

# GREAT THE BODY SHOP

Come in and learn about your body!

## It's My Body

The GREAT BODY SHOP kids had just opened their lunch bags to share the food they had packed with one another. They had a variety of healthful foods and drinks to choose from including sandwiches, fresh vegetables, fresh fruit, water and juice.

Nearby, Simon and Jessica had just finished setting up a volleyball net and were excited to get a game started.

"Hey, look over there guys. What is THAT?" asked Willie. The kids turned in time to see a huge black funnel cloud off in the distance.

"I think it's a **tornado!**" Betsy exclaimed. "It looks close, so we'd better get out of here, fast!"

"Naw, don't worry, we've got plenty of time," said Simon. "I am sure that twister is miles and miles away. Let's start playing a game of volleyball before we go. Besides, there is no reason to waste all of this good food," he added.

What would you do? Use your **common sense**.

- ☐ Play it safe by seeking shelter.
- ☐ Stay, play, and eat until it gets closer.



Name: \_\_\_\_\_



## Snake Fright

Tito pointed through the trees. "It is just past the rock," he said. He was eager to show his friends, Cool Dude and Manuel, the awesome, secret fort he just finished building with his Uncle Luis. Surprisingly, a big, green snake was coiled up at the doorway, waiting for the boys when they reached the fort. It was silently staring at them.

"Let's catch him and take him home," suggested Dude. "This snake will be the coolest pet."

"¿Estás loco? What are you thinking?!" exclaimed Manuel. "That snake might be poisonous! We need to get out of here, now!"

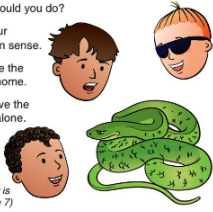
What would you do?

Use your common sense.

[ ] Take the snake home.

[ ] Leave the snake alone.

(Answer is on page 7)



## The Bike Accident

Screeeech! CRASH!!! Betsy and Jessica turned in time to see a boy on a bike crash head first into a concrete wall. Now, the boy was lying on the sidewalk with his broken, twisted bike next to him. He didn't make an attempt to answer when Betsy tried speaking to him.

"Let's try to carry him home so our parents can help," suggested Jessica.

"No way!" said Betsy. "We should not move him just in case he is hurt, and call 911 instead."

What would you do?

Use your common sense.

[ ] Carry the boy home.

[ ] Call the emergency number.

(Answer is on page 7)



## A Little Common Sense, Please!

A bit of common sense can help you keep your great body safe. Using common sense means using your head to solve problems and trusting your gut instincts. For example, your gut instincts tell you that tornadoes and snakes might be dangerous. Your common sense should tell you to stay away from them. It should also tell you that some problems are too big to handle yourself, so those are times when you need help from a trusted adult.



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## Decisions, Decisions

"Hey, kid, want to make some money?" Cool Dude was walking home from school when he heard the woman call him. The woman looked friendly. She had white hair, just like Dude's grandmother and she was dressed nicely too.

"My kitten has run off," the woman told Dude. "Let's drive around and look for him. If you find him, I'll give you \$20."

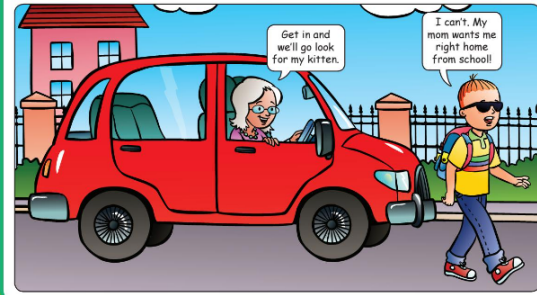
Twenty dollars! The money sounded pretty good to Dude, especially since he was saving for a new game. For a split second, he was ready to hop into the car to help find the kitten. Then he remembered what he had learned about safety and he knew that he should never go anywhere with a stranger. Dude had a feeling that even a nice, older woman could mean trouble.

"No, sorry I can't help," said Dude, as he continued home.

Without knowing it, Cool Dude used the Decision Making Skill Steps.

1. He identified the problem. ("It's an easy way to make \$20, but should I go with someone I don't know?")
2. He thought about the choices he had. ("I can go with the woman, or I can continue home.")
3. He thought about the pros (positive things) and cons (negative things) of each choice.
4. He weighed the importance of each consequence. ("Getting \$20 is nice, but getting in trouble is very serious. This is a risky and possibly dangerous situation.")
5. He made the better (healthiest) choice. (To stay safe, he continued home.)

Cool Dude acted quickly and was very thoughtful when he made his decision. That is, he carefully considered his options and the consequences of each one before making a choice. On his way home, Cool Dude thought about the decision he just made. He felt proud of himself. He knew his mom was going to be proud of him too.



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## Betsy and Bullying

Betsy was riding home from Suzy's house when she heard a hissing noise. "Oh, no, another flat!" she groaned.

As Betsy went to inspect her bike, two older boys that she knew from school walked up the sidewalk toward her. They began to tease her and call her names, but Betsy ignored them. "Maybe they'll just go away this time," she thought.

Unfortunately, the boys didn't go away! One of them pushed Betsy's bike over, and the other just stood there and laughed. By now, Betsy was really scared and started to look around for help. She noticed some kids across the street. Instead of helping her, they just stood there watching. Betsy was being bullied and no one was doing anything about it.

### Think About It:

- What actions are considered bullying?
- What is the difference between teasing and bullying?
- How does a person being bullied feel?
- Why do some people stand around and watch a person being bullied instead of doing or saying something to help?
- How can you be an upstander or ally?

Bullying is a real problem no matter where it happens. Both boys and girls can bully. People who bully use words and actions to hurt and intimidate others. Repeated hurtful teasing, name calling, gossip, exclusion from group activities, and making rude and embarrassing comments are as harmful as pushing, shoving, and hitting. So is writing mean and cruel text messages, emails, or social media posts.

Together, we can work to put a stop to bullying. Start today by agreeing that bullying is never acceptable. If you witness someone bullying and feel safe, tell them to stop, and then talk to an adult so they can help. If you are being bullied, you don't have to keep it a secret. You can tell someone you trust. Talk with your class and teacher about what you can do to accept individual differences and show respect for one another. Remember, don't ignore bullying behavior. Take a stand and you will influence others to do the same!



## Too-Friendly Strangers

Simon slumped on the bench. Last night, his mother told him that she was getting married again which made him feel sad and angry. He knew that he should probably be happy for her which made him feel even worse.

Simon was so distracted that he didn't notice the man who sat next to him until the man began to speak. He told Simon that his name was "Bob." Bob asked Simon where he lived and the name of his school. He also seemed very interested in his family and friends. Soon, Simon and Bob were talking baseball and sharing some of their favorite stars.

"Hey, I've got some baseball cards in my car," Bob said. "Come with me and I'll show them to you!"

"Uh, no thanks," Simon answered. Something told him that going to Bob's car wasn't such a great idea. He also had a hunch (feeling) that he shared too much personal information.

"Come on," Bob insisted. "I thought we were friends. Don't you trust me?"

"Sure, but I'll just stay here," Simon said.

"We can look at the cards, then we can get an ice cream," Bob suggested.

"No, I can't. I've got to get to my game!" said Simon as he left quickly to tell an adult.

There are some adults who look for kids who seem sad or lonely. They act friendly so that children will trust them. Simon felt suspicious and didn't wait to find out what Bob might do. He was wise to trust his gut instincts, use his refusal skills and leave the situation. When he got to his game, he also told a trusted adult what had happened.



## Internet Safety

Kids your age know a lot about staying safe, but do you know how to protect yourself when you are using the Internet? Everyone, (even grownups!) can benefit from being a little careful. Here are some guidelines for your family to consider: When using a device (such as a computer or cell phone) to play games, watch videos, or chat, only communicate with people you know. If you get a message or picture from a stranger, do not keep it a secret: find a trusted adult who can help decide what to do. Don't give out personal information (like your real name, phone number, address, or name of your school), or exchange photos with people you don't know. Only share passwords to personal accounts, such as email and social media, with your family.

Remember that, while most people have good intentions (a plan to act a certain way), there are a few rotten apples out there who might try to trick you by pretending to be younger or your "friend." They are **predators**. Don't let them fool you! Be safe and stick with your real friends.



## Your Body Is Your Own

Some parts of your body are **private**. These are the parts that are usually covered up by your underwear or your bathing suit. No one should touch or look at your private parts without your permission.

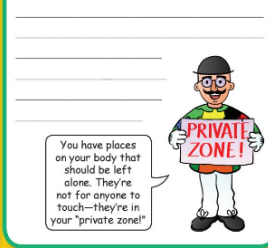
Some people don't respect the privacy of others. Those people might try to touch kids in private places, or they might try to trick kids into touching their private parts.

If anyone touches you or asks you to touch them, say "NO!" loud and clear. Yell if you must. This is not a time to worry about being polite and respectful! Get away from the person who is making you uncomfortable, even if you know them well. Then, tell someone you trust what happened. Keep telling until a trusted adult helps. You have a right to your personal safety, and to keep your private parts private.



## Private Zone

What does the word "privacy" mean to you? Write down some things that you believe to be private.



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## Harassment: It's Against the Law!

**Sexual harassment** is unwanted attention or actions of a sexual nature. Comments about another person's body, inappropriate name calling, spreading rumors, and touching can all be forms of sexual harassment. Technology can also be used to harass others, like sending inappropriate messages, pictures, or videos. If someone is harassing you, it is not your fault. You can speak up. If you can, tell the person to stop and then get help from a teacher, parent, or other trusted adult. It is against the law for anyone to harass you.



## Standing Up for Yourself

You know that you're supposed to follow directions that your mom, dad, and/or teacher gives you. You're supposed to be polite and respectful to adults too. But you should know that sometimes, it's okay to tell an adult "NO." It's even okay to be rude.

Jessica knows from experience how to say "NO!" to an unsafe adult. One time, she was in her yard. Her neighbor called her over, then asked Jessica if she'd like to see a naked picture. Jessica screamed "NO!" She could hear her neighbor laugh as she ran away.

It's not always easy to say "NO!" Others may call you names or laugh at you, but saying "NO!" can make you feel strong and brave inside. You should feel proud if you say "NO!" to something that is wrong or that can hurt you.

You've got a great body! You know that you can protect it by following safety rules and by staying away from risky behaviors and dangerous situations. Now, you know you can help protect it by saying "NO!" to people who want to hurt you, make you feel uncomfortable, or make you do things that you know are not right.



## Who's Here to Help?

No matter how smart a person is or how old he or she gets, no one can handle every problem alone! Your doctor might check with another doctor before treating a patient. Your teacher might ask another teacher for advice on a problem she/he is having in the classroom. Your family may speak to another family for advice on a problem that is happening in the neighborhood. We all need help and support with problems at times and that is okay.

Who can you talk with when you have a problem and need some help?

The best person to talk to is someone you trust. That person might be right in your family or school. Parents, grandparents, and other relatives can help you. Your teacher, school counselor, school nurse, and principal are all there to help you too. Taking the first step can be hard sometimes, but it is very likely that you will feel so much better getting the help you need. Just say, "Hey, I've got a problem that I need to talk about," and you're on your way!



## Dear Dr. Smartstuff, What do you do if someone is bullying you and the teachers don't want to talk to you?

Stella - Margate, NJ

Dear Stella,

Thank you for asking this very important question. Are you thinking that the teachers do not want to talk with you about bullying, or have you not tried? If you have not tried, I would encourage you to tell someone what is happening to you. On the other hand, if you have tried to tell teachers at your school that you are being bullied and you feel that they have not listened to you, then it is time to reach out to a different adult. You could speak with your school counselor, school nurse, or any other staff member that makes you feel comfortable. Set a time to meet privately so the focus is entirely on you and what you need to say. Be as detailed as possible.

Your school should have policies in place to protect students who are being bullied, but they might be based on students reporting specific events. For example, if you say, "Kids are making fun of me," you are not giving your school or the adults specific events. However, if you say, "Wendy and Sheila made rude comments to me this Thursday while on the bus, and then posted the same comments on social media," you are giving specific events and details. It can be hard to remember all of the details when you are feeling so many emotions, but it is really important to try so that you can get the help you need. Discussing bullying can be scary and difficult. I am proud of you for being brave and coming forward. Keep telling trusted adults until you find someone who can help you!

*Dr. Smartstuff*

If you have a question for Dr. Smartstuff or Dr. Thea, ask your teacher to send a letter to P.O. Box 7294 Wilton, CT 06897 or email [DrSmartstuff@TheGreatBodyShop.net](mailto:DrSmartstuff@TheGreatBodyShop.net). Be sure your first name, grade, school, and school address are included.



## Word Wise

**tornado**—a fast moving or rapidly rotating column of air

**common sense**—the ability to make good judgments, even if you're not told what to do

**gut instincts**—listening to the warnings that you feel inside of yourself

**private**—only for you, belonging to or concerning a person

**ally**—someone who sees or hears about bullying behavior and supports the person being bullied

**sexual harassment**—unwanted attention of a sexual nature; often repeated over time

**predator**—a person who looks to harm you in some way

**exclusion**—keeping or shutting someone out

**suspicious**—having a feeling that something is wrong

**upstander**—someone who sees or hears about bullying behavior, and tries to stop it and/or tells a trusted adult

## Be Safe

List some **Internet Safety Rules** you will start following today!

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\_\_\_\_\_

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## Answers:

make the problem worse  
who has had an accident can move them. Moving someone person until help comes and don't the problem. Stay with the injured where you are. Tell them about number in your town. Tell them  
**Slip Accident**  
Call 911 or the emergency below your heart as you can. was blown, and try to keep it as far move the part of your body that you to the Emergency Room. Don't a nurse. Tell someone who can get poisonous. If you do get them by Manual is right. Some snakes are near it. Don't leave it play with it. Leave Snake Fright



## It's My Body

This month in THE GREAT BODY SHOP, we talked about personal safety. The lessons helped your child use common sense and make smart decisions to avoid danger. Students also learned what to do if someone touches them in a way that makes them feel scared or uncomfortable. The lessons were as follows:

- Lesson 1:** Taking Care of Your Body
- Lesson 2:** Critical Thinking to the Rescue
- Lesson 3:** In Tune with Your Emotions
- Lesson 4:** Preventing Abuse

## Home Alone

Does your child come home to an empty house? According to one California study, children who are left alone for over 11 hours a week are twice as likely to experiment with drugs than those who are supervised. Such children are also more likely to be lonely, depressed, and do poorly in school. Juggling child care and work is never easy, but there may be some child care alternatives you've overlooked.

- Can your child go to a friend's house after school? You could babysit for the friend on weekends.
- Can you speak to your employer about the problem? Many companies are now offering flex time. Some allow employees to work at home, or offer money toward child care.
- Does your school, church, or community center have an after-school program?
- Could you join with several other families and hire a caregiver for after-school hours?
- Is there a retired person in your neighborhood who could watch your child? You might pay him/her back by doing grocery shopping, mowing the lawn, or doing other odd jobs around the neighbor's home. (Be sure that you know the person well enough to entrust them with your child's care.)



## For Your Child's Protection

In Lesson 4, we talked about personal safety, and practiced safety strategies, refusal skills, and getting help from trusted adults. We learned about adults who hurt children, and some of the tricks they use.

For example, an adult might try to befriend a child and buy him or her ice cream or a favorite video game to gain trust. Students learned never to go with a person they don't know. You can help to reinforce this lesson by talking about it at home.

First of all, make sure your child knows who is a "stranger." A person they see in your apartment building or in a store every day may be nice and friendly, but is still a stranger. However, be aware that most children are not hurt by strangers, but by people they know and trust. Teach your child that it's okay to say "NO!" to an adult who is doing something that frightens them and that it is okay to yell if they need help. Remind your child that he/she can always go to you for help with a problem.

## Who's Safe?

The "typical" child sexual abuser is not a stranger in an overcoat who hangs out in dark alleyways. It is estimated that children know their abuser in 90% of the cases. Some of what we think about child sexual abuse is not always accurate.

- **Myth:** The child is likely to be abused by a stranger.
- **Truth:** The child is likely to be abused by someone he/she knows and trusts, such as a family member, relative, community member, neighbor, or a family friend.
- **Myth:** Child sexual abuse only happens in some parts of society.
- **Truth:** Child sexual abuse perpetration/victimization occurs in all parts of society.
- **Myth:** Child sexual abusers often use physical violence.
- **Truth:** Child sexual abusers are more likely to bribe, threaten, lie, use secrecy, and/or trick children into doing what the abuser wants.

For more information about child abuse prevention, visit [www.childhelp.org](http://www.childhelp.org) or call the Childhelp National Child Abuse Hotline 1-800-4-A-CHILD.

## Read All About It

### My Body is Private

by Linda Walvoord Girard and Rodney Pate

A good book to read together. The format of this book is a conversation between a girl and her parents.

National Safety Council Fact Sheets:  
[www.nsc.org](http://www.nsc.org)