

# Lesson Topic: Personal Safety

Grade: 1

<b>Objective:</b>	Students will understand bodily autonomy and personal space. Students will know what to do if someone touches (or attempts to touch) them inappropriately.
<b>Materials:</b>	Personal safety video  <i>Can I Give You a Squish?</i> By Emily Neilson  Student supplies: markers, crayons, glue, scissors, etc.
<b>Procedures:</b>	<p>Before reading book, start with a short personal safety video, such as <a href="#">Protect Yourself Rules</a> or <a href="#">Pantosaurus</a>.</p> <p>After video(s), discuss:</p> <ul style="list-style-type: none"><li>• Private parts are areas covered by your swimsuit.</li><li>• NO ONE has the right to touch or look at your private parts, unless you're sick and need help from a doctor or parent.</li><li>• If anyone tries to touch or look at your private parts (or make you look at theirs)... remember <b>NO! GO! TELL!</b> (Yell NO, GO away as quickly as you can, and TELL an adult you trust).</li><li>• Practice saying NO! GO! TELL! with class.</li></ul> <p>Introduce <i>Can I Give You a Squish?</i> to class. Tell students that in this story, a mer-boy LOVES to give giant hugs. The hugs are so big, they're called squishes! The other sea animals DON'T WANT the squishes. No one tries to touch a private area, but the animals still have the right to say NO.</p> <p>Read story to students. Possible questions to ask students:</p> <ul style="list-style-type: none"><li>• What did Kai, the mer-boy, learn in this story?</li><li>• What can we learn from this story?</li><li>• What is personal space?</li><li>• If someone tries to touch a private area or just makes us feel uncomfortable, what do we do? (NO! GO! TELL!)</li></ul> <p>After read aloud, students can make this craft: <a href="https://bit.ly/3zJbKyY">https://bit.ly/3zJbKyY</a></p> <p>Note: Craft was slightly modified from <a href="https://www.redtedart.com/rocking-paper-plate-mermaid">https://www.redtedart.com/rocking-paper-plate-mermaid</a></p>

