

Let's Be Safe

a lesson about Personal Safety

The SAFE touch, the unwanted touch, the unsafe touch

My body belongs to me.

- From the top of my head to the bottom of my toes, my body is mine.
- It's my body, and I am the boss of my body.
- I get to say if I want a hug or high five,
- A tickle or a wrestling match
- A kiss or cuddle
- It's my body. I am the boss.



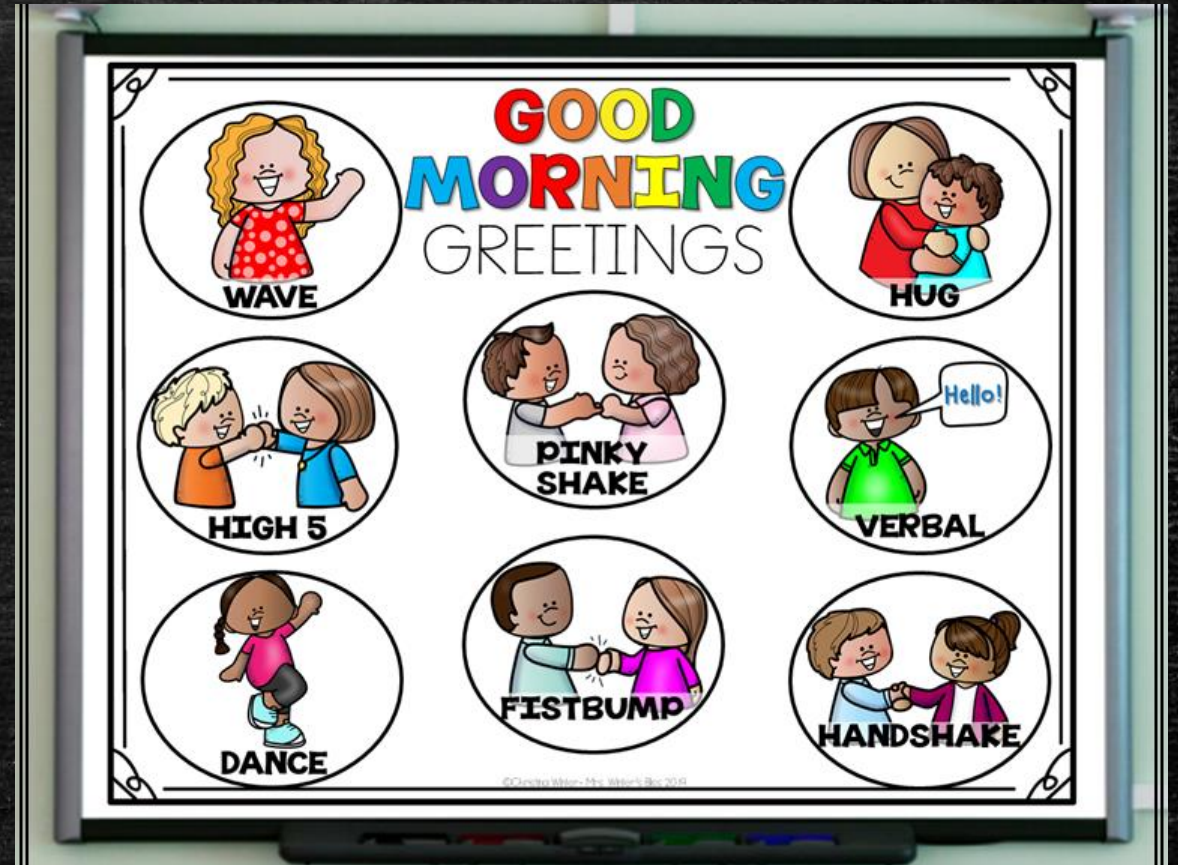
SAFE touch

- There are some kinds of touches that are just right.
- Those kind of touches make me feel safe and loved.
- Those kind of touches are safe touches.
- Everyone can see the touch.
- I like it, my friend likes it. We agree.
- And it's safe.



In the morning,

- My mom gives me a hug to go to school.
- When she bends to give me a kiss, I say, No, thanks.
- She listens.
- At school, my teacher greets me with how I want the safe touch at the door.
- Today I want a fist bump.
- My teacher listens. I feel safe.



A Safe touch



- The safe touch is a touch that keep me safe.
- The safe touch is good for me.
- It makes me feel cared for and important.
- I know that I am heard.
- I can always say, No, thanks.

Safe touches that don't feel so good.

- A doctor, nurse or dentist might give a safe touch that hurts, like a shot or pinch but it keeps my body healthy.
- That's a safe touch, too.
- If I'm sick, mom and dad might have to help me with cleaning up after my mess, I might feel embarrassed but I know it's a safe touch.



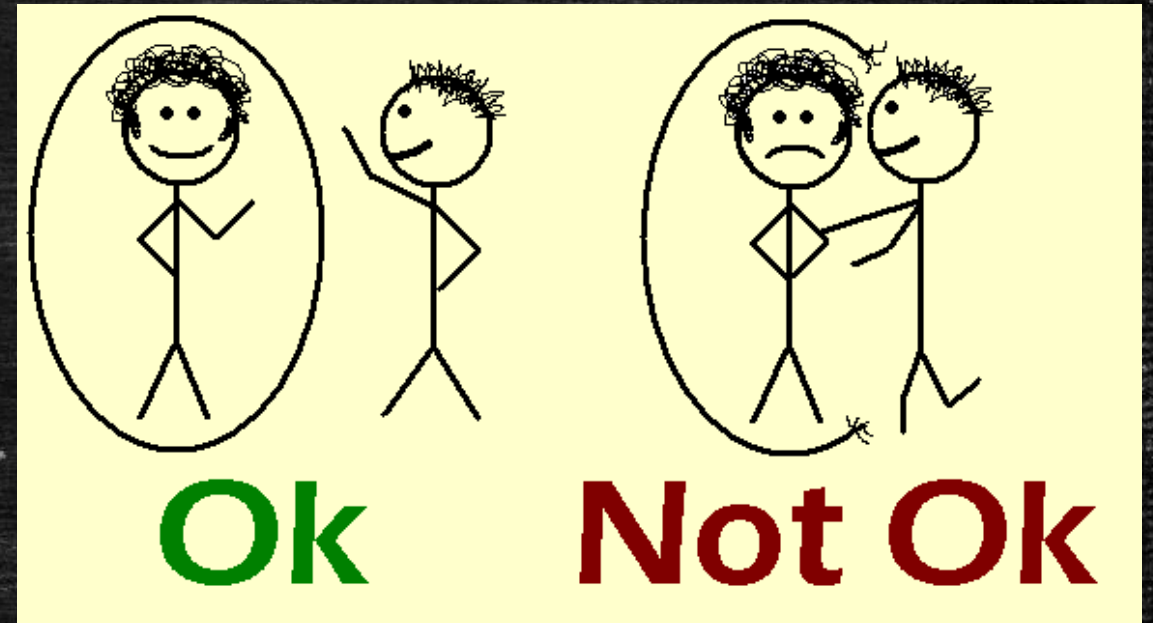
Safe touches are mostly things like...

- When my teacher pats me on the back, I feel proud
- When I am happy, I high five my friend
- When I'm sad, I may need a hug or an arm wrap.
- Sometimes holding my hand makes me feel safe or a cuddle makes me feel better at night.



Safe touches are my choice.

- It's my body, and I decide.
- I can chose a safe touch most of the time.
- I make my boundary. A boundary is all around me.
- I can make the choice who is in my boundary.
- A person who cares about me will listen to my boundary and respect my safe touch.



Safe touches review...

- Safe touches are caring and comforting.
- Let's see what you know...
- P.10, 14, 15
- Kissing Grandpa p.20
- Sloppy Kisses from My Pet p. 23
- Tickling Friends p. 30*



Rules On Touch And Play For Fun And Affection

NO playing with FOOD!
That is NOT allowed!



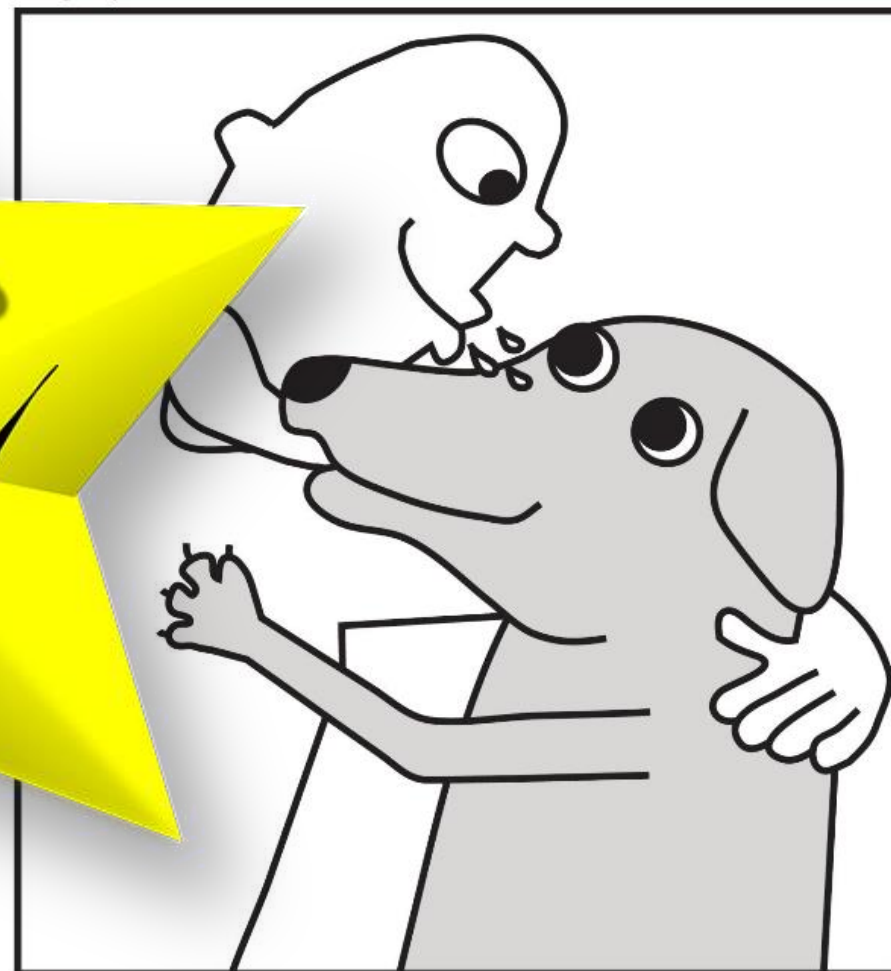
HA HA HA



6. Arabella and her friend are having a wonderful time having a food fight. Even though they are safe, it is not okay with the adult in charge. She does not want them to throw their food—she wants them to eat it!

The Sloppy Kisses Story

Even if you love someone a lot, you should be able to choose about hugs, cuddling, and kisses. There are lots of other ways to show caring and respect, like waving, shaking hands, making a drawing, saying something kind, giving a high-five, or being helpful.



1. Marcel and his dog likes sloppy kisses. They both have fun kissing and are happy. This touch is okay.

UNWANTED touch

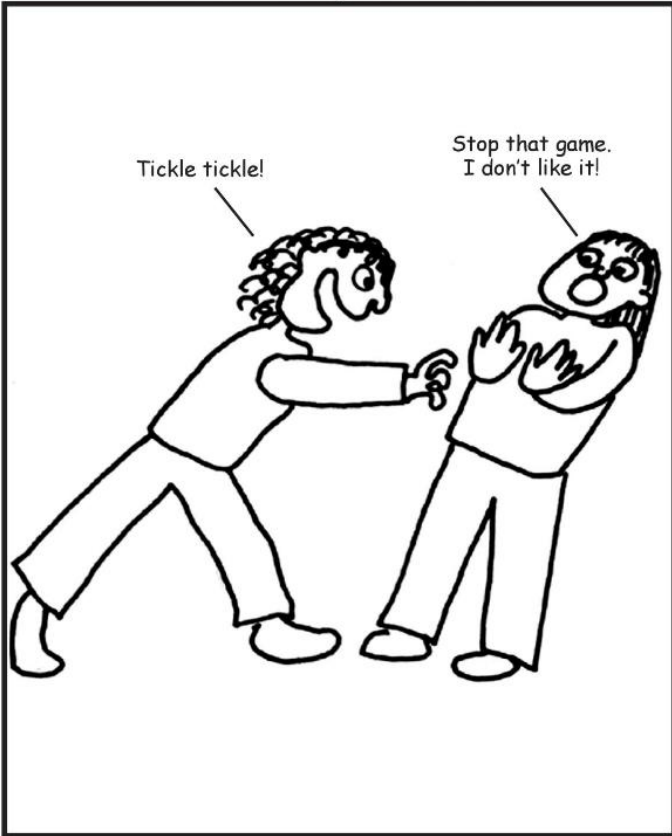


- An unwanted touch is the touch that you don't want anymore.
- Or a touch that you don't want from that person at that moment.
- REMEMBER you are the boss of your body. You can say NO.
- Set your boundary

Unwanted touch stories...and what to do!

- Decide: do I want this?
 - Say, No
 - Put your fence up. Say, NO.
 - FENCE UP. Say, I SAID STOP. Then GO and TELL.
- p. 11
 - Tickling friend story continues, p. 30-37
 - Sleepover story, p. 79-86





2. Ursula wants to tickle, but Raquel doesn't. The tickling game is not okay with each person, so Ursula needs to stop.

The Tickling Friends

The Tickling Friends

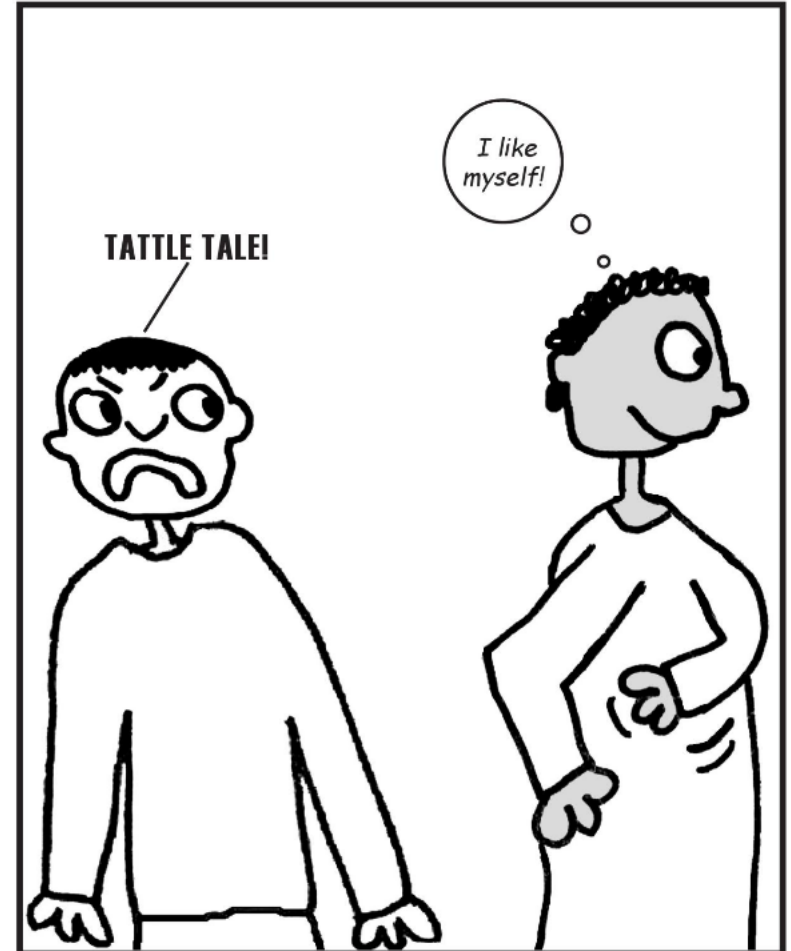


4. Even if Pablo's friend is unhappy, Pablo can still say that he does not want to keep playing the tickling game.

The Tickling Friends

The Tickling Friends

The Tickling Friends



8. Pablo still cares about his friend, but his friend is not listening and is calling him names. They need help from their adults to figure out how to play safely.

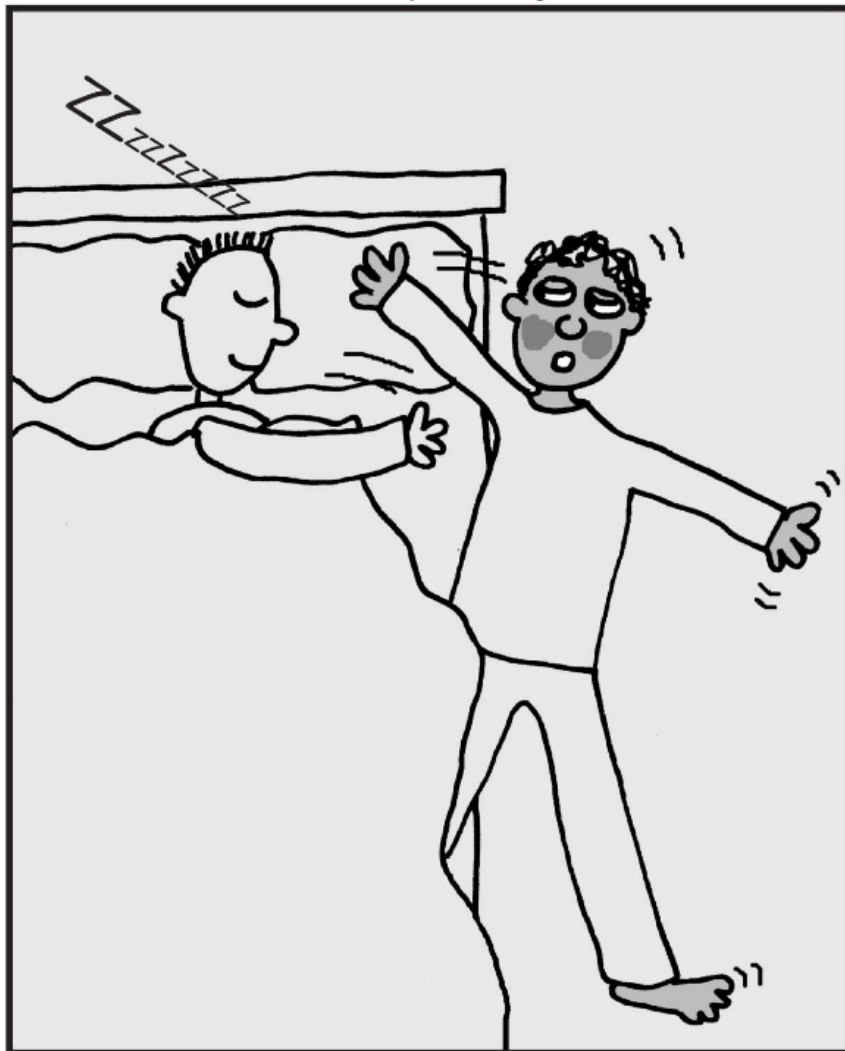
It ca
doe:
from
nigh

1. Si
laug

A publi

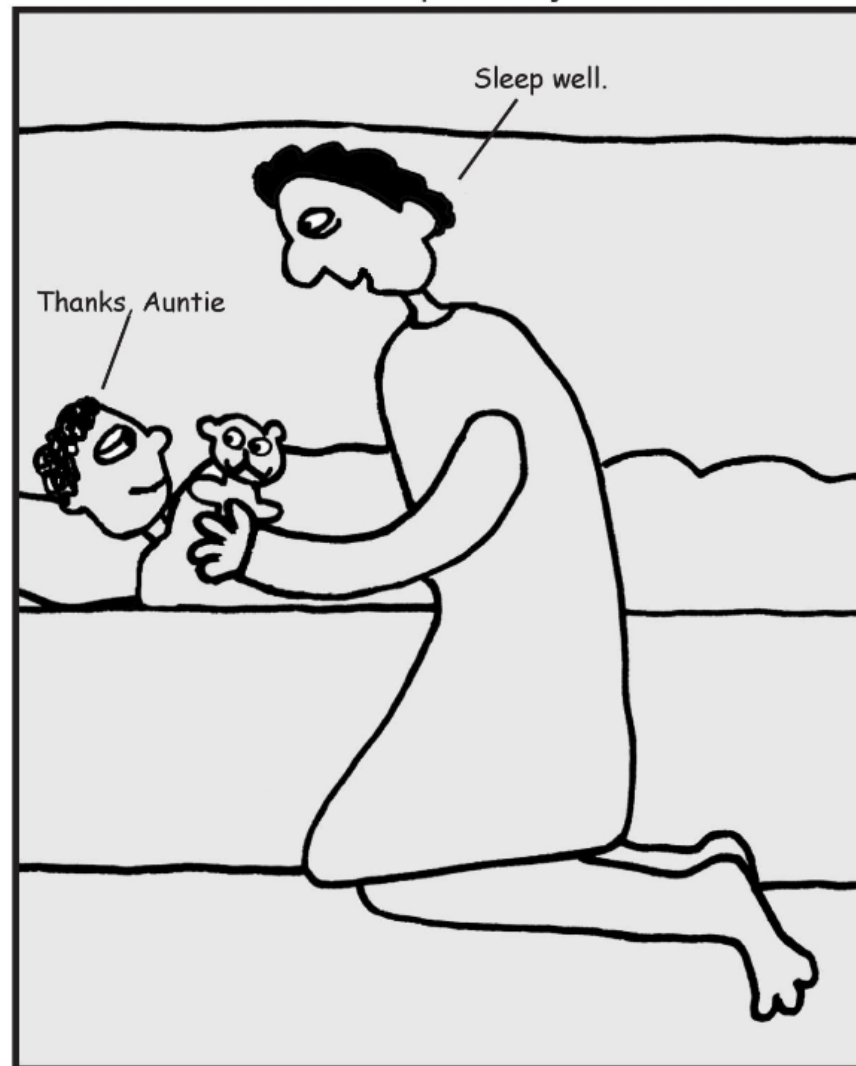
2. It g

The Sleepover Story



3. Simon's cousin starts to crowd over to his side of the bed. Simon is too hot. He moves away so much that he falls out of bed.

The Sleepover Story



7. Simon's aunt makes a bed for him on the couch so he can be comfortable.

Unsafe touches

- Safe touches make you feel safe, loved, important and proud.



- Unsafe touches hurt.



Unsafe touches hurt your body and your feelings, too.



- Everyone gets angry.
- It's okay to be mad, but it's not okay to chose to hurt.
- Hands are not for hurting.
- Feet are not for kicking.
- Words are not for yelling or saying mean things.

Unsafe touches are not good for you.

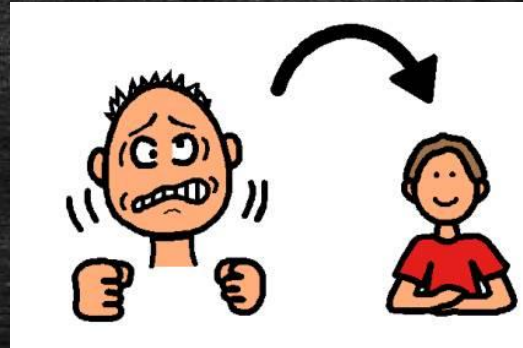
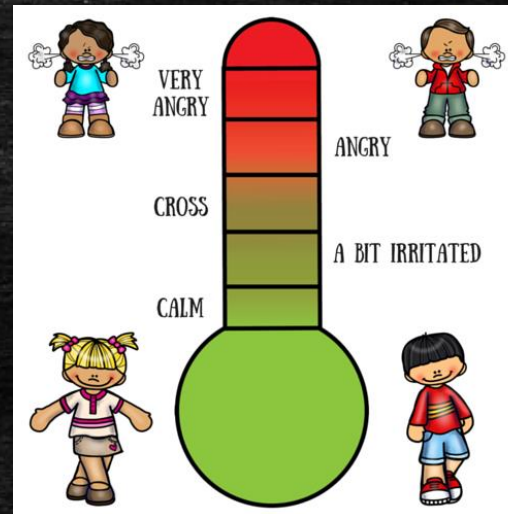


- Unsafe touches are harmful.
- When we use our bodies for hurting, it's an unsafe touch.
 - If I use my feet for kicking, it's an unsafe touch.
 - If I use my hands for hitting, it's an unsafe touch.
 - If I scratch or bite, it's unsafe.

I need to find a way to cool down.

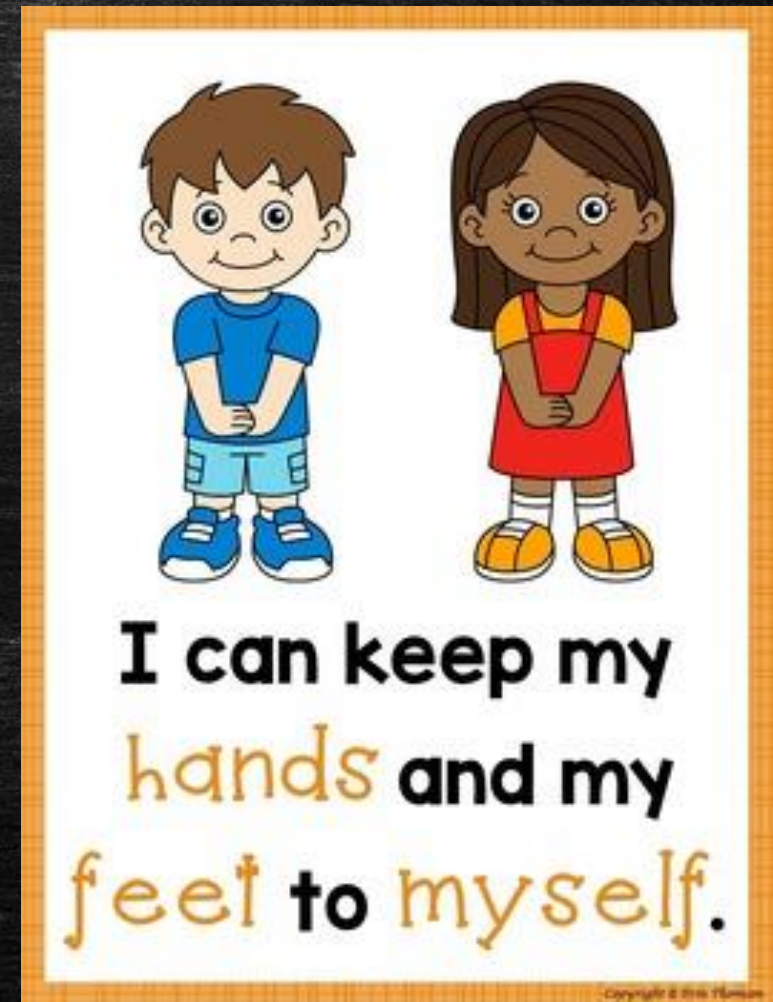
Unsafe touches hurt my body. Unsafe touches hurt my heart.

- When I am angry (in the RED zone), I need to find a way to cool down to be my best.
 - I could go for a walk for a bathroom break.
 - I could take a deep breath on my hand.
 - I could talk to a grown-up.
 - I could do some wall push-ups.
 - I could color or draw some lines.



Unsafe touches can be scary.

- People aren't for hurting.
- Touching rules are that I do not put my hands or feet or mouth on anyone else.
- If I touch someone in anger, I am breaking a safety rule.
- I want to be a good friend. I will keep my body to myself.



If I get an Unsafe Touch, what do I do?

- I say, NO
 - Then I GO,
 - And TELL a safe adult.
-
- I TELL someone who loves and cares about me. I TELL someone who will do the best to help me.
 - No one should ever put hurting hands on me. It's UNSAFE and I don't like it.



Who is my safe adult?



- Tell your safe adult.
- Keep telling until you have someone who believes your safety story.
- Your teacher and I are always here for you.

Another unsafe and unwanted touch ...

- Private area touch
- My body belongs to me...from my head to my toes.
- It's my body. I'm the boss of my body.
- Some parts of me are private and off-limits.
- My bathing suit covers my private parts. Those parts of me that are off-limits to others. From my knees to my nose.



Private parts



- The only people that are allowed to touch the parts of me that are private are doctors or nurses.
- They are keeping me safe.
- They are keeping me healthy.
- Sometimes that means looking or touching private parts.
- Only someone keeping me healthy or clean can see my private parts.

Safety Rules for Private Body Parts



- It is NOT okay for someone to touch your private body parts.
- It is NOT okay for you to touch someone else's private body parts.
- It is NOT okay for someone to ask you to touch his/her private body parts.
- It is NOT okay for someone to ask you to take your clothes off or grab your clothes.
- **IT IS YOUR BODY**, and it's your private **OFF-LIMIT** parts. Keep yourself safe!

If someone tries to touch my body parts,

- I tell the person, NO.
 - I say, NO.
 - I put up the fence. I say, Stop it.
 - Then I GO, and TELL a grown-up.
-
- Even if that person says that he loves me, I TELL my safe adult. No one who loves me would touch me in my private parts, when I said, STOP.



Think about...

- A touch or play has to be okay with each person,
- It has to be safe,
- It has to be allowed by the adults in charge
- And it is not a secret.
- Examples...p.64, 65-66,
The Hot Day Story, p. 75-78

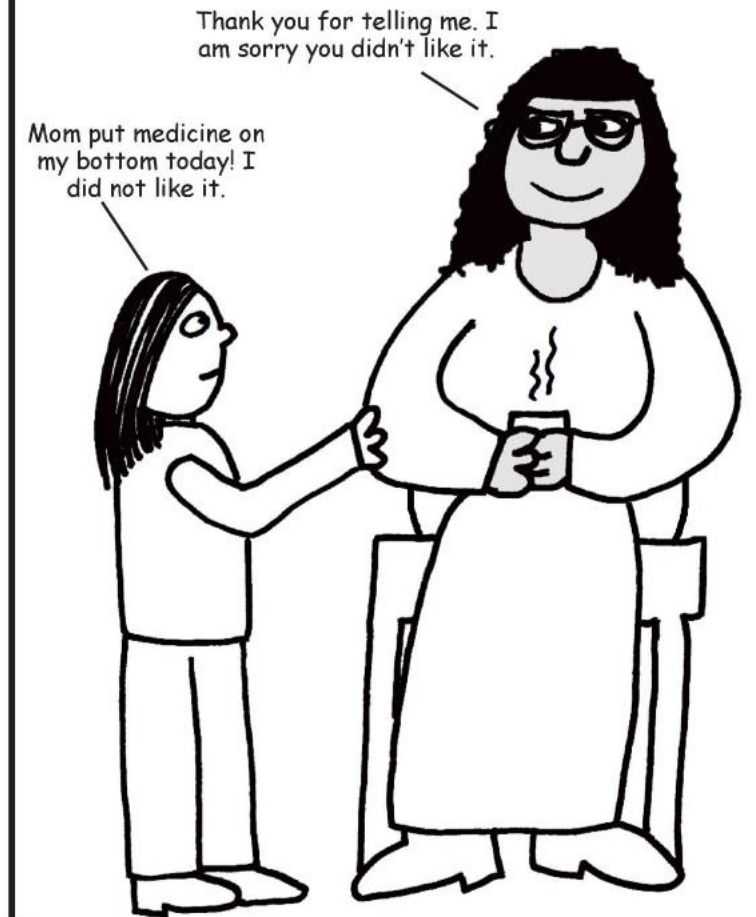




2. For play or teasing, other people should not touch your private areas. They should not ask you to touch their private areas either.



3. Sometimes grown-ups have to touch kids' private areas to help them because of health or safety.

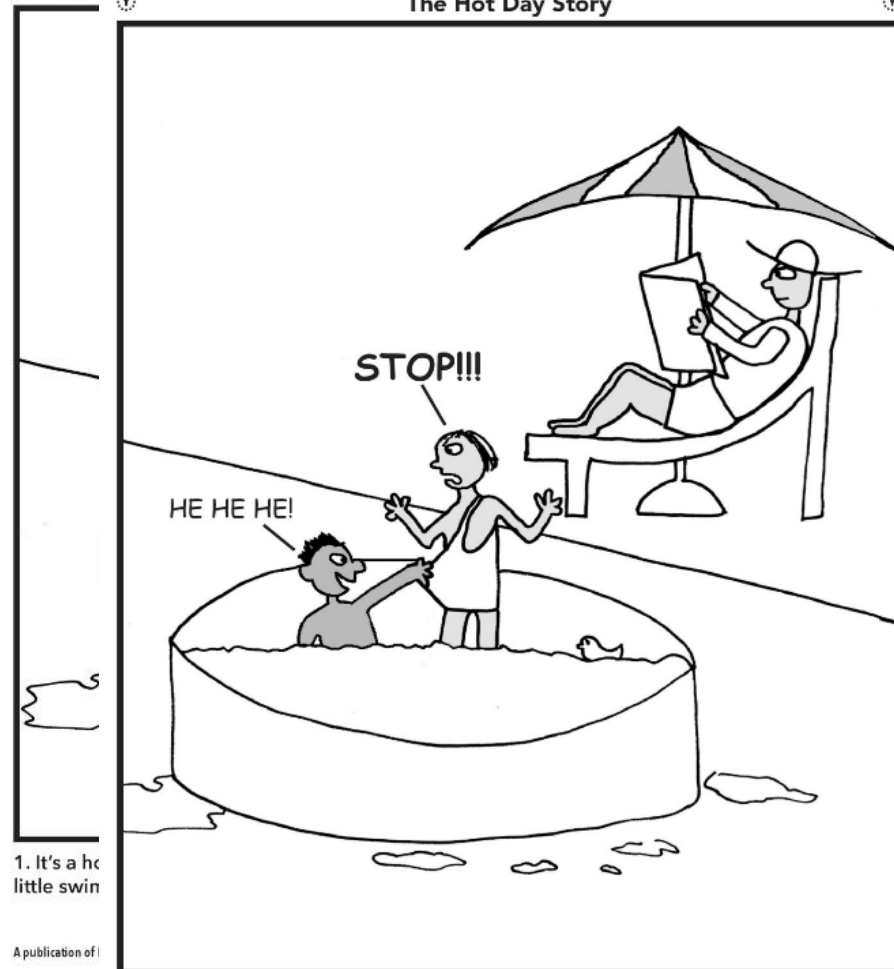


4. Touch of any kind should never EVER be a secret. You should always be able to talk about things you don't like.

The Hot Day Story

When kids are able to get dressed and undressed without help, they should be doing this themselves. Games where someone tries to pull off the clothes of kids for fun or teasing are not safe. If someone tries to do this or doesn't listen, tell an adult you trust.

The Hot Day Story



1. It's a hot little swim

A publication of

2. Ralph thinks it's funny to try to pull off Carolina's bathing suit. She tells him that she does not like it, but he doesn't listen.

The Hot Day Story



3. Carolina tells their child care person that she needs help to get Ralph to listen. Their child care person is glad she is letting him know.

A publication of Kidpower Teenpower Fullpower International® www.kidpower.org For permission to copy, contact safety@kidpower.org

The Hot Day Story



4. The child care person tells Ralph that trying to pull off someone's bathing suit or any other kind of clothes is not a safe game.

SAFE-Unsafe Touch Review

- A SAFE touch makes you feel safe and comforted.
 - You feel loved and important.
 - You are cared for.
- An Unsafe touch hurts.
 - It's not good for you.
 - You need to say NO, then GO, and TELL your safe adult.



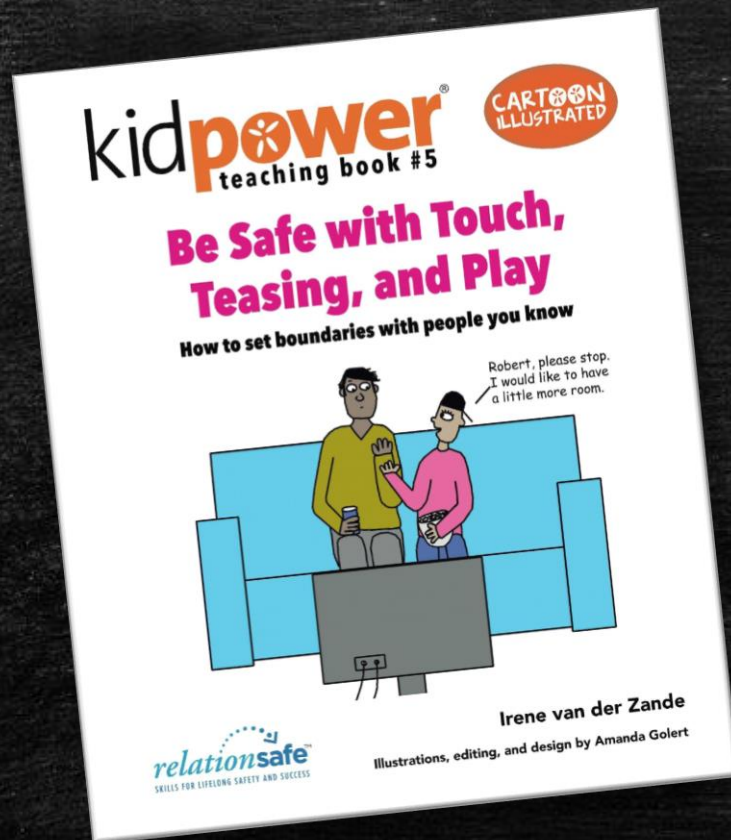
Remember...

- It's MY BODY. I am the boss of my body...from the top of my head to the bottom of my feet.
- I decide what is a safe touch.
- I know what's an unsafe touch. I know that an unsafe and unwanted touch breaks my SAFETY Rules.
- And I know what to do if there is an unwanted touch.
- I say, NO then I GO, and TELL!



RESOURCE

- <https://www.kidpower.org/>



personal safety

We are learning all about personal safety and child abuse prevention. I believe you, the guardian, are your child's best teacher and understand talking to your child about personal safety can be very uncomfortable. However, it is important to continue the discussion at home. Below are a few tips and resources to help assist you during this conversation. Make sure you give your child your undivided attention and allow them the time to process the information they have received as well as ask questions. Use a calm voice, keep your information simple, and don't be afraid to have a sense of humor. Keeping a relaxed manner will help keep your kids from becoming ashamed, confused, or unwilling to participate in the conversation.

Erin's Law

What is it?

"Erin's Law" requires that all public schools in each state implement a prevention-oriented child sexual abuse program which teaches students in grades preK-12th grade, age-appropriate techniques to recognize child sexual abuse and tell a trusted adult.

In class, we defined "private parts" as the parts of the body covered by a bathing suit or the area from our neck to our knee. Students learned they have the right to decide if someone can touch them. No one should touch a child's private parts except as needed for health care in the presence of a caregiver.

We learned if our gut says a situation is unsafe or uncomfortable, we should

NO (tell that person to stop/refuse to participate)

GO (walk or run from that person & situation)

TELL (tell an adult and home and school)

Safe Touch

- Hugs that feel warm & safe
 - Gentle tickling
- Kisses from caring adults at bedtime and for hellos and goodbyes
 - Playful & soft touches from pets
 - Handshakes
- Pats on the head, arm, shoulder, or back when someone does a good job or wants comfort

Unsafe Touch

- Hugs that are too tight
- Tickling that won't stop
- Kisses from someone a child doesn't like or doesn't feel comfortable with
- Slaps, kicks, punches, pinches, and touches that hurt
 - Hard squeezing or grabbing
- Touches on the private parts of a child or someone else in a child's presence