

## Safe touch, unsafe touch: Why every child needs to learn this

In many Bangladeshi households, many parents hesitate to talk to their children about body safety. Conversations around personal boundaries and inappropriate touch are often avoided; however, silence does not protect children. In fact, it makes them more vulnerable. Teaching children about safe and



unsafe touch is not about making them fearful – it is about empowering them. It helps them understand their own bodies, recognise inappropriate behaviour, and speak up if they feel uncomfortable.

### Breaking the silence

According to Dr Helal Uddin Ahmed, Professor of Child, Adolescent,

and Family Psychiatry, the lack of open discussion leaves children vulnerable to abuse. He informs, “In many cases, if a child tries to bring up concerns about inappropriate behaviour or discomfort, their concerns are ignored or dismissed. This lack of communication creates an unsafe environment for children, making them vulnerable.”

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