

## Part 1

### Grade 2 Lesson Three: Appropriate and Inappropriate Touching

#### Introduction

In this lesson students will learn:

- Two different kinds of touching.
- Safety rules about touching.
- When it is important/necessary to talk to a trusted adult about touch that is unsafe, confusing or scary.

#### Definitions:

##### **Safe/Appropriate Touch:**

Safe and appropriate touching are positive ways to show you care. Appropriate touching includes hugging, kissing a parent, petting animals, holding hands, and cuddling. A safe touch is one that makes you and the other person feel happy.

##### **Unsafe/Confusing/Inappropriate Touch:**

A confusing touch makes you feel differently. It makes you feel uneasy, funny or scared. A touch is confusing when:

- You don't understand why you are being touched by another person.
- You hear different messages.
- \* The message someone is saying is different from the physical one. The two don't match up.
- You are not used to that type of touch. The touch makes you feel confused, scared or unsure.

#### **Private Zone:**

In first grade, you learned that your body is private. Everything that is covered by your bathing suit is very private. It is called your private zone. Nobody should touch those places unless you have given them permission and it is for a very good reason. "Private" means that something belongs to you. You have the right to say "NO" to anyone who tries to touch you in your private zone. It's your body! You are the boss!

(Read Your Body Belongs to You K Your Body Belongs to Me 1<sup>st</sup>)

Let's talk about touching that feels good. A hug from your parents and other relatives is a good touch. A teammate that hugs you after making a great play or scoring a goal is also an example of a good touch. You feel good about these kinds of touches. These touches make you feel loved and cared for.

Another kind of touch is a **confusing touch**. It makes you feel mixed up inside. It can be a touch that is fun in the beginning but it can end up hurting. For example, you may not understand why the person won't stop tickling you when you ask them to. You need to remember that your body belongs to you and that you are the boss. If the other person won't stop touching you, you need to leave the situation and ask for help from a trusted adult.

Another kind of **touch is one that hurts**. That kind of touch makes you feel bad. A friend might swing their backpack and hit you. Your friend may apologize and you may accept his/her apology, but it still hurts. When someone slaps you on purpose you also feel hurt. You need to ask for help from a trusted adult who can help you through this situation.

Remember, you have something that belongs only to you. You were born with it. It is your body. Your body is from the top of your head to the bottom of your feet( teacher demonstrates). There are many ways to take care of it. You are learning how to make good choices to keep your body safe. You can learn other ways to take care of yourself.

Sometimes you need help in caring for your body. There are some people who can help. Other times you don't want to be helped. You want your privacy. You want to show you can do it yourself.

Let's name people you can trust to help you. (i.e. parents and relatives, friends, community helpers, yourself). Remember, you are growing up and should be able to answer some of the questions with the answer.....me!

- Who can help you button your coat? (you)
- Who can help you button your pants or shirt? (you, parents, family members, caring persons at school and daycare)
- Who can help you get dirt out of your eye? (parents, school nurse, doctor)
- Who can help you wash your hair? (you, parents)
- Who can help you wash your body? (you and parents)
- Who can help you wash your hands? (you)
- Who looks into your mouth? (dentist)
- Who examines your body? (doctor)

## Part II

### Grade 2 Lesson Three: Appropriate and Inappropriate Touching

#### Introduction

Please remember that at school we teach you many things. You learn how to read, sing, do experiments, add, subtract, etc. We also teach you about safety. We teach you about fire safety and bus safety. Today, I am going to teach you how to keep your body safe.

Touching should feel good, but some touches **don't** feel good. Bad touches may make you feel "funny." They make your stomach feel sick or your head hurt. A bad touch doesn't seem right for some reason. Remember, **you** are the boss of your body, especially body parts that are covered by your bathing suit. We call this your "private zone." (Teacher holds up a picture of a boy and a girl). If a person touches you in your private zone, it can be very confusing. This is an **inappropriate** touch. If you are confused or frightened about **ANY** kind of touch, tell a trusted adult about it. There might be a time that you have to "*tell on*" someone that you would normally go to for help (i.e. parent, sister, brother, relative,). They might ask you to keep the inappropriate touch a secret. Don't keep this secret. This would be a bad secret. Get help from a trusted adult right away.

If you don't feel you got the help you needed, keep going to trusted adults until you find someone that will listen to you. Always remember that parents, nurses, doctors, teachers, the guidance counselor are there to help you. Always remember that **it is not your fault if an inappropriate or bad touch happened to you.**

Will you ever experience an unsafe/inappropriate touch? Probably not. But, it is **very** important that you know about these kinds of touches and that you learn how to get help. Your parents/guardians know that you were taught about this today. The teachers at Davis School know that you have been taught this too. We are **all** here to help. Never worry about asking for help. This is part of being safe. There are many adults in your life that help you keep safe.

Let's review the safety steps that you can follow if someone touches you inappropriately.

#### Safety Steps

- Say "**NO**" assertively.
- "**GO**" leave the situation immediately.
- "**TELL**" immediately share the information with an adult you trust. If they don't listen or don't quite understand how bad the problem is, go to another adult until you find someone who will listen and help you.

Repeat after me.... (Yell) "**NO, GO, TELL**"

There are many reasons why you would go to someone you trust for help. Let's listen to this CD and hear just how Lil' Iguana goes about getting help.

Listen to song #6, Talk About It on Lil' Iguana's CD Playing It Safe"

### TALK ABOUT IT

I'm feeling blue.  
I'm scared of a bully that goes to my school.  
I'm so confused.  
Is there anyone out there that I can talk to?

Don't want to keep it inside.  
I know that I'll feel better if I just say something.  
Don't want to always run and hide.  
Is there somebody out there that I can tell?

My teacher. My preacher.  
My best friend Carl or my Mom or Dad.  
My Uncle Steve. My Aunt Louise.  
I guess I could talk to any of these.

*"Hey there kiddo, You're kind of quiet, what's wrong?"*  
*"Hey it's me... Mom... remember? You can always talk to me"*  
*"Well there's a big kid at school. He's really been picking on me."*  
*"Hey don't worry, we'll take care of this right away."*  
*"Thanks Mom, I feel better."*

I told my Dad.  
I saw something on TV that made me feel sad.  
Cuz I know now.  
It's better if I talk about it somehow.

It's not hard to think of.  
A friend or a grownup who will talk to me.  
When I tell what I'm feeling.  
Then I feel better and it's easy as 1-2-3.

My teacher, my preacher.  
My neighbor Tom or the coach of my team.  
My cousin Paul is close to me.  
Now I know it's as easy as 1-2-3.

It's better if I talk about it.  
It's easy like 1-2-3.

It's better when we talk about it.  
It's so easy, you just wait and see....  
Just wait and see.

"We'll finish our lesson on **Touching** by seeing a video called **My Body Belongs to Me**. It shows children in a health class, just like ours. It shows boys and girls your age being taught by their guidance counselor. The guidance counselor talks to the students about things that are private. He talks about the fact that your body is private and he reminds kids that **you** are the owner of your own body. He also talks about three different kinds of touches: touches that are good, touches that are bad and touches that are confusing. He tells students how to get help and reminds kids how important it is to keep repeating the story until someone helps. You will also hear him talk about good and bad secrets. "

After the video, discuss and identify topics that both the class in the video and Davis School health classes have discussed.