

Grade 1-Lesson Three: Touching

Review the **safety steps** students need to follow during the **decision making process**.

Step One:

- Say "NO" with your words, be firm with your voice.
- Let your body language show you mean it.
- Make eye contact with the person you are speaking to.
- **Roleplay**
 - Practice saying "NO" strongly and firmly to a partner.

Step Two:

- Leave the situation. Go quickly to a safe place.
- **Roleplay**
 - Brainstorm how to leave the situation.
 - Brainstorm safe places to go.

Step Three:

- Tell an adult you can trust as soon as possible.
- If the adult doesn't listen tell another trusted adult.
- Keep telling trusted adults until you get help.
- **Roleplay**
 - Practice repeating (from memory) the above three steps.

1st-Read the book, My Body Belongs to Me, written by Paul Glickman

(Discuss the main points of the book before moving on.)

A.) Safe/Appropriate Touch

Define safe/appropriate touch: An appropriate/safe touch will make you, and others, feel happy, safe and warm inside. It shows you care.

Examples of an appropriate/safe touch:

- A good night hug from mom, dad, other relatives.
- A hug from a teammate after an "awesome" play during a game.
- Hugging your puppy or kitten.

B). Confusing/Inappropriate/Unwanted Touch

Define confusing/inappropriate/unwanted touch: An unwanted touch makes you feel scared, mixed up, uncomfortable or confused. It is not warm and it doesn't show that someone cares for you.

Examples of an inappropriate/confusing/unsafe touch:

- A hug you don't like from someone you don't want a hug from.
- Tickling under your shirt or touches that are uncomfortable or hurt.
- Tickles under your shirt or a pat on your bottom that makes you feel scared, mixed-up, uncomfortable or confused.

C). Privacy

Define private: Something is private if it has your name and it is yours. Your diary and your toothbrush are examples of things that are private.

Your body is also private. Everything that is covered by your bathing suit is *very* private (show pictures). Nobody should touch those places unless you have given them permission and it is for a very good reason. You have a right to say "**NO**" to anyone who tries to touch you in your private zone. **It's your body! You are the boss!**

What can you do if someone touches you in a way that is not wanted and confusing to you?

- Tell them, "**NO.**"
- Tell them, "**STOP.**"
- Tell them, "**Leave me alone.**"
- Go tell your parents or a trusted adult right way.

Who should you tell about a confusing touch?

- Tell a parent/trusted adult.
- If the first trusted adult doesn't believe you or help you, keep telling trusted adults until you find someone that will help.

D). What are secrets?

There are two kinds of secrets...

Secrets can be fun and make you happy. **Good/safe** secrets are fun. A good secret will not hurt you or make you feel confused or scared. A surprise birthday party or present is a good or safe secret.

A **confusing, bad or unsafe secret** makes you feel confused or scared. If you keep that secret you won't feel good. You might worry if you tell someone else the secret, you will be in trouble. If you don't know if the secret is bad or not you need to ask a trusted adult to be sure.

Sometimes people who give confusing/inappropriate/unwanted touches will ask you **not** to tell. They may offer you a present if you keep those touches a secret. They may also try to scare you so you won't tell anyone. **This is a bad or unsafe secret.** These people do **not** want anyone to know that they are touching your private zone. No one, not even a parent, relative, or any trusted adult has the right to ask you to keep a confusing, bad or unsafe secret, nor do they have a right to touch you in a way that makes you feel scared or uncomfortable.

Trust your feelings. **Don't ever** keep an unsafe secret. If it makes you feel bad or awful something is wrong. It is not your fault when someone gives you unwanted touches to your private zone. It is actually against the law if someone touches you in your private zone and it is an unwanted touch. You must tell a parent/trusted adult what has happened. If they do not listen, you **must** tell another trusted adult. Keep telling trusted adults until someone listens to you and gets you help.

Show the video- My Body Belongs to Me. (1st grade watches the entire video).