

**Day 3: Skill-Practice Activity 1***(small group, Objectives 1 and 2)***Materials:** Ways to Stay Safe Poster

1. Explain the activity. **You're going to practice what to do when someone touches you in an unsafe way. You'll use the Ways to Stay Safe to help you.** Refer to the Ways to Stay Safe Poster and say the Ways to Stay Safe together while doing the actions.
2. Tell children the scenario.
3. Point to the first way on the poster and have all children say it together and do the action: **Stop and think: Is it safe? What's the rule?** Call on one or two children to answer. (No. Unsafe touches are never okay.)
4. Point to "Say words that mean no" on the poster and have children say it together and do the action: **Say words that mean no.** Call on one or two children to give examples of what to say. (Stop. Don't touch me.)
5. Point to "Tell a grown-up" on the poster and have children say it together and do the action: **Tell a grown-up.** Call on one or two children to say who they would tell. (The teacher.)
6. Repeat steps 2–5 with each scenario.

**Scenarios****Pretend...**

- **A girl is pinching your arm hard**
- **You and your brother are wrestling, and he's holding you down so it hurts**
- **Your friend is stepping on your toes**
- **Your bigger cousin is pulling your hair**
- **A big kid is hitting you over the head**
- **Your aunt is pulling you hard by your arm**
- **Your friend is pushing you off the swing**

**Day 4: Skill-Practice Activity 2***(large group, Objective 3)*

1. Explain the activity. **You're going to practice saying words that mean no to a touch you don't want.**
2. Model the activity: **Pretend my grandpa is asking me to sit on his lap, but I don't want to. I say, "No, thank you. I don't want to sit on your lap," in a strong, respectful voice.**
3. Repeat the process with each scenario. Have children respond together, or call on children at random to respond.
4. After each scenario, reinforce the tone of voice: **You were saying words that mean no in a strong, respectful voice.**

**Scenarios****Pretend...**

- **Your grandma wants to give you a kiss, but you don't want one**
- **Your big brother is tickling you, and you don't want him to**
- **Your friend is touching the bracelet on your wrist, and you don't like it**
- **Your babysitter is putting her arm around your shoulder, but you don't want her to**

**Day 5**

Read a book related to this week's theme. Go online to [SecondStep.org](http://SecondStep.org) for recommended books, resources, and videos.



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