



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

Grade 8



Teaching Sexual Health

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)



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**A friend  
hugs you**

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

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**A family friend shakes  
your hand**

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**Your grandmother kisses  
you hello**

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

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**Your mother pats you  
on the behind**

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**Your older brother  
tickles you**

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**A family friend  
pats your head**

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**Your friend links arms  
with you**

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**Your parent hugs you**

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

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

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**Your bus driver  
tickles you**

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**Your coach  
‘high fives’ you**

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**Your coach  
slaps your bum**

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

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

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

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

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# Okay, Not Okay and Confusing Touch

Grade 8



Teaching Sexual Health

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