

Safe Touch Program

Lesson, Ages Kindergarten – 3rd Grade:

Part 1: Boundaries

There are rules everywhere, like speed limits, rules at recess, and rules in the classroom. They help us know what we can or can't do, what is safe or not safe, and when everyone knows them and follows them, then we are all safer. There are all kinds of rules. Rules help us feel safe and know what to do. Sometimes, people break rules. Usually, that makes you feel uncomfortable, because you are afraid they might get in trouble.

Discussion questions:

1. Have you ever felt a funny, uncomfortable feeling when someone breaks the rules and you know something bad is going to happen?
2. Let's talk about examples of getting that uncomfortable feeling. What does your body do when something feels wrong? How does your tummy feel when you are scared or upset? Are there any feelings in the rest of your body? *(Give examples like heart racing, etc.)*
3. Does it feel different to you when you have done something wrong than when you are around someone else who is doing something wrong? What about when someone is asking you to do something wrong? If it feels different, how?

Part 2: Safe Touch

Some rules are about touch. People touch people all the time. Some touches are accidental, while some are on purpose. Some make you feel really good, like when you have a tummy ache or are scared and your mom hugs you. Sometimes being touched makes us feel safe and happy. Sometimes it feels bad or uncomfortable.

Discussion Questions:

1. Let's talk about ways or times we have been touched when it made us feel safe and good.
2. Let's talk about ways or times when being touched does not make us feel safe or good. *(Expect and elicit discussion about non-sexual touches, such as a fight with a friend, getting pinched by your brother, or getting a shot at the doctor's office.)*

Think of wearing a swimsuit. Sometimes people need to touch or examine you in those places that would be covered by a swimsuit. But these parts of our bodies are private, and there are rules or limits for touching someone in the swimsuit area. People need parents' permission and your permission to touch you in those places (like a doctor or a nurse). If someone touches you in those areas without permission, or if they ask you to touch them in those areas, you might get that bad or uncomfortable feeling that tells you something is not right. If you get that bad feeling, you have the right to say no and to get away, and you should tell someone what happened and how you feel.

This is true whether this person is an adult, an older child, or even someone your age. It is also true whether the person is a stranger or is someone you know.

Sometimes you are touched by someone and it does not feel uncomfortable, but you are not sure that it is okay. When that happens, you should talk to your parents, teacher, or another safe adult about it. Examples of this would be if someone tickles you or pats you and you are just not sure. If they try to give you presents, or ask you to keep a secret or to do something that you know breaks the rules, you should talk to your parents about it.

Being safe, taking care of our bodies and being respectful of them is important to learn. This is especially true because God gives us our bodies and they belong to him. One of the most important skills for being safe and being respectful involves talking to our parents or another safe adult about situations that we do not understand or where we do not feel OK.

Part 3: Learning to say NO when you feel that funny, uncomfortable feeling

If someone touches you in a private area or does something else that gives you that bad or uncomfortable feeling:

- The first thing you should do is immediately say NO, I don't like that, stop. Stop now.
- Second, you should get away from that person immediately, if you don't feel safe.
- The third thing you should do is to go to a safe adult and tell them you need help. Tell a safe adult* immediately; don't wait. Tell them what happened and how it made you feel – even if someone asked you or told you not to tell.

*A safe adult is your parent, teacher, or other close family member. Someone you trust to care about you, listen to you, and help you.

Discussion Questions:

1. We talked about three steps you should take if you get that funny, uncomfortable feeling. What is the first thing we should do? (say no) What is the second thing? (get away.) What is the third thing we should do? (tell a safe adult)
2. *Be aware: Sometimes people who behave inappropriately tell kids not to tell anyone about it. Talk about what to do if that happens.*

Part 4: Rules to help children be safe

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:
 - The stranger has lost his pet and needs your help to find it,
 - The stranger is lost and needs directions, or
 - Your mom or dad is hurt or sick and told the stranger to pick you up.

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