

Saying No

2.7 - The student will advance in readiness to say "NO" and to tell a trusted adult, such as a parent, teacher, minister, grandparent or guardian, in private about inappropriate approaches from family members, neighbors, strangers and others.

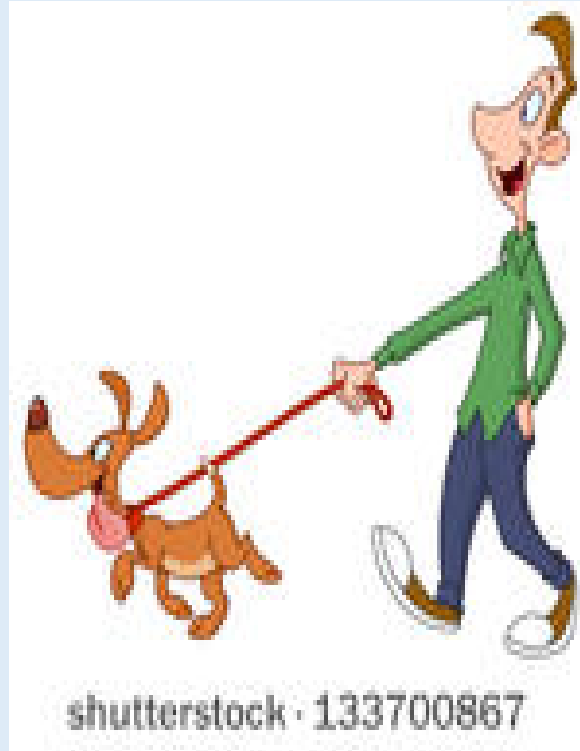
LESSON FOCUS:

Saying "NO" and telling a trusted adult.



VIRGINIA BEACH CITY PUBLIC SCHOOLS
CHARTING THE COURSE

INTRODUCTORY ACTIVITY



Appropriate or Inappropriate?



Vocabulary

- **Appropriate actions** - actions that are proper or suitable for a given situation or circumstance
- **Inappropriate actions** - actions that are not proper or suitable for a given situation and make one feel confused or uncomfortable
- **Private body parts** - are the chest and between the legs
- **Sexual abuse touch** – touch is being forced or a tricked touch of private body parts

Vocabulary

- **Confused** -- disturbed, feeling unclear or mixed up
- **Response** -- an answer, reply or behavior resulting from a question or circumstance
- **Stranger** -- a person who is not known or is unfamiliar
- **Trust** -- to believe in, to be sure of
- **Uncomfortable** -- causing or feeling pain, uneasiness or confusion

My Body Belongs To Me
[Animated Short Film]

<https://www.youtube.com/watch?v=a-5mdt9YN6I>



Teach your Children Good Touch & Bad Touch

Good Touch

It feels good to be hugged and kissed by people you love.

- When Mommy gives you a hug & kiss after you wake up.
- When Daddy gives you a good night kiss
- When Grandparents and Family come to visit and everyone gets a hug.

Bad Touch

Bad touch make us feel bad or uncomfortable.

- When someone Kicks, hits, pinches or slaps.
- When being touched where you are not supposed to Touched.

Private body parts are the parts you cover with your swimming suit when you go swimming. No one should ever touch your private parts except your parents or Doctor as they help to keep you clean & healthy.



No



If someone gives me a bad touch, I say "no, stop that, back off" or "i don't like that" or "don't touch me that way".

"Never agree to keep it secret. Tell someone you trust."

If someone gives you a bad touch then you should tell :



- Parents
- Grandparents
- Teacher or
- Other Trusted adults.

Dear Friend,

When someone gives you bad touch.

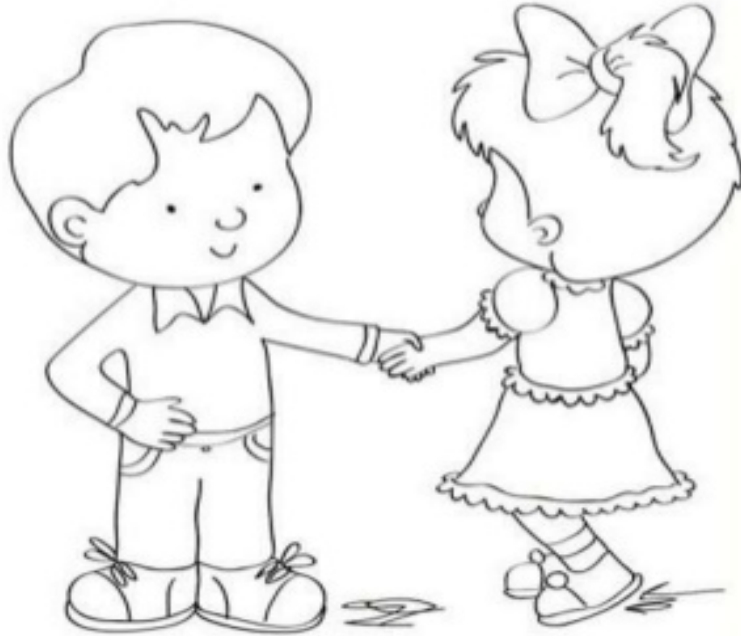
Don't feel that you are bad.

Whoever gives you a bad touch is the one who is bad, not you.

"Your body belongs to you"

Class Discussion Questions

GOOD TOUCH



The first touch is called a Good Touch. A Good Touch is when someone touches you in a way that is nice and friendly and safe. A hug or a handshake is a Good Touch.

BAD TOUCH



If someone gives you a Bad Touch, put on your mad face and say, "Stop that, back off!" or, "I don't like that!" or, "Don't touch me that way!"

Class Discussion Questions

- What covers the parts of the body where bad touches can occur?
- When would it be okay for these body parts to be touched?
- What should you do if you are asked to keep a secret about being touched?



The third touch is Mixed-up Touch. A Mixed-up Touch is when somebody wants to touch your private parts or they want you to touch their private parts for no reason at all. Our private parts are the body parts that we cover with our bathing suits.

Class Discussion Questions

- What should you do if touching gives you uncomfortable feelings?
- Is all touching bad?



Strangers and Dangers

- How can you tell who is a stranger?
- How can you tell if a stranger seems "too friendly?"
- What is the difference between being polite and being friendly?
- How do you know an action is inappropriate?



My Body Safety Rules

My body is my body and it belongs to me!

I can say, 'No!' if I don't want to kiss or hug someone.
I can give them a high five, shake their hand or blow them a kiss.
I am the boss of my body and what I say goes!



I have a Safety Network

These are five adults I trust. I can tell these people anything and they will believe me.
If I feel worried, scared or unsure, I can tell someone on my Safety Network how I am feeling and why I feel this way.



Early Warning Signs

If I feel frightened or unsafe
I may sweat a lot, get a sick tummy,
become shaky and my heart might
beat really fast.

These feelings are called my Early Warning Signs. If I feel this way about anything, I must tell an adult on my Safety Network straightaway.



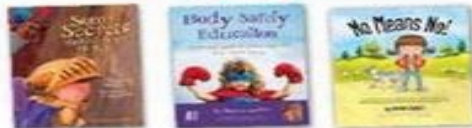
Secrets

I should never keep secrets that make me feel bad or uncomfortable. If someone asks me to keep a secret that makes me feel bad or unsafe, I must tell an adult on my Safety Network straightaway!



Private Parts

My private parts are the parts of my body under my bathing suit. I always call my private parts by their correct names. No-one can touch my private parts. No-one can ask me to touch their private parts. And no-one should show me pictures of private parts. If any of these things happen, I must tell a trusted adult on my Safety Network straightaway.



Strangers and Dangers

- Draw a picture of a trusted person.
- Complete the Reflection activity.



I HAVE A QUESTION.....

We strongly encourage you to discuss the information contained in this lesson with your parent/guardian or trusted adult.