

Personal Body Safety Lessons

During the first semester students in Grades K-5 will be receiving 1-3 lessons about Personal Body Safety. This lessons will be conducted by the school counselor during their regularly schedule guidance lesson time. The purpose of the lessons are as follows:

To help students...

- ▶ learn skills for self-protection and identifying child abuse and neglect;
- ▶ learn skills for asking for help for self and others and practice reporting to a trusted adult;
- ▶ engage in positive and appropriate interactions with peers and adults; and
- ▶ develop knowledge, decision making skills, and behaviors which promote safe living in the home, school, and community

Kindergarten Objectives

Students will be able to...

- ▶ identify which areas of their body are private.
- ▶ understand that they have the right to say who touches their body.
- ▶ identify whether a touch is “safe” or “unsafe/unwanted.”
- ▶ understand how to refuse unsafe/unwanted touches.
- ▶ understand that they should tell an adult about any unsafe/unwanted touch.
- ▶ understand how to tell an adult about any touch that makes them feel uncomfortable/unsafe.

First Grade Objectives

Students will be able to...

- ▶ understand that they should check first with a parent or caregiver before going anywhere.
- ▶ understand that “uh-oh” feelings warn them that they need to ask for help.
- ▶ identify which areas of their bodies are private.
- ▶ understand that they have the right to say who touches their body.
- ▶ identify whether a touch is a “safe” or “unsafe/unwanted” touch.
- ▶ understand how to avoid and refuse unsafe/unwanted touches.
- ▶ identify the difference between good/happy and bad/unsafe secrets.
- ▶ understand that they must tell an adult about any unsafe/unwanted touch or bad/unsafe secrets.
- ▶ identify adults that they can trust and talk to.
- ▶ understand how to tell an adult about anything that makes them feel uncomfortable or unsafe.

Second Grade Objectives

Students will be able to...

- ▶ understand that “uh-oh” or “yucky” feelings are a warning that a situation is unsafe.
- ▶ understand that their body belongs to them and they have the right to say who may touch it.
- ▶ understand how to avoid and refuse unsafe/unwanted touches.
- ▶ understand that unsafe/unwanted touches demanded by another person are not their fault.
- ▶ demonstrate how to tell an adult about any unsafe/unwanted touch, unsafe secrets, tricks, or threats.
- ▶ demonstrate how to tell another adult if an adult you tell about any unsafe/unwanted touches does not help you.
- ▶ identify adults that they can trust to talk to about any uncomfortable/unsafe things.

Third Grade Objectives

Students will be able to...

- ▶ understand that “yucky” or uncomfortable feelings are an indication that a situation is potentially unsafe, that they should leave if possible, and tell a trusted adult about it.
- ▶ tell a trusted adult about any uncomfortable, confusing, scary, manipulative, or dangerous situations they have experienced.
- ▶ recognize that their body belongs to them and they have the right to say when and how someone else can touch it.
- ▶ identify that secrets and/or threats about touching should be told to a trusted adult.
- ▶ recognize that it is not a child's fault if someone touches them inappropriately.
- ▶ understand that sexual abusers may use tricks, bribes, or threats to gain and maintain trust and secrecy.

Fourth Grade Lessons

Students will be able to...

- ▶ recognize and report child abuse.
- ▶ understand why it might be hard to tell a trusted adult.
- ▶ understand that telling a trusted adult can help you to feel better and make the abuse stop.
- ▶ identify ways to tell a trusted adult even when feeling uncomfortable.
- ▶ practice telling trusted adults about unsafe or uncomfortable situations.
- ▶ recognize that adults that abuse children can be people that you know.

Fifth Grade Objectives

Students will be able to...

- ▶ recall and discuss personal rights and when to use personal body safety rules.
- ▶ identify feelings and physical signs associated with unsafe/unwanted touches.
- ▶ identify and discuss neglect, physical abuse, sexual abuse and sexual harassment.
- ▶ identify when secrets should and should not be told.
- ▶ discuss how “listening to your feelings” helps to distinguish between safe and dangerous situations.
- ▶ explore appropriate responses to dangerous situations.
- ▶ recognize that when child abuse or neglect occurs it is not the child’s fault and that it is against the law
- ▶ assess and respond to situations that threaten personal safety identify specific adults and community resources to go to for help.
- ▶ discuss ways to help victims of abuse and/or neglect.