

Lesson Concepts

- Safe touches help you feel cared for and loved.
- Unsafe touches hurt your body or feelings.
- You can say words that mean no to any kind of touch you don't want.

Key Words

Safe touches, unsafe touches, unwanted touches

Why This Lesson Matters

It is important for students to understand that safe touches are positive, caring touches that enrich our lives, and also what an unsafe touch is, so they can recognize unsafe situations. Unsafe touches are touches that hurt our bodies. This concept is particularly important in teaching students not to participate in unsafe touching with other students.

This lesson also helps students develop the skills to say no to a touch they don't want, whether it is safe or unsafe. Teaching students to be assertive and to refuse any touch that they do not feel comfortable with from anyone will help them ward off negative or sexual advances. It is hard for students to stand up for their right not to be touched, particularly with older members of their family or household. However, perpetrators of child sexual abuse are most likely to be older members of the child's family or household, so students should learn to say no to unwanted touches from them.



Home Link Reminder

Collect the Lesson 2 Home Link, and email or send home the Lesson 3 Home Link.

Using Skills Every Day

Have students ANTICIPATE when they may need to refuse unsafe or unwanted touches at school and how they should refuse them.

Notice when students assertively say no to unsafe or unwanted touches, and REINFORCE the behavior with specific feedback: **Demitriana, I noticed that you were both respectful and firm when you said you did not want to hold hands with Maria. That is being assertive to refuse an unwanted touch.**

- Model saying no to refuse unsafe or unwanted touches.
- Remind students to refuse unsafe or unwanted touches.

Have students REFLECT on when they assertively refused unsafe or unwanted touches at school. **Raise your hand if you used your assertiveness skills today to refuse an unwanted or unsafe touch.** Call on a few students at random to demonstrate what they said to assertively refuse the unsafe or unwanted touch.



Daily Practice

Day 1 Learn It: Teach the lesson.

Day 2 Read It: Point to and read each of the Ways to Stay Safe aloud from the poster with students.

Day 3 Sing It: Sing the "Three Ways to Stay Safe" song with students. Have them do the actions for the Ways to Stay Safe when they hear them.

Day 4 Say It: Before dismissing students for recess or lunch or at the end of the day, have each student say what they would say to refuse an unsafe touch. (Stop. That hurts me.)

Day 5 Write It: Have students write a sentence or paragraph about one time they refused an unwanted touch.