



ARCHDIOCESE OF ST. LOUIS SAFE TOUCH PROGRAM

Program Goals:

1. To provide information at age-appropriate levels to make children aware of the concepts of safe touch vs. inappropriate touch
2. To stress, in the presentation, the concept that our bodies belong to God and that we must treat them with respect and protect them from harm to the extent we are able
3. To provide information in regard to:
 - having and recognizing good boundaries
 - good touch/bad touch and recognizing the uncomfortable feelings we get with bad touch
 - how to say NO and be able to get away from bad situations
 - how to report concerns to a safe adult
4. To provide a lesson plan that can be formatted for a 45 minute (or briefer) discussion
5. To focus on safety, rather than on sexuality

Safe Touch Program

Lesson Plan: Kindergarten through Grade Three:

1. You should know your full name, address (city and state), and phone number with area code.
2. Never get into a car or go anywhere with any person, even if they say they have permission to take you, unless an adult you trust very much (like your parent or teacher) says it's OK.
3. Never go anywhere with a stranger, even if they seem nice.
4. Do not tell strangers where you live.
5. Do not tell anyone your name, your address, your phone number, or the school that you go to over the computer. If someone says something mean to you over the computer, or asks questions about your name or where you live over the computer, leave the computer right away and tell your mom or dad.
6. If someone scares you or makes you feel funny, tell your parents or teacher right away.
7. If an adult asks you to keep a special secret, tell your parents or another adult right away. No adult should ever ask you to keep a secret.
8. No one should touch you on parts of your body that are covered by a swimming suit. You should not touch anyone else on those parts either.
9. No one, not even a teacher or a close relative, has the right to touch you in a way that makes you feel funny or uncomfortable. It's OK to say no, get away and tell an adult you can trust.
10. Sometimes some people who are friends or relatives ask us to hug or kiss them or sit on their lap. If you don't want to, tell your parents that you don't want to.
11. Sometimes, strangers say certain things in order to get kids to come with them. Never go with a stranger, even if they say something like:
 12. The stranger has lost his pet and needs your help to find it,
 13. The stranger is lost and needs directions, or
 14. Your mom or dad is hurt or sick and told the stranger to pick you up.

(Teacher: these are common lures that are used by child abductors.)

Safe Touch Program

Lesson Plan: Grades Four through Six:

1. Always use the Buddy System and never go places alone. Predators usually focus on the “loners.”
2. Always let someone know where you are going and with whom you’re going to be.
3. Never get into a car or go with a person unless a parent has given permission.
4. Being safe when you’re on the internet is very, very important. Never tell anyone your name, your address or phone number, or the school that you go to while you’re online. It is strongly recommended that you only talk to people you know in real life while online. The internet is NOT a safe place to make new friends – you never know who you’re really talking to. NEVER agree to meet someone “in real life” who you met first online. If someone online asks you personal questions, says something mean to you or about you, or asks to meet you in person, let your parents know immediately.
5. It’s all right to be suspicious of adults who seem to be too friendly. Trust your instincts or feelings when it doesn’t feel right.
6. Tell your parents or another adult that you trust if anyone offers you money or gifts; if someone wants to take your picture and if any adult asks you to keep a secret.
7. No one should ever touch you on parts of your body that are private to you. Nor, if they ask you to, should you ever touch anyone on those parts also.
8. If someone threatens you, yell “No” or “Stop” immediately. Screaming and attracting attention is the surest way of scaring someone off.
9. Trust your feelings! If a situation doesn’t feel right, leave it and get help if needed.
10. Never keep secrets. If something comes up that seems difficult to handle, tell your parents or a trusted adult. If that person doesn’t listen, go to another person who will listen. Keep telling until someone really hears you.
11. Sometimes, strangers say certain things in order to get kids to come with them. Never go with a stranger, even if they say something like:
 12. The stranger has lost his pet and needs your help to find it,
 13. The stranger is lost and needs directions,
 14. Your mom or dad is hurt or sick and told the stranger to pick you up, or
 15. You have won a contest or are invited to a “modeling tryout”

(teacher: these are common lures that are used by child abductors.)

Safe Touch Program

Lesson Plan: Grades Seven & Eight:

1. Always use the Buddy System and never go places alone. Predators usually focus on kids that are alone.
2. Always let someone know where you are going and with whom you're going to be.
3. Never get into a car or go with a stranger or a person who makes you feel uncomfortable.
4. It's all right to be suspicious of adults who seem to be too friendly. Trust your instincts or feelings when it doesn't feel right.
5. Being safe when you're on the internet is very, very important. Never tell anyone your name, your address or phone number, or the school that you go to while you're online. It is strongly recommended that you only talk to people you know in real life while online. The internet is NOT a safe place to make new friends – you never know who you're really talking to. NEVER agree to meet someone "in real life" who you met first online. If someone online asks you personal questions, says something mean to you or about you, or asks to meet you in person, let your parents know immediately.
6. Tell your parents or another adult that you trust if anyone offers you money or gifts, if someone wants to take your picture and if any adult asks you to keep a secret.
7. No one should ever touch you on parts of you body that are private to you. Nor, if they ask you to, should you ever touch anyone on those parts.
8. If someone threatens you, yell "No" or "Stop" immediately. Screaming and attracting attention is the surest way of scaring someone off.
9. Trust your feelings! If a situation doesn't feel right, leave it and get help if needed.
10. Never keep secrets. If something comes up that seems difficult to handle, tell your parents or a trusted adult. If that person doesn't listen, go to another person who will listen. Keep telling until someone really hears you.
11. Predators use trick to lure kids. Never go with a stranger, even if they say something like:
12. The stranger has lost his pet and needs your help to find it,
13. The stranger is lost and needs directions,
14. Your mom or dad is hurt or sick and told the stranger to pick you up, or
15. You have won a contest or are invited to a "modeling tryout"
(teacher: these are common lures that are used by child abductors.)