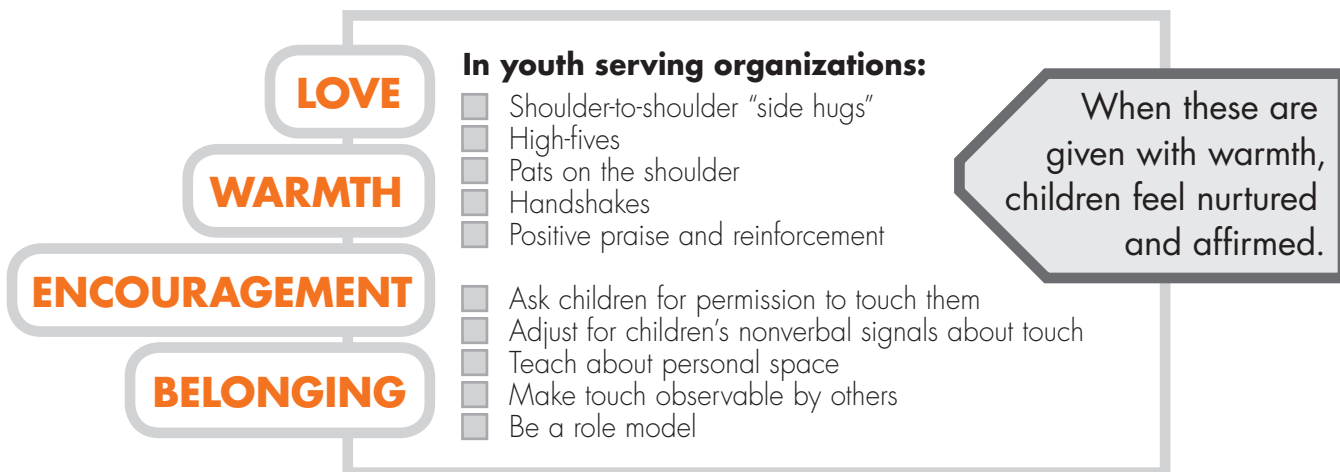


## HEALTHY TOUCH FOR CHILDREN AND YOUTH

**Healthy affection and touch is protective** from child sexual abuse, especially with parents, caregivers, and family members.



## HEALTHY SEXUAL DEVELOPMENT

HEALTHY BEHAVIORS	POTENTIALLY UNHEALTHY BEHAVIORS
<p><b>Infancy (0-2 years old)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Learn through relationships with caregivers</li> <li><input type="checkbox"/> Develop a sense of trust through touch</li> <li><input type="checkbox"/> Explore bodies through touch</li> <li><input type="checkbox"/> Explore their own genitals</li> <li><input type="checkbox"/> Have no inhibitions about nudity</li> </ul> <p><b>Toddler and Preschool (2-5 years old)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Show interest in human reproduction</li> <li><input type="checkbox"/> Learn the difference between males and females</li> <li><input type="checkbox"/> Touch themselves to self-soothe or appear to be masturbating in view of others</li> <li><input type="checkbox"/> Engage in consensual genital exploration with same age peers</li> <li><input type="checkbox"/> Show curiosity about adult bodies</li> <li><input type="checkbox"/> Have no inhibitions about nudity</li> </ul> <p><b>Middle Childhood (5-8 years old)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Learns the basics about human reproduction</li> <li><input type="checkbox"/> May self-stimulate in private</li> <li><input type="checkbox"/> May engage in consensual genital exploration with same age and often same sex peers</li> <li><input type="checkbox"/> Will become modest about their own nudity</li> <li><input type="checkbox"/> May seek out naked bodies, in person or on the Internet</li> <li><input type="checkbox"/> Will pretend non-sexual "dating behavior" with same age peers</li> </ul> <p><b>Pre-Adolescence and Teens (9-13 years old)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Has increasing sexual awareness</li> <li><input type="checkbox"/> Ask questions about sex and relationships</li> <li><input type="checkbox"/> Has increasing experimentation and romantic relationships with other adolescents, sometimes of the same gender</li> <li><input type="checkbox"/> Seek out sexual content in television, movies, the Internet</li> </ul>	<p><b>Toddler and Preschool (2-5 years old)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use of explicit sexual language or describing adult sex acts</li> <li><input type="checkbox"/> Copying adult sex acts</li> <li><input type="checkbox"/> Adult-like sexual contact with adults or other children</li> <li><input type="checkbox"/> Oral, genital, or anal contact with others</li> </ul> <p><b>Middle Childhood (5-8 years old)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Adult-like sexual interactions</li> <li><input type="checkbox"/> Overtly sexual language or talking about mature sex acts</li> <li><input type="checkbox"/> Public masturbation</li> <li><input type="checkbox"/> Sexual exploration with age or ability discrepancy</li> </ul> <p><b>Pre-Adolescence and Teens (9-13 years old)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Adult-like sexual acts</li> <li><input type="checkbox"/> Engaging in sexual behaviors in public</li> <li><input type="checkbox"/> Sexual interest toward younger children</li> <li><input type="checkbox"/> Directing sexual behaviors to older adolescents or adults</li> <li><input type="checkbox"/> Engaging in sexual behaviors even after being told to stop</li> <li><input type="checkbox"/> Sexual thoughts or interactions that interfere with normal activities or cause stress or anxiety</li> <li><input type="checkbox"/> Sexual acts that are aggressive or hurtful to self or others</li> <li><input type="checkbox"/> Use of bribery, threats, or force to engage others in sexual acts</li> </ul>

**HEALTHY TOUCH FOR CHILDREN AND YOUTH**

1. What ways of showing affection to children are appropriate and safe?

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2. What are some of the non-touch ways that you can show affection and warmth to children?

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3. Share some instances when you need to ask children for permission to touch them?

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4. What are some non-verbal signals kids give about touch? How should you respond to those signals?

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5. In what situations do you find that children need guidance about physical boundaries with other children? How do you redirect them or guide them toward appropriate boundaries?

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6. What healthy touch practices will you be mindful of this week?

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**MORE TRAINING & RESOURCES**

**Stewards of Children** is a prevention and response training for youth serving organizations, parents, and caregivers. Facilitator-led or Online. Learn more at [www.D2L.org/stewards](http://www.D2L.org/stewards)

For more information on sexual development and behavior and sexual behavior problems in children visit [www.nctsn.org](http://www.nctsn.org)

**ADDITIONAL TRAINING**

- Talking with Children about Safety From Sexual Abuse
- Healthy Touch for Children and Youth
- Bystanders Protecting Children
- Commercial Sexual Exploitation of Children

Learn more at [www.D2L.org/training](http://www.D2L.org/training)

Sign up for ongoing information about child sexual abuse prevention at [www.D2L.org/join](http://www.D2L.org/join)