

Talking About Touching

Personal Safety: Grades K-1

Introduction:

The Talking about Touching lesson focuses on teaching children basic skills designed to help keep them safe from dangerous or abusive situations. This lesson will provide the rules, information and practice children need to protect themselves.

Goals/Objectives:

The students will be able to:

- Identify safe, unsafe and unwanted touches.
- Recite the Touching Rule (A bigger person should never touch your private body parts except to keep you clean and healthy).
- Identify situations to which they would apply the touching rule.
- Recite the Safety Steps to follow if someone breaks the Touching Rule.
 1. Say words that mean “No”
 2. Get away
 3. Tell a grown up

Material Resources:

Joey Learns the Touching Rule video (8 minutes: Committee for Children, 2001)

Safety Steps Poster (Committee for Children, 2001)

Picture Cards (# 8-13, Committee for Children, 2001)

Puppet

The Lesson Development:

Part 1 (10 min)

A. Introduction

- Discuss ground rules
[One person speaks at a time, raise your hand, and listen to the speaker](#)
- Introduce topic of safety. Discuss where and why we need to follow safety rules
[I’m sure you have all learned about rules that keep you safe. We follow safety rules about fire, water, traffic, playground, bus safety and many more. Can you tell me one of those rules? We need follow safety rules to keep us from getting hurt. Today we are going to learn safety rules for touching.](#)

B. Discuss **safe**, **unsafe** and **unwanted touches** (use picture cards 8-11 to discuss each type of touch).

- There are many different types of touch. There are safe touches and there are unsafe touches. Safe touches are good for your body. They make you feel cared for, loved and important.

- Show Card 8: This is a picture of Chris and his dad.
Does this look like a safe touch or unsafe touch? (*Safe touch*)
How can you tell? (*Their faces look happy*)
Why do you think the father is hugging his child? (*He loves him, he's happy, etc.*)

- Show Card 9: This is Anthony (big brother) reading a story to Kayla (little sister) who is sitting on Anthony's lap.
Does this look like a safe or unsafe touch? (*safe touch*)
How can you tell? (*they look happy, Kayla looks comfortable*)
Why do you think Kayla is sitting on her brother's lap? (*she loves him, she likes to feel close to him when he reads to her*)

What are some other kinds of safe touches? (*pats on head, holding hands, hand-shake*)

- Show Card 10: Ashley and Eric both want to be first on the slide. Ashley grabs Eric and tries to pull him off the slide.
Is this a safe or unsafe touch? (*unsafe touch*)
Is it okay for Ashley to grab Eric like that? (*no*)
Why not? (*someone could get hurt*)

If someone touches you in a way that hurts or that you don't like you can say, "Please don't do that," or "stop, I don't want you to do that."

What are some other kinds of unsafe touches? (*hit, pull, poke, push*)

- Show Card 11: We've seen pictures of safe and unsafe touches, now we are going to see one more kind of touch. Kimberly and Marissa are friends. Kimberly wants to sit close and put her arm around Marissa but Marissa is pulling away.
Does Marissa want to be touched right now? (*no*) This is an **unwanted touch**.
Is it okay for Marissa to ask Kimberly not to put her arm around her? (*yes*)

It is okay to say “No” or “No thank you” to touches you don’t want, even if they don’t hurt. Look the person in the eye and say “No” in a strong voice.

Other examples of unwanted touches might be a hug or a kiss when you don’t want one, when someone asks you to sit on their lap, if a friend wants to put their arm around you or if a friend tickles you and you don’t want it.

What would you say to the person if you did not want to be touched? (*No thank you, I don’t want to sit on your lap, or I don’t want to be tickled*)

C. Discuss the Touching Rule and the Safety Steps

Now that we’ve learned about safe, unsafe and unwanted touches we are going to learn a very important rule called the Touching Rule:

The Touching Rule is: A bigger person should not touch your private body parts except to keep you clean and healthy.

That’s a long rule, so let’s talk about it in two parts. The first part of the rule is, “A bigger person should not touch your private body parts.” Who can give me an example of a bigger person? (*grown up, teenager, babysitter, older kid*)

You all know the names of different body parts. When I say a part I want you to point to it: Elbow, knee, shoulder, heel, thumb, ear, chin.

- Show Card 12: Jennifer and Edward are playing at the pool and wearing their bathing suits. Their bathing suits cover their private body parts.
Do your socks cover private body parts? (*no*)
Is your back a private body part? (*no*)
Are the parts of your body that are covered by underwear private body parts? (*yes*)
Is your head a private body part? (*no*)

Restate the Touching Rule. The second part of the Touching Rule talks about keeping you clean and healthy. Sometimes kids need help getting clean. When babies get their diapers changed someone has to wipe their bottoms. Sometimes you need help getting clean too, and your parents might help you when you take a bath. Also, a doctor may need to check all of your body parts to keep you safe and healthy (Show Card 13). These are all safe touches because they are meant to keep you clean and healthy.

- Read Safety Steps poster.

Now that we know the touching rule, we need to know what to do if someone breaks the touching rule. We would follow these 3 steps.

Show Safety Steps Poster.

1. Say words that mean “No”
2. Get away
3. Tell a grown up

What are other words that mean “No?” (“stop it,” “don’t do that,” “leave me alone,” “I don’t like that.”)

If a bigger person tried to touch your private body parts and it was not to keep you safe or healthy, you would follow these steps. We are going to learn a little more about this rule by watching a video.

Part 2 (15 min)

A. Show video, Joey Learns the Touching Rule (8 min.).

Now we are going to watch a video about Joey, who is learning about safe and unsafe touches and the Touching Rule. Pay attention to see if Joey learns the steps of what to do if somebody breaks the touching rule.

B. Discuss video

- **What is the Touching Rule?** (*A bigger person should never touch your private body parts except to keep you clean and healthy.*)
- **What should you do if someone breaks the Touching Rule?** (*The safety steps: say words that mean “no,” get away, tell a grown up*)
- **Whom could you tell?** (*Mom, dad, teacher, person in charge*)
- **Are secrets about touching okay?** (*No*)
- **What would you do if an older person you know wants to play a secret touching game?** (*The safety steps*)
- **What would you do if someone wants you to promise not to tell about touching your private body parts?** (*Tell a grown up*) **Why?** (*You should never keep touching secrets*)
- **Is it Joey’s fault if someone breaks the Touching Rule?** (*No, it is never the child’s fault if someone breaks the Touching Rule*)

Part 3 (10 min)

A. Practice Safety Steps with Puppets

Now that you know the Touching Rule and the Safety Steps we will watch the puppets practice the Safety Steps.

Skit 1: Let's pretend that this puppet is the babysitter, and this puppet is the child. The babysitter wants to play a touching game with the child.

Puppet 1: "Let's play a secret touching game."

Puppet 2: "No, I don't want to play that game."

Puppet 1: "Please, it will be our secret."

Puppet 2: "No, I don't want to play!"

Puppet 2 walks away to another room. When his parents come home he tells them what happened.

Puppet 2: "Dad, can I tell you something important?"

Dad: "Yes, of course."

Puppet 2: "The babysitter asked me if I wanted to play a secret touching game. I said no and went to my room."

Dad: "Thank you for telling me. You did the right thing."

What words did she say that meant "no"?

What else could she have said?

How did she get away?

Whom did she tell?

Whom else could she have told?

What did she say?

How else could she have said it?

Skit 2: Pretend that the puppets are out on the playground playing tag. This puppet is an older boy who tries to tag this puppet on the private parts of his body.

Puppet 1: "Tag, you're it!"

Puppet 2: "Stop, I don't like that!"

Puppet 1: "What? I'm just tagging you. Tag!"

Puppet 2: "I said stop, leave me alone!"

Puppet 2 walks away and goes to a teacher on the playground.

Puppet 2: "Teacher, we were playing tag, and that older boy kept trying to tag me on my private parts. I told him to stop and I walked away."

Teacher: "Thank you for telling me. You did the right thing."

What words did he say that meant "no"?

What else could he have said?

How did he get away?

Whom did he tell?
Whom else could he have told?
What did he say?
How else could he have said it?

Skit 3: Pretend that this puppet wants to tell his mom about a touching problem and she's busy. Let's see what he says.

Puppet 1: "Mom, come here, come here."

Puppet 2: "Sweetie, I'm busy now. Please wait."

Puppet 1: "But mom, it's really important. When can I talk to you?"

Puppet 2: "It's important? Ok, what do you want to talk about?"

Puppet 1: "Well, after I went swimming at the neighbor's house, I went into the bathroom to change. He came in and said he wanted to help me change and then he tried to touch my private parts. I said, "No, I don't need any help!" Then I came home and told you.

Puppet 2: "Thank you so much for telling me. You did the right thing."

What did he say when mom said she was busy?

What words did he say that meant "no"?

What else could he have said?

How did he get away?

Whom did he tell?

Whom else could he have told?

What did he say?

How else could he have said it?

B. Closure

You all did a wonderful job listening to the puppets follow the safety steps! Today we have learned about safe, unsafe and unwanted touches, we learned the Touching Rule, and the Safety Steps in case someone breaks the touching rule.

Can we all say the Touching Rule together?

Let's read the Safety Steps together too.

Great job! Let's remember to practice safe touches and remember the safety steps!