



**teaching
sexual
health.ca**

Grade 8
Learning Activity
**Okay, Not Okay and
Confusing Touch**

Learning Outcome

W-8.7 determine the signs, methods and consequences of various types of abuse; e.g., neglect, physical, emotional, sexual abuse

Okay, Not Okay and Confusing Touch



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Read each situation. Think about how someone your age might feel in that moment. Then decide which category it belongs in:



Okay Touch (Feels safe, respectful and comfortable)



Confusing Touch (Feels uncertain or weird, even if you're not sure why)



Not Okay/Unwanted Touch (Feels uncomfortable, unsafe or wrong. Even if it's from someone you know)

What could someone do if a person touched them in an unwanted, not okay or confusing way?

Who are the people you could go to if you needed help or if a friend needed help?



Okay Touch

(Feels safe, respectful and comfortable)



Confusing Touch

(Feels uncertain or weird, even if you're not sure why)



Not Okay/Unwanted Touch

(Feels uncomfortable, unsafe or wrong. Even if it's from someone you know)



**A friend
hugs you**

**Your teacher gives you a
kiss for doing a good job**

**A family friend shakes
your hand**

**Your grandmother kisses
you hello**



**Your mother's boyfriend
holds your hand**

**Your mother pats you
on the behind**

**Your older brother
tickles you**

**A family friend
pats your head**



**Your friend links arms
with you**

Your parent hugs you

**Your cousin asks you
to touch their penis**

**A family friend rubs your
shoulder and back**



**Your bus driver
tickles you**

**Your coach
'high fives' you**

**Your coach
slaps your bum**

**Your uncle asks you to sit on
his lap at a family gathering**



**Your tutor rubs your leg when
helping you with homework**

**Your doctor examines you when
you are completely undressed**

**Your best friend sleeps in the same
bed as you during a sleepover**

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