

LESSON SUGGESTION FOR PRIMARY GRADE STUDENTS

Objective: To help children distinguish the difference between good and bad (appropriate or inappropriate) touch. To affirm a child's right to say no to an adult who makes them feel uncomfortable.

Opening Prayer: Use a short prayer or song with gestures that speaks of God's love for all God's creation, especially children.

For example: Psalm 104:24

"O Lord, how wonderful are all your works. In Your wisdom, you have made them all, The Earth is full of Your creatures";

Sing, "He's Got the Whole World in His Hands"



Part I (10 min.): Kinds of Touch and A Child's Right to Privacy

Introduce by saying, "God loves us so much. God created us to be happy. He gave us our bodies. What are some happy things we do with our bodies?" (run, jump, sing, laugh, smell flowers, pet puppies, hug our parents, play, see new faces...)

Touching is something we do with our hands. We give and receive touches. What are some good kinds of touches? Good touches make us happy and comfortable and loved.

What about bad kinds of touches that make us feel sad, confused or uncomfortable? Can you name some of those? (When someone forces you to kiss or touch them, when someone tickles you too much even when you have said "stop" when someone touches you in the private areas of your body).

Review the private areas of our bodies - those covered by a bathing suit. Point out that no one should ever touch those private parts of our bodies. There are exceptions, like when the doctor has to examine us when there is something wrong, or when we need to ask our parents to help us with something. We should try to take care of our own bodies as best we can by ourselves.

Part II (10 min): Learning the Skills to Avoid Bad Touching

Your bodies belong to YOU. Whenever a person bothers you with a bad, "not OK" touch, you can say "NO." Even if it is an adult or someone who is bigger than you, or someone you even love and know well. Let's hear you all say "NO" in a big loud voice. (Have children all say "NO" together).

Now ask them to stand up and this time, say “no” with their voices and their bodies. Show them how to move back and hold up their hand in a stop motion. (Now have all children say “NO” with a hand up and move back)

“After we say “NO” in a big, loud voice and hand motion, what do you think you should do then?”

Answer: Go tell an adult that you trust.

Who are some people you can trust? Name them (parents, catechist, teacher, principal, pastor, nurse, police officer, etc.).

Sometimes a bad touch is scary and you might feel scared to tell someone, but it is important to do that. Remember you can’t get into trouble when you tell someone the truth about a bad touch. When someone touches you that way, it is NEVER your fault. Adults are supposed to keep you safe and need to know when someone made you feel unsafe.

At this point you might want to use the video, “Speak Up, Say No” to reinforce Part II.

(See Annotated Resource List)

As an alternative you might want them to practice saying no in the following scenarios:

- Your older brother tickles you so hard, he makes you cry. He thinks it is fun, but you don’t.
- Your grandpa holds you on his lap and squeezes you so tight that you feel uncomfortable, and doesn’t let you down when you try to get down.
- Your mom’s friend helped you get a wet bathing suit off, and stopped to feel your buttocks and penis. It made you feel scared and uncomfortable.

Part III (5 min.): Closing

End with a prayer about God’s love and protection of us, and make the sign of the cross in blessing on each child’s forehead: “May God bless you and always keep you safe, in the name of the Father, and of the Son and of the Holy Spirit. Amen.”