



AutismCare
Nepal Society
"A National Center for Autism"



**RIGHT HERE
RIGHT NOW**

SAFE AND UNSAFE TOUCH

Acknowledgement

This book is the invaluable outcome of a collaborative effort by multiple partner organizations, and we extend our deepest gratitude to everyone who contributed their best to produce this knowledge-rich and informative resource. The aim of this book is to provide detailed information and practical skills on various components of comprehensive sexuality education, including good and bad touch, menstrual hygiene management, adolescent development, and appropriate sexual behaviors. It is specifically designed for children and adolescents with autism and intellectual disabilities. The content is presented in simple language, accompanied by relevant illustrations that are both engaging and informative.

First and foremost, we express our sincere gratitude to the Autism Care Nepal Society (ACNS) for their unwavering support and guidance from the very beginning to the successful completion of this project. We are especially grateful to Mr. Surendra Bajracharya, the Executive Director of ACNS, and Dr. Sunita Maleku Amatya, the President, who stood by us as mentors whenever needed.

We also extend our heartfelt appreciation to Ms. Kripa Shrestha, Head of Parent and Child Training Program and Special Educator at ACNS, for her invaluable expertise and guidance. Her contributions were instrumental in shaping this book to address the specific needs of children with autism.

Furthermore, we deeply appreciate the Right Here Right Now (RHRN) initiative for their outstanding advisory role and financial support.

Our special thanks go to Water Communication for their creative insights and contributions to the design and production of this informative book.

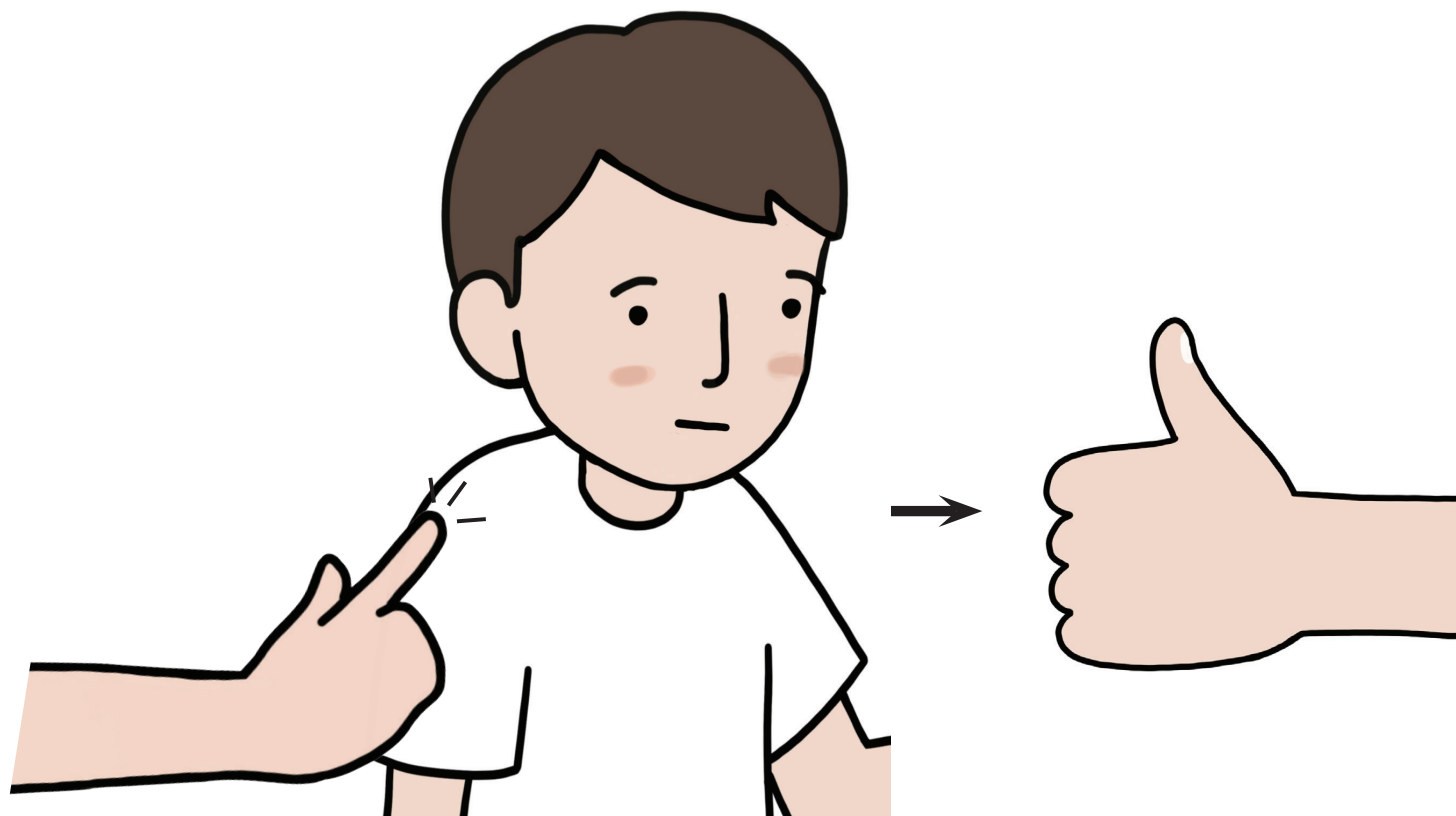
Lastly, we acknowledge all the well-wishers whose names may not be mentioned here but whose support has been vital in bringing this project to fruition. We are confident that this book will serve as a valuable resource for children and youth with autism, intellectual disabilities, and other learning challenges, helping them better understand sexual and reproductive health and rights, and enabling them to make informed choices about their sexuality and relationships.

Mr. Ram Chandra Gaihre

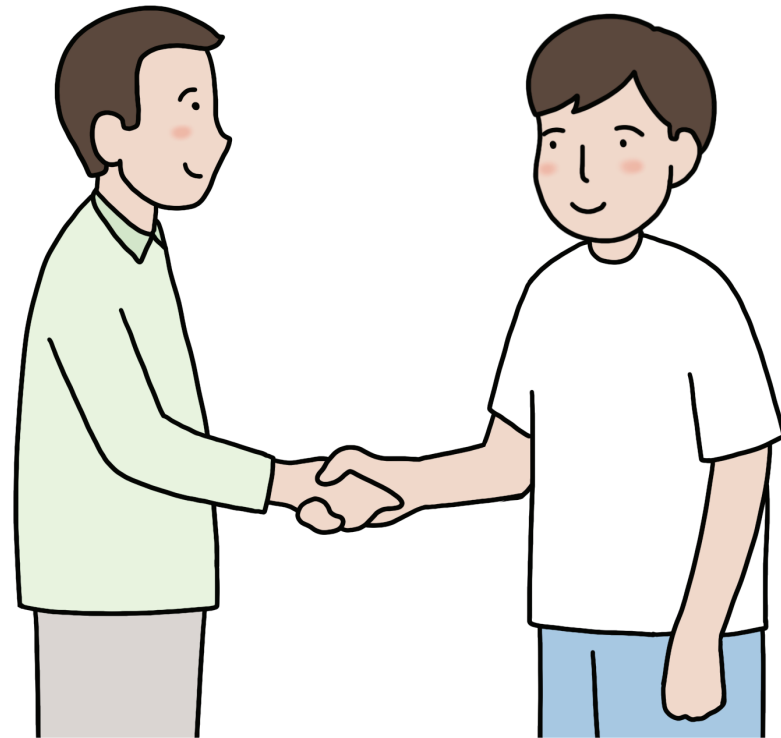
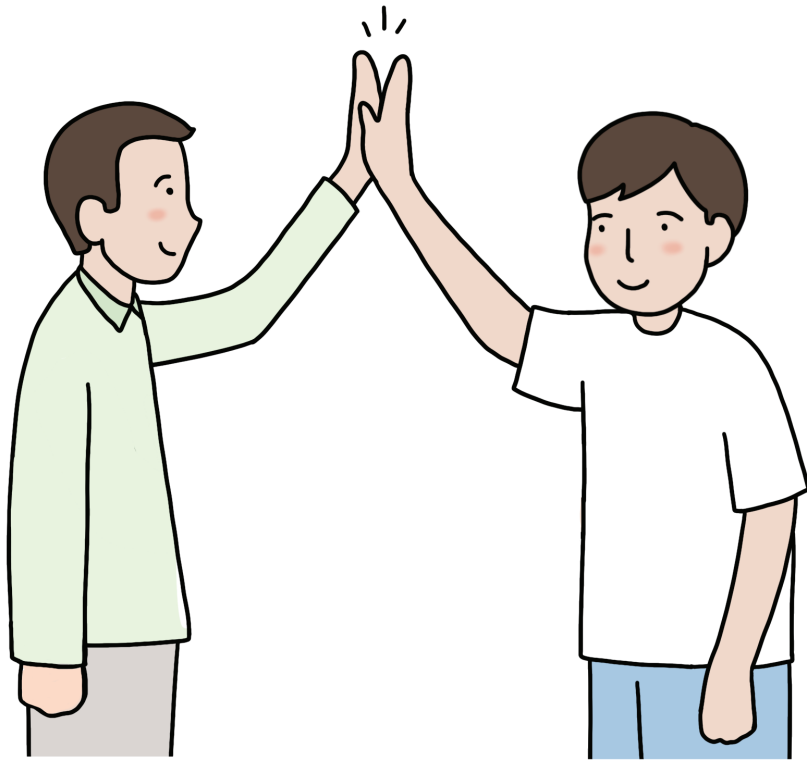
President

Blind Youth Association Nepal

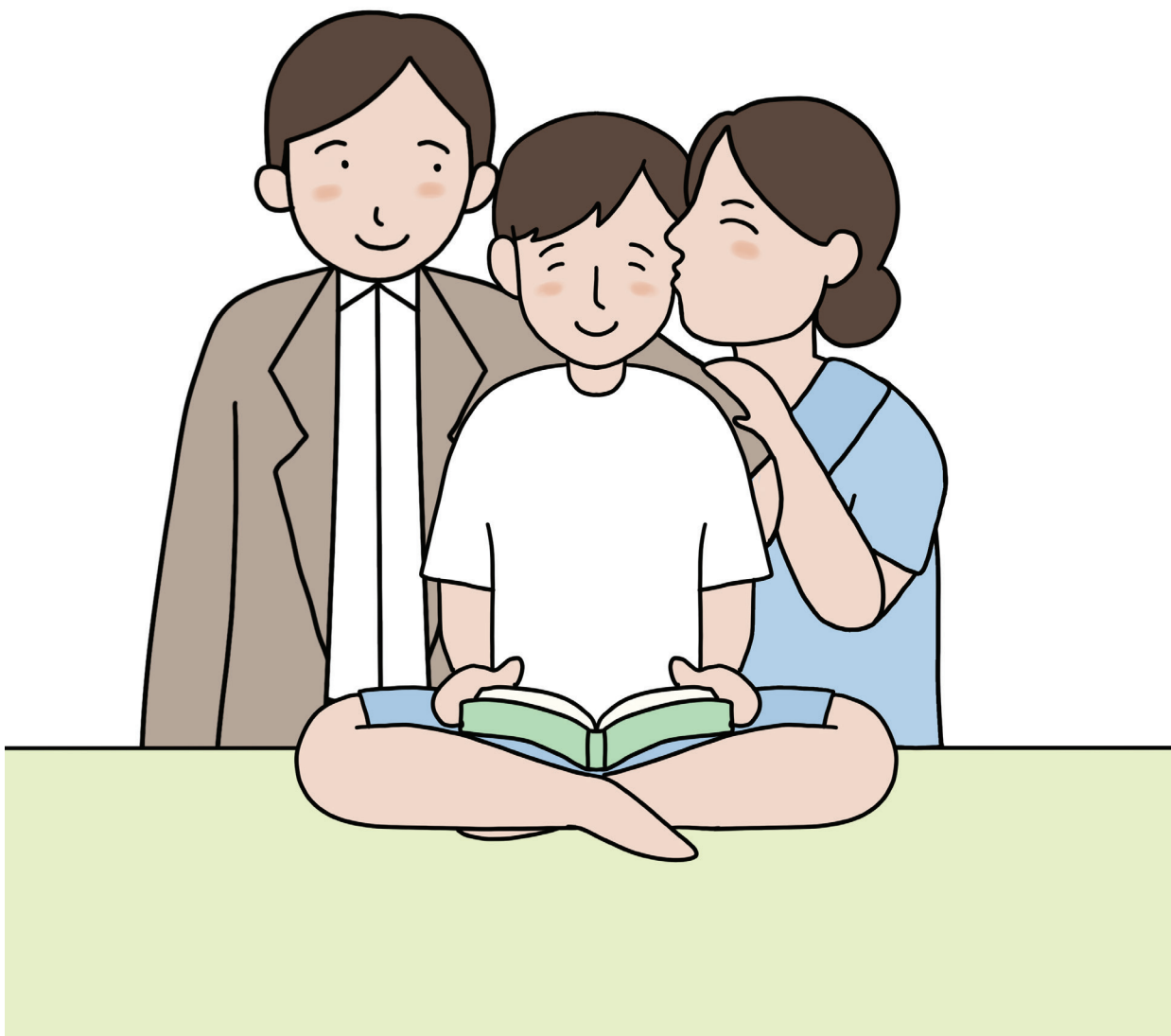
This booklet is best effective when used in conjunction with other behavior modification strategies and teaching strategies. It should be tailored according to child's need and understanding.



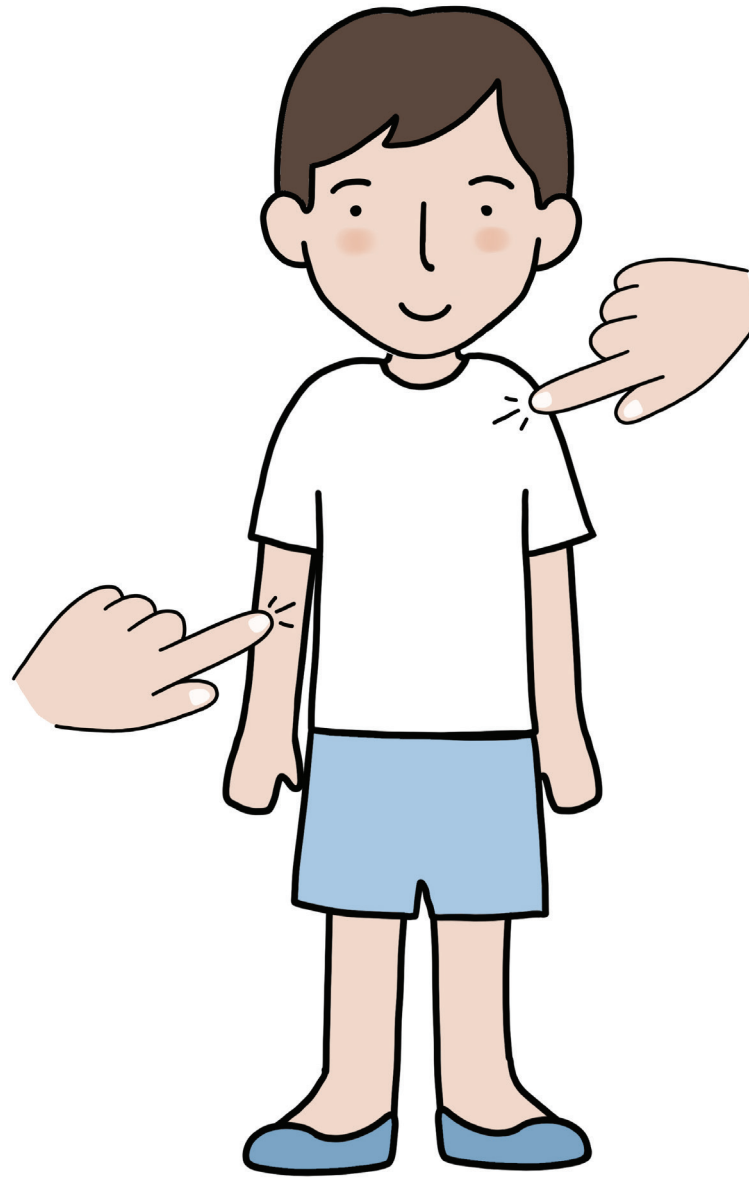
Some touches
are **SAFE** and **OKAY**.



High Fives and handshakes
are **OKAY** touches.



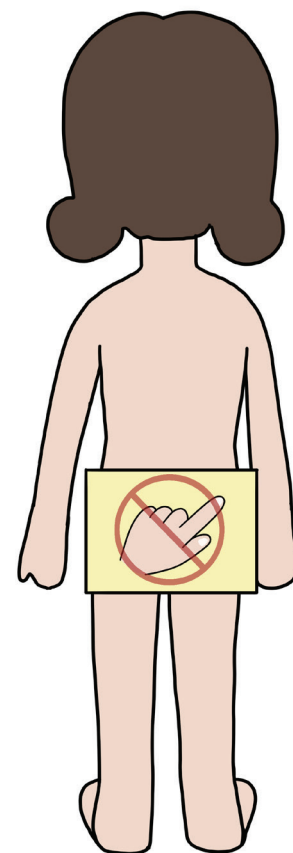
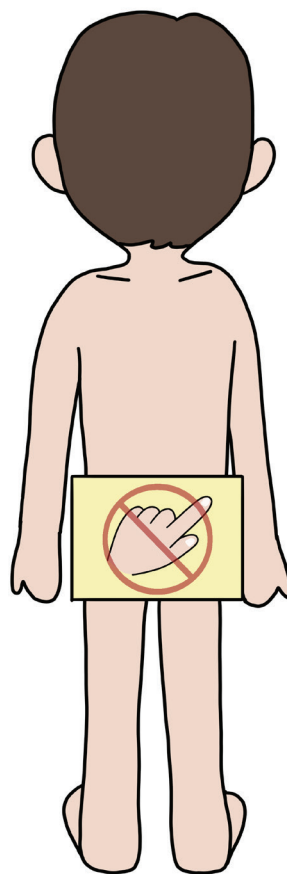
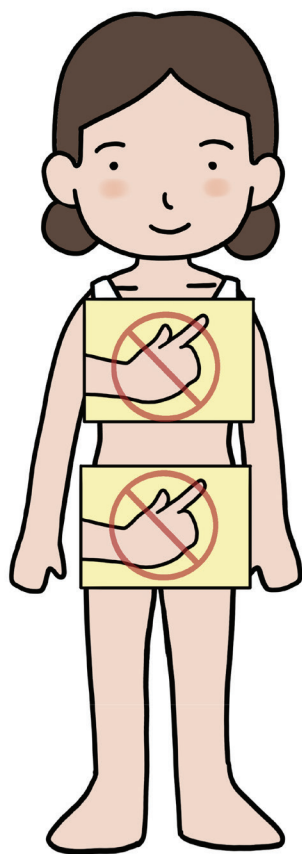
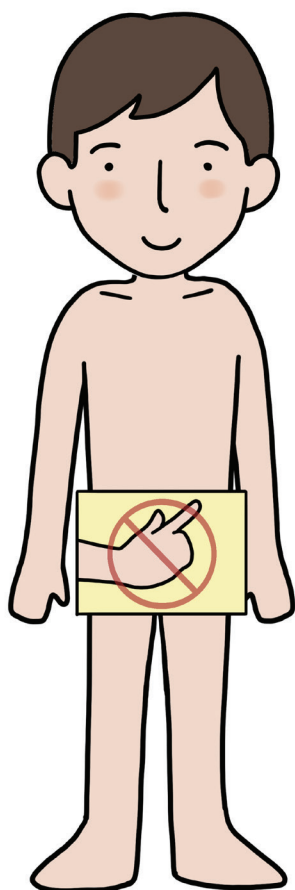
GOOD NIGHT HUGS
AND KISSES from
mom and dad are also
OKAY touches.



It's **OKAY** to touch
my arms and shoulders.



Some touches
are **UNSAFE** and **NOT OKAY.**



No one can touch
my **PRIVATE PARTS.**



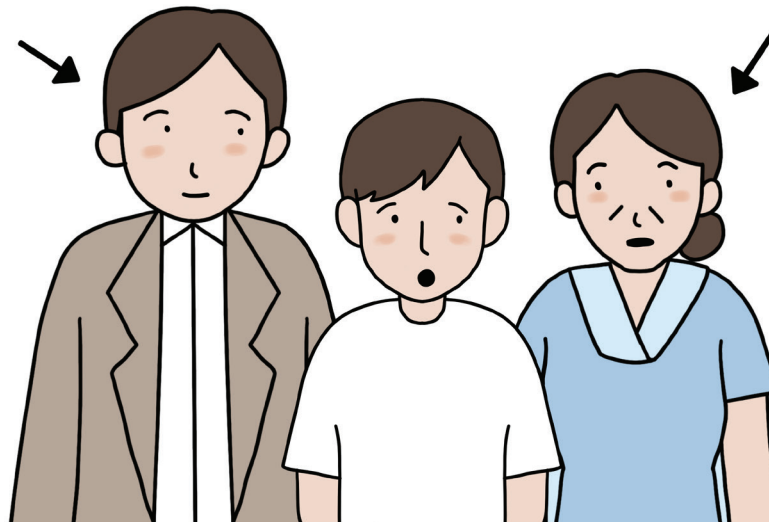
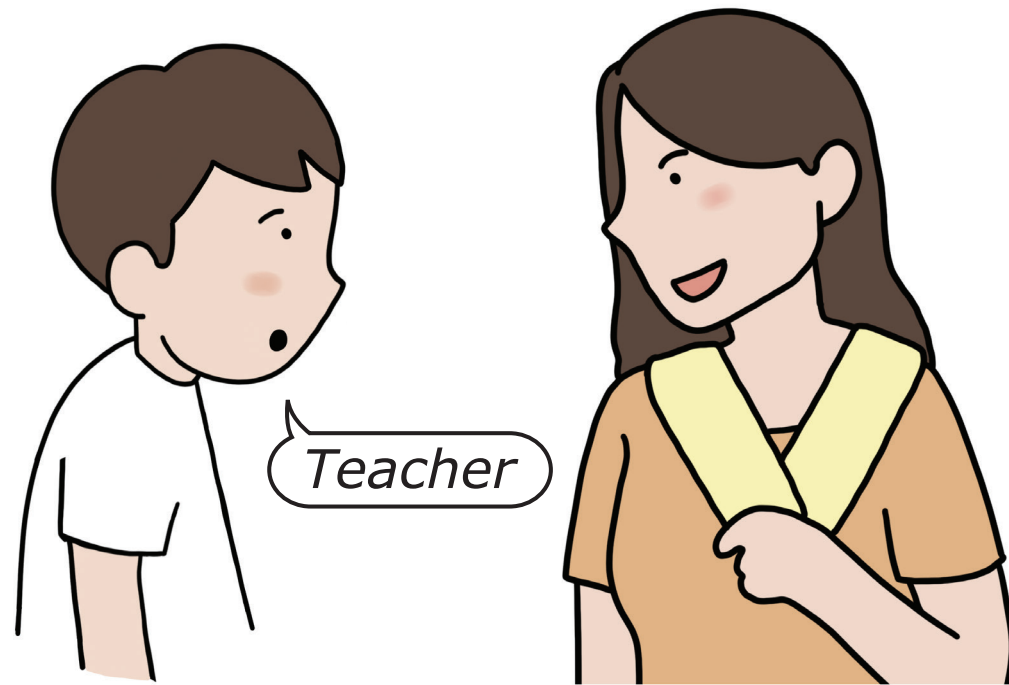
No one is allowed
to **TICKLE, HUG** and **KISS**
me unless I say **OK.**



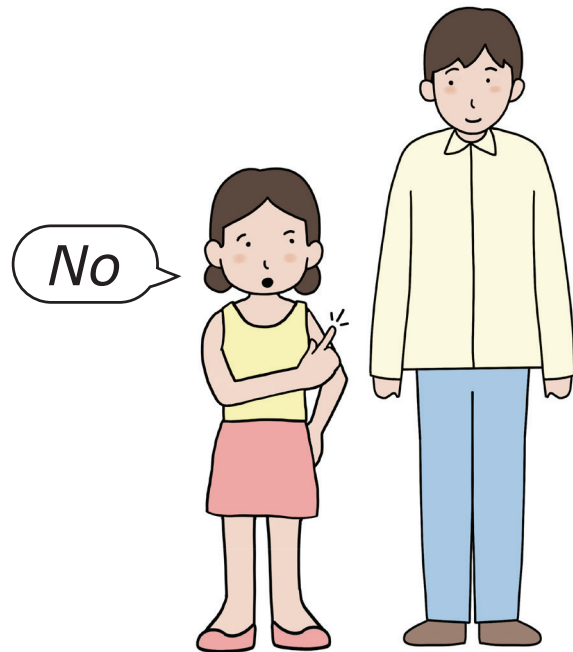
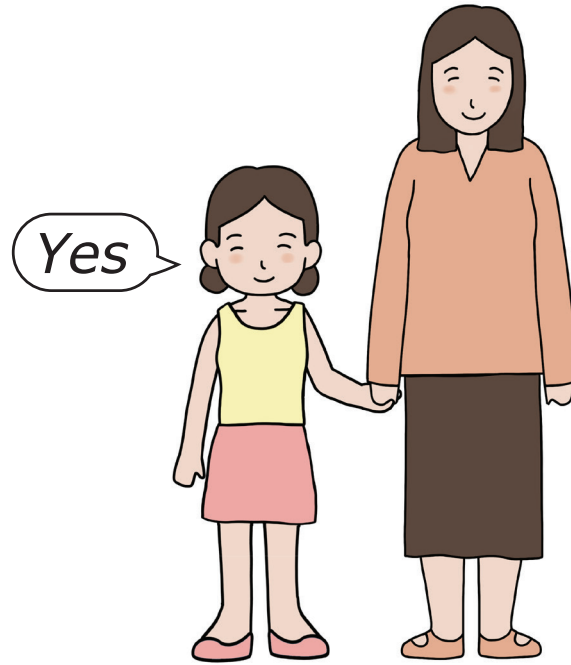
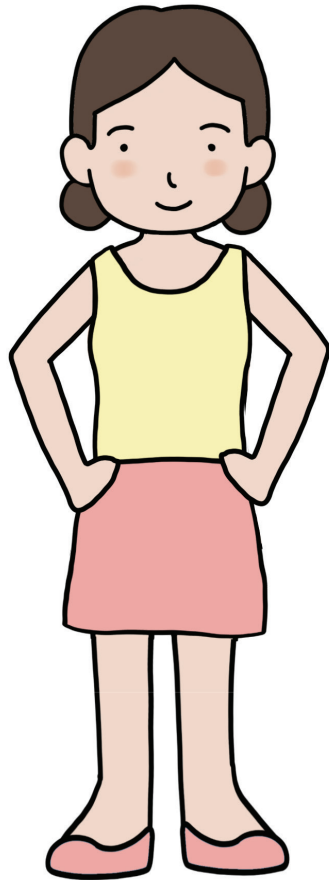
Others cannot make
me touch their **PRIVATE PARTS.**



If someone tries to touch me,
I will say "**NO**", Don't touch me.
I will **PUSH** their hand.



I will **TELL** to my teacher
or to my parents.



I decide who is **ALLOWED**
to touch me. I am in charge
of my body.

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