



Safe and Unsafe Touches - Lesson 2 and Activities for Parents and Caregivers

Grade Level: Pre-K through 2nd grade

Contact deborah@wirpc.org for help, questions and/or concerns,
or call our 24/7 hotline at 309-837-5555.

These lessons are adapted from My Body Belongs to Me, The Momma Bear Effect, and the Hot Chocolate Talk Campaign for Children. This will be a three part lesson with at home activities, resources and on-line live readings. Would you like to schedule a zoom lesson? Call me at 309-836-2148, ext. 141.

This lesson teaches two concepts to keep children safe. It is important for children to understand that safe touches are positive, caring touches that help them feel loved. It is also important for children to understand that an unsafe touch is a touch that hurts our bodies. This lesson will help them recognize when a situation is unsafe as well help children learn that it is not okay to do unsafe touching with other children. Children also practice saying NO to a touch they don't want, whether it is safe or unsafe.

Materials (clicking on the title will open the hyperlink in a new tab):

- [Your Body Belongs to You](#) book reading
- [Hot Chocolate Talk](#) printable conversation starter
- It's Not Your Fault coloring page (attached)

Objectives: After this three part lesson and series, students will be able to:

1. Identify safe and unsafe touches
2. Follow the Ways to Stay Safe in response to scenarios about unsafe and unwanted touches
3. Refuse unwanted and unsafe touches in response to scenarios by using assertive NO words
4. Identify private body parts
5. Identify the Touching Rule
6. Apply the Ways to Stay Safe in response to if someone breaks the Touching Rule
7. Understanding it is never their fault if someone breaks the Touching Rule

Lesson:

It is important to notice when children assertively refuse unsafe or unwanted touches, and it is the grown-up's job to REINFORCE the behavior with positive feedback.

Your child is learning ways to stay safe. They can stay safe. You can teach them the following methods and activities. Children will be able to:

- Stop and Think: Is it safe? What's the rule?
- How does this make me feel?
- Learn to say words that mean NO.
- Tell a grown-up.
- Keep telling a grown-up until someone believes you!

Private Body Parts Discussion:

Explain to children some parts of the body are private. These are the parts that we cover with clothes even when we go swimming. You can cover your private body parts with a swimsuit, shirts and underwear. No one should touch your private body parts except to keep you safe and healthy! If someone tries to touch your private body parts in a way that makes you feel hurt, scared, or upset, you have the power to say "NO!" And, tell a grown-up you can trust!

- It's not okay to touch someone else's private body parts.
- It's not okay for someone to touch his or her own private body parts in front of you.
- It's not okay for someone to ask you to touch his or her private body parts.
- It's not okay for someone to ask you to take your clothes off or to take pictures or videos of you with your clothes off.

The Touching Rule:

- A bigger person should never touch your private body parts EXCEPT to keep you safe, clean and healthy.

Three Types of Touches:

- **Safe touches.** These are touches that keep children safe and are good for them, and that make children feel loved, safe, and important. Safe touches can include hugging, pats on the back, high-fives and an arm around the shoulder. Safe touches can also include touches that might hurt, like the doctor giving them a shot. Explain to children that when they get shots, the doctor is doing so to keep them healthy, which makes it a safe touch.
- **Unsafe touches.** These are touches that hurt children's bodies or feelings (for example, hitting, pushing, pinching, kicking, or someone inappropriately touching their private body parts). Teach children that these kinds of touches are not okay. These kinds of touches should be reported to a grown-up.

- **Unwanted touches.** These are touches that might be safe but that a child doesn't want from that person or at that moment. Explain that it is okay for a child to say no to an unwanted touch, even if it's from a familiar person, like a hug. Help your children practice saying no in a strong, yet polite voice. This will help them learn to set personal boundaries. You can also reinforce their choice for them.

Activity:

- On an 8.5 x 11 sheets of paper, [print this PDF](#) or an outline of a leafless tree and pass them to your students (one per student)
- Give students, or have them cut out, leaves on which they will write their names

Instructions: Give examples of scenarios that may be unsafe and that should be reported to a trusted adult. These can be:

- A stranger with a cute puppy calling you over
- A family member touching your body in a way that makes you uncomfortable
- An adult or other child showing their private body parts to you

Then, discuss with your children who they might be able to talk to. Afterward,

- Have students list the names of adults they can go to for help
- Glue the names to the branches of their trees

If someone broke the touching rule, the person who touched you is the only one to blame!!! It's not your fault!! A coloring page is attached with this message.