

“Good Touch and Bad Touch” Session at APS Jammu Cantt

On 19th November 2024, the Headmistress, Mrs. Anupama Bahadur, conducted an important awareness session for the Primary class students of Army Public School Jammu Cantt on "Good Touch and Bad Touch." The session aimed to educate students about personal safety, recognizing appropriate and inappropriate physical contact, and understanding their right to personal space. The session aimed at empowering students with the knowledge and confidence to speak up if they ever find themselves in uncomfortable or unsafe situations.

The primary objective of the session was to:

1. Educate students about the concept of personal boundaries and respect.
2. Help students differentiate between good and bad touch, and understand that good touch is comforting, while bad touch is harmful and unwelcoming.
3. Encourage open communication with trusted adults, ensuring that students feel safe reporting any uncomfortable situations.
4. Empower students to assert their right to say no to unwanted touch and to seek help when needed.

Key Highlights of the Session:

The Headmistress began by explaining that a good touch makes a person feel safe, respected, and comfortable. Examples of good touches included a comforting hug from a family member or a pat on the back for encouragement. A bad touch, on the other hand, involves any form of contact that makes a person feel uncomfortable, frightened or confused. Examples of bad touch included unwanted physical contact, touching private areas, or any touch that violates personal space.

To reinforce the session, the Headmistress organized a series of interactive activities and role-playing exercises where students could practice saying "No" and explaining why certain touches were not acceptable. Students were encouraged to ask questions, and common misconceptions were addressed to ensure clear understanding.

Conclusion:

The session on "Good Touch and Bad Touch" was a significant step towards empowering students with the knowledge and confidence to protect themselves and seek help if necessary. By raising awareness on the topic, the Headmistress ensured that students understood the importance of respecting personal boundaries and feeling safe within the school environment.

The event was a success in fostering open communication and increasing student awareness about their rights to bodily autonomy, paving the way for a safer and more supportive school community.

