

Teaching Touching Safety
Grade 5
Lesson Plan 1: Touching Safety Rules

Scripture: Do not model your behavior on the contemporary world, but let the renewing of your minds transform you, so that you may discern for yourselves what is the will of God –what is good and acceptable and mature Romans 12:2

Catechism: “God fashioned man with his own hands and impressed his own form on the flesh he had fashioned, in such a way that even what was visible might bear the Divine form. #704

Guideline -We are called to show respect and care for all creation, especially for God’s gift of human life, which is the center of God’s creation.
References: -“Do you know that you are a temple of God, and that the Spirit of God dwells in you? (1Cor 3:16)
 -Respect means treating all people with the dignity they deserve as God’s children
 -Because we are made in God’s image and likeness, every person’s body deserves respect from self and others.

Goal: Children must guard against those who may harm them through touch (sexual or otherwise)

Objective: Upon completion of this lesson, children should be better able to:

- Recognize that private body parts are special and covered for a reason
- Stand up for themselves more effectively
- Say “no” when someone tries to touch them in a way that is uncomfortable or otherwise inappropriate

Overview: Children this age like to be in constant motion and are always on the go. Groups are important. This is the “gang” age with friends of the same sex. Capable of intense loyalty to others, they usually have a best friend to confide in. Although truthful about big things, they are less so about the small things, often making up alibis or shifting the blame to others. They have a strong sense of right and wrong, fair or unfair. They can argue and hold strong debates. Caregivers can be more effective when dealing with this age by including them in the discussion while establishing rules or guidelines.

Activity One:

- Read Genesis 1: 27, 31
- Discuss that God created each of us in his own image and likeness. Our bodies are special and we must care for them. Each of us has a say in what happens to our bodies. Discuss that parts of our bodies are private.

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Background information for teachers from "Protecting God's Children"
TOUCHING SAFETY RULES

1. *Identify safe friends and safe adults as: people who won't hurt, confuse, or scare you intentionally. They are people who respect your wishes and those of your parents, guardians, and caretakers. **Remember:** some safe friends and adults may not behave safely all the time. if someone behaves safely the first time you meet, that does not mean that person is a safe person.*

2. *There are differences between safe and unsafe touches. Safe touches have a good purpose, They are not intended to hurt, and are familiar and safe .For Example: Shaking hands with someone new, getting a pat on the back from teacher or coach, Sign of Peace greeting at Mass*

3. *Safe touches do not always feel good doctors (needles), nurses (drawing blood), dentists (pulling teeth), or "Dr. Mom" (taking off Band-Aid) touches sometimes hurt for a good reason. Safe touches may include accidental touches like bumping into someone in the store, or falling on someone at a playground.*

4. *Unsafe touches are any touches meant to hurt or scare someone. Examples: hitting, kicking, punching, tripping, spitting, touching private body parts
Unsafe touches are touches that are new, scary, or confusing—or touches that start out okay, but become scary or confusing.*

5. *There are a few special safe adults in our lives. Not everyone adult is a special adult. The decision about who the child's special safe adults are belongs to the child's parents.*

6. *There are things to do if a child, adolescent, or adult touches you in an unsafe manner.
-Children must send a clear signal to anyone whose behavior is unsafe—a signal that unsafe - behavior will not be tolerated.
-Children should say "No!"
-Children should run away, walk away, back away*

7. *We should never keep secrets about unsafe touches. There can be NO SECRETS when it comes to personal and physical safety. It is wrong for an adult or another child to ask a child to keep a secret about safety—especially unsafe touches.*

Note: *Teachers can use this opportunity to talk about the grooming process and to point out that it is unlikely someone would start out by immediately trying to touch their private parts. Child molesters take some time to gradually move toward the abusive behavior. Remind kids that any time they feel uncomfortable with an adult, they have the right to ask the person to stop what they are doing and to walk away.*

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- Discuss Touching Rules with class and write them on a chart.
The rules for this age group should include :
"If someone tries to touch someone in inappropriate ways:
 - Say words that mean "No!". Get away from them as quickly as possible.
 - You should also tell a safe adult what happened right away—even if or especially if the person told you not to tell or told you that you would get in trouble for telling.
- Have children give examples of comfortable "good" touch. Discuss that sometimes a person's touch can make them feel uncomfortable. At these times, they have the right to say "no" and need to get away from that person as quickly as possible. Help children understand that they need to tell an adult they trust about what happened right away.
- Discuss ways that an adult might try to "trick" a child –
 - allowing the child to do things their parents would not allow
 - giving gifts without their parent's permission
 - asking them to keep secrets from their parents
- Make a list of different ways to say "no". Have children practice saying "no" in different ways. (Role-Playing)

Closing Prayer: Hail, Holy Queen

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Lesson Plan 2: Safe Friends, Safe Adults, and Safe Touches

Scripture: You form a building, which rises on the foundation of the apostles and prophets, with Christ Jesus himself as the capstone. Through him the whole structure is fitted together and takes shape as a holy temple in the Lord; in him you are being built into this temple, to become a dwelling place for God in the Spirit.
Ephesians 2: 20-22

Catechism: Life and physical health are precious gifts entrusted to us by God. We must take reasonable care of them, taking into account the needs of others and the common good. #2288

Guideline -Respect means treating all people with the dignity they deserve as God's children.
References: -Because we are made in God's image and likeness, every person's body deserves respect from self and others.

Goals: To assist in teaching children how to prevent or reduce the chance of sexual abuse

Objective: Children should be better able to:

- Name their safe friends and safe adults
- Identify special safe adults
- Respond in an appropriate manner to unsafe situations

Overview: Children at this age are beginning to ask about and understand their own physical growth. They want to discuss some of the virtues essential to friendship such as loyalty, communication, and responsibility. They are interested in the proper terminology related to body parts and wish to have trusted adults in their lives to discuss basic physiological processes with them in a non-threatening way. Children are influenced by what they see and hear in the media, so it is important that caregivers talk with their children about the values and attitudes that are portrayed.

Activities:

Use Background information from Lesson One

- Read Ruth 2:8-16 Discuss how Ruth was protected.

Background on Ruth 2:8-16

- *In days for which this was written –widows left with little means to survive went from wheat field to wheat field late in the day to collect the meager pieces of wheat left on the ground.*

When Naomi was widowed and her sons had died, she decided to go back home to her people and released both her daughters-in-law to return to the home of their mothers'. Ruth, one of her daughters-

in-law refused to leave her mother-in-law, Naomi and continued with Naomi to her family home in Bethlehem.

Boaz was a rich relative of Naomi. He was impressed with Ruth's loyalty and aware of how widows survived by picking up the left over wheat. To protect her, he invites her collect wheat from only his fields. That is why he told her to stay in his fields so that his workers would protect her, and Boaz would tell them to leave extra wheat on the ground so that Ruth would get more grain than she normally would or could from the other fields. (Boaz and Ruth marry in Chapter 4)

- Discuss the following terms with the children making sure that they have a clear understanding of each. The terms are: Secrets, Safe friend, Unsafe friend, Safe touch, Unsafe touch, Safe adult, Unsafe adult, Special safe adult, Respect, Secret, No.
- Create a class chart with definitions for the terms.
- On a separate class chart, list examples of Safe and Unsafe friends, Safe and Unsafe adults, and Special safe adult.
 - Discuss: A person you don't feel comfortable with wants to give you a hug.
 - Discuss: Being asked to keep secrets from parents.
 - Discuss: Adults that may tell you they will give you a reward if you don't tell your parents that they asked you to keep a secret. Why wouldn't they want you to tell your parents?
 - Break students into groups with a designated reporter. Have children create a Cinquain (five line) poem for safe touch.
 - Create a word bank on the board for words to describe safe touch. Explain the formula for writing the poem.

Line 1 Write the words "Safe Touch"

Line 2 Write two words that describe "safe touch"

Line 3 Write three action words for "safe touch"

Line 4 Write a short sentence about "safe touch"

Line 5 Write one word that means the same thing as "safe touch"

The children can share their poems with the class. Those who wish may type them on the classroom computer. (All work done in class)

End Lesson with a prayer: Hail, Holy Queen

