

Teaching Touching Safety
Kindergarten
Lesson Plan 1:

Touching Safety Rules

- Scripture:** If the whole body were just an eye, how would there be hearing? If the whole body were hearing, how would there be any smelling? It is the parts of the body which we consider least dignified that we surround with the greatest dignity; and our less presentable parts are given greater presentability which our presentable parts do not need... - 1 Cor. 12:17, 23, 24
- Guidelines Reference:** God is our loving Creator. He created each person to be special. God knows each of us by name. Caring for ourselves and others is a way of saying 'thank you' to God for the gift of life.
- Catechism:** Because the Holy Spirit is the anointing of Christ, it is Christ who, as the head of the Body, pours out the Spirit among his members to nourish, heal, and organize them in their mutual functions.
- Goal:** To assist educators in teaching children how to prevent or reduce the risk of sexual abuse.
- Objective:** Through this lesson the teacher reinforces the parent's message about touching safety and protecting private body parts. Children will recognize good and bad touches and will understand how to react to each.
- Overview:** Parents and guardians are the primary educators of their own children. Teaching children the names of their private body parts is the responsibility of parents. That learning process should begin when the child is 18 months old. Therefore, children should know the names of their private body parts by the time they begin school. Young children have a natural curiosity about body parts. They have lively and vivid imaginations, are growing less self-centered, and are becoming more conscious of others. Their attention span is short-approximately 20 minutes. They build on concrete experiences, love to learn, and are highly inquisitive. However, they rely almost entirely on others to define good and bad for them. Parents and teachers should make every effort to create an environment where children are free to ask questions about life and their own bodies. This early experience of honesty and trust will set the stage for each child's life-long relationships with significant adults.
- Activity:** Give out copies of children wearing bathing suits and allow time for children to color in pictures. (See attached coloring picture.) Using the pictures as a guide, have children identify various body parts.

Remind the children that their bodies are good but people from the outside world (people outside the child's immediate family of mother, father, siblings) should not show any interest or get to see any parts of their body that are covered by a bathing suit.

Teach the children that they must respect their bodies.

Discuss words "yes" and "no". Teach the children to speak up and communicate feelings so that they are comfortable putting a stop to wrong behaviors.

Teach children to distinguish between a "bad touch" and a "good touch".

Good touch: It feels good to be hugged and kissed by people you love. For example:

- **When Mommy gives you a hug & kiss after you wake up**
- **When Daddy give you a good night kiss**
- **When Grandmom and Grandpop come to visit and everyone gets a hug**

Bad touch: Touches that make you feel uncomfortable are usually bad touches. You don't have to keep a secret when someone gives you bad touches. 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.

Ask the children ~ Do you know what a bad touch is?

- ✓ **It is a bad touch if it hurts you.**
- ✓ **It is a bad touch if someone touches you on your body where you don't want to be touched.**
- ✓ **It is a bad touch if a person touches you in a way that makes you feel scared.**
- ✓ **It is a bad touch if that touch makes you feel like you want to run away.**
- ✓ **It is a bad touch if a person forces you to touch him or her.**
- ✓ **It is a bad touch if a person asks you not to tell anyone.**
- ✓ **It is a bad touch if a person threatens to hurt you if you tell.**

Play "What If?" game. Children say "yes" or shout "no".

- **A stranger offers to buy you ice cream. Should you go with him/her?**
- **A man says he lost his little kitten and wants you to help find it. What should you say?**
- **Your friend asks you not to tell her sister about her surprise birthday party. What should you say?**
- **A grown up wants to get you a treat for not telling that he/she touched you in a way that made you feel icky. What should you say?**
- **A friend of your family wants you to touch their private parts. What should you say?**

Review with the children what they should do if someone touches them inappropriately.

- **Say “NO!” Tell the person that you don’t like it and don’t want to be touched.**
- **Get away fast! Run away from the person whose touch you don’t like. Never stay alone with that person ever again.**
- **Call for help. You can scream as loud as you want no matter where you are. You won’t get into trouble.**
- **Believe in yourself. You did nothing wrong. Your body belongs to you!**

Prayer:

Angel of God

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Lesson Plan 2: Identifying Strangers and Keeping Secrets

- Scripture:** Make sure that no one captivates you with the empty lure of a ‘philosophy’ of the kind that human beings hand on, based on the principles of this world and not on Christ. – Col. 2:8
- Catechism:** Respect for the human person considers the other “another self.” It presupposes respect for the fundamental rights that flow from the dignity intrinsic of the person. - #1944
- Guidelines Reference:** God has given us people who help us and teach us to care for ourselves.
Because of God’s great love for us, He never wants us hurt in anyway.
- Goal:** To assist educators in teaching children how to prevent or reduce the risk of sexual abuse.
- Objectives:** Upon completion of this lesson, children should be better able to:
- Name their safe friends and safe adults.
 - Identify special safe adults at school, on the bus, in the recess yard, in the neighborhood, and at the store.
 - Respond in an appropriate manner to unsafe situations.
- Overview:** Small children have a natural curiosity about body parts. They have lively and vivid imaginations, are growing less self-centered, and are becoming more conscious of others. Their attention span is short-approximately 20 minutes. They build on concrete experiences, love to learn, and are highly inquisitive. However, they rely almost entirely on others to define good and bad for them. Parents and teachers should make every effort to create an environment where children are free to ask questions about life and their own bodies. This early experience of honesty and trust will set the stage for each child’s life-long relationships with significant adults.
- Prayer:** Prayer that teacher is presently working on with the Kindergarten students
- Activity:** Emphasize that a stranger is anyone that you don’t know
- Brainstorm the names of “safe” adults with children. They need more than Mom and Dad. A friend’s mom, teachers, grandparents, a neighbor, etc. Make sure the children can explain why that person would be considered a “safe” adult.

Many children believe that saying “no” to an adult is wrong and they will be punished. Discuss that it is OK to say “no” to ANYONE who frightens him or her with requests that are wrong.

Let the children know that whenever they have a problem, no matter how scary or embarrassing, you and their parents will listen, believe and help. If they share their problems, we can help and protect them from harm.

Discuss:

Define safe and unsafe secrets.

Surprise parties and gifts are safe secrets; they don’t make you feel afraid. Safe secrets eventually are told to someone.

Unsafe secrets often make you feel scared or uncomfortable. Unsafe secrets always should be shared with an adult who will help you.

- **DON’T keep secrets that make you feel uncomfortable or that you think your parents/guardians should know.**
- **Go to a person you trust. (parent, teacher, relative, doctor)**
- **Do everything you can to stay away from the person who scares or threatens you.**

Remember:

Never talk to strangers

Never take candy or other gifts from a stranger.

Don’t keep secrets from your parents- especially if someone asks you to

Your body is your own personal property and nobody else’s business- especially the private parts. (When you’re real little, of course, Mom or Dad may help you with your bath or in the bathroom- and your doctor is in the body business and will have to examine you from time to time, even when you are not little, but mommy or the nurse will be there with you.)

Closing Activity:

Give out drawing paper and have children draw a picture of themselves with a “safe” person. Teacher will label the drawings for the children, if necessary.

Make a bulletin board with the title, “People Who Make Me Feel Safe”

Prayer:

Angel of God

