



Touching Yourself

- **‘Touching yourself’ is when a person touches their private parts.**
- **There are lots of reasons why people touch their private parts. You may need to touch them when you go to the toilet or clean yourself. It can also sometimes feel good to touch your private parts.**
- **We call these parts of our body our ‘private parts’. This is because we usually don’t let other people see them. We also don’t usually touch these parts of our body unless we are alone. We tend to only touch them when we are in the toilet, having a bath or shower and when we are in our own bedroom.**
- **Touching our private parts in public is not OK. It makes other people feel uncomfortable and can make them angry or cross with you.**
- **Touching yourself is OK if you do it somewhere private. Touching yourself in public is never OK.**

