

Second and Third Grade

Time: One 90-minute session or

Two 45-minute sessions

MATERIALS NEEDED:

- Script
- Opening and Closing Script for All Parish Grade Levels
- Fidget Spinner (if choosing to use “The Trinity Models Relationship” Opening Option)
- Items for activities
 - White board, chalk board, or presentation paper
 - Index cards or popsicle sticks with feelings written on them (one per card/stick):
 - happy
 - sad
 - mad
 - scared
 - surprised
 - **Safety Rules Coloring Sheet**
 - **Hand Worksheet**
 - **Safe People Plate**

GOALS:

Children will be able to:

- Understand that there is a relationship between their Catholic faith and their personal health and well-being (designated by the † in the left column)
- Learn that their bodies are a gift from God
- Learn that God gave them their feelings and about different types of feelings
- Identify the difference between public/private places
- Identify the four private places
- Differentiate between good, bad, and secret touches
- Describe the difference between secrets and surprises
- Identify what to do in a dangerous situation
- Learn that God wants them to be safe and smart in our relationships with others
- Identify the three safety rules: Say No, Get Away, Tell Someone
- Describe characteristics of a safe grown-up
- Identify safe people inside and outside of the home

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<i>Objectives</i>	<i>Notes</i>	<i>Script</i>
	Requires Prep Work	<i>Write five or six feelings on an index card or popsicle stick. Ask for a volunteer to pick one and act out that feeling on the card/popsicle stick. Ask other children to guess the feeling. The child who guesses correctly gets to choose the next one.</i>
		<p>It is very important for you to talk to safe adults or grown-ups about your feelings. When you are feeling sad, angry, or scared, it is important to share those feelings with a safe adult so that he or she can help you.</p> <p>It is important to let safe grown-ups know how you are feeling - not just when you are mad, frustrated, scared, or sad - but also when you are happy, proud, excited, and joyful.</p> <p>The more that you share your feelings, the more that safe adults get to know you and can help you when you need it.</p>
Identify the three safety rules: Say No, Get Away, Tell Someone	<i>Activity:</i> Safety Rules Coloring Sheet	<p>There are other things we need to talk about when we are learning how to keep our bodies safe.</p> <p><i>[Give students Safety Rules Coloring Sheet. Ask children to color.]</i></p> <p>One of the ways we can keep our bodies safe is to know our safety rules. You can use these safety rules anytime someone is hurting you, giving you a bad touch, being mean to you, or making you feel bad.</p> <p>The three safety rules are:</p> <ul style="list-style-type: none"> ● Say, “No!” ● Get away if you can ● Tell someone <p>Telling a safe grown-up is the most important rule. It is important to tell a grown-up, so he or she can help you and keep you safe.</p>
		<p>Ask children to repeat the rules.</p> <p>Say “No!” There are lots of ways to say “No!”</p> <p>Sometimes we need to use a big, loud voice to let the person know we do not like what they are doing, and they need to stop.</p>

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		<p>In some situations, you might not be able to say “No!”, and this is okay. You might be too scared to say it out loud, but you can still say it to yourself. No one has the right to hurt you.</p> <p><i>Get Away</i> Just like there are lots of ways to say “No!” there are also lots of ways to get away.</p> <p>You can walk, run, skip, jog, hop, whatever seems best. Just try your best to get away from any person that is making you feel bad as soon as you can.</p> <p>In some situations, you might not be able to get away and this is okay too. It might not be safe to get away, you might be scared or have no place to go. Get away from the person when it is safe.</p> <p><i>Tell Someone</i> Make sure the person that you tell is a safe adult; someone you know well and trust.</p> <p>Tell someone who that person was and what that person did.</p> <p>Tell someone why you had to say “No!” and why you had to get away.</p> <p>The most important rule is to tell someone as soon as you can. Even if you cannot get away from a person or situation, you can still always choose to tell a safe adult later about what happened.</p> <p>You want to tell a safe grown-up who can help you. It is never too late to tell!</p>
	<p>Optional Activities:</p> <p>Year 1 Presentation</p>	<p><i>[Distribute Hand Worksheet.</i></p> <p><i>Then, ask them to tell you different ways they can say “No!” to any unwanted touch. Write these on a board or large piece of paper.</i></p> <p><i>Then, ask the children to write one example on each finger.]</i></p> <p><i>Examples:</i></p> <ul style="list-style-type: none"> ● <i>No thank you</i> ● <i>You are too close</i> ● <i>I do not want a kiss/hug today</i> ● <i>Get away from me</i>

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	<p>Year 2 Presentation</p>	<ul style="list-style-type: none"> ● <i>I do not like that</i> ● <i>That hurts me</i> <p><i>Remind them to:</i></p> <ul style="list-style-type: none"> ● <i>Say it loudly</i> ● <i>Like they mean it</i> ● <i>With confidence</i> <p><i>Then, ask the children to color the rest of the hand red.</i></p> <p><i>[Distribute Hand Worksheet.</i></p> <p><i>Ask the children to write examples of when they need to say “No!” on each finger. These are times we need to say “No!” loudly and assertively to let the person know they are hurting us or doing something we do not like or feel comfortable with and they need to stop.]</i></p> <p><i>Examples could include:</i></p> <ul style="list-style-type: none"> ● <i>Hitting</i> ● <i>Yelling</i> ● <i>Kicking</i> ● <i>Pulling hair</i> ● <i>Hugging or kissing</i> ● <i>Standing too close</i> ● <i>Hurting us</i> ● <i>Asking to look at or touch your private places</i> ● <i>Asking us to touch someone else’s private places</i> <p><i>Then, ask the children to color the rest of the hand red.</i></p>
<p>Identify the difference between public/private places</p>		<p>We all have two types of places on our bodies: public places and private places.</p> <p>Public places are places that people may touch without asking us for permission first, and that can be okay.</p> <p>Someone may pat you on the back, give you a high-five, or hold your hand.</p> <p>We also have private places on our bodies. Does anyone remember how many private places we all have on our bodies?</p> <p><i>[Note: If a child says “all our places are private”, say:</i></p>

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<p>Identify the four private places</p>		<p><i>“That’s a very good point! We have the right to decide who gets to touch us, and how they touch us. So, if I do not want a kiss or hug from my grandmother, it is okay to say ‘No thanks, Grammy, I do not feel like a hug today.’”]</i></p> <p>But there are places on our bodies that are so special we call them private places.</p> <p style="text-align: center;"><i>OR</i></p> <p>If child says: “Boys have three, and girls have four” (or some variation of this concept), say: “You know, many people think that, but actually, boys and girls have the same number of private places.”</p> <p><u>Everyone</u> has four private places on their bodies. Whether you are a boy, girl, adult, or child, you have four private places.</p> <p>The first is your mouth, the second is your chest. The third and fourth are areas covered by your underwear.</p> <p>Your mouth is a private place because you get to choose who you give a kiss to and who kisses you.</p>
<p>Private Places Rules</p>		<p>Our private places on our bodies are so special, we keep them covered and have two very important rules for them:</p> <ol style="list-style-type: none"> 1. No one should touch your private places. 2. You should not touch anyone else’s private places. <p>There are only two reasons that it might be okay for someone to touch or look at your private places.</p> <p>One reason is to keep you <u>clean</u>.</p> <p>Like when you were a baby, and someone changed your diaper, that person did that to keep you clean.</p> <p>Babies also need someone to wash them so their bodies are clean. Then, as you started growing up, your grown-up helped you in the bathroom or helped you take a bath or shower. That grown-up helped you learn how to clean your body.</p>

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		<p>Now, you may not need that much help because you know how to wash your body. Someone may need to check to make sure you did not miss a spot, or all the shampoo is out of your hair, and that is okay. That person is checking to make sure your body is getting clean the way it needs to get clean until you are old enough to do it by yourself.</p> <p>The second reason it may be okay for someone to touch or look at your private places is to keep you <u>healthy</u>.</p> <p>When you go to the doctor or hospital, someone may have to touch or look at your private places to keep your body healthy. If you have a rash on your bottom, someone might need to look at the rash and put medicine on your bottom. That person needs to make sure you are healthy, make sure you will stay healthy, and make sure you are growing the way you should.</p> <p>You should ALWAYS have a safe grown-up in the room with you when you visit the doctor.</p>
		<p>As we said earlier, if you do not like a touch someone is giving you or do not want that touch, it is okay for you to say no.</p> <p>It is your body, and you decide which touches are okay and which touches are not okay.</p> <p>Let's talk some more about touches.</p>
<p>Differentiate between good, bad, and secret touches</p>	<p style="text-align: center;">†</p>	<p>There are three kinds of touches - good touches, bad touches, and secret touches.</p> <p>Good touches are touches that make us happy. These are touches that we do not mind getting from someone or giving to someone else. These are ways that God has given us to show our love for others!</p> <p>Can you name a touch you like to give or get? <i>[Get three examples. Examples could include hugs, kisses, high fives, pats on the back, or tickles.]</i></p>
		<p>There are also bad touches.</p> <p>Bad touches are touches that may hurt us. They are any kind of touch that we do not want to give to someone or we do not want someone giving to us.</p>

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	†	<p>Can you name a touch you do not like to get and should not give? <i>[Get three examples. Examples could include hitting, kicking, biting, punching or touching your private places.]</i></p> <p>Is this the way that God wants us to treat others? No! God wants us to treat others with kindness and respect.</p> <p><i>[If a child says, “touching your private places”, say: “That is definitely a touch we do not want to give and might not like to get. We have another name for that kind of touch we will talk about in one minute.”]</i></p>
		<p>You can decide which touch is a good touch and which is a bad touch for you. You can even change your mind about a touch.</p> <p>How many of you like to be tickled? Yes, tickling can be lots of fun. But, have you ever been tickled too much? I have been tickled so much that I could not breathe.</p> <p>When that happens, that touch becomes bad because it does not feel good anymore.</p> <p>Is it okay to tell the person to stop? Yes!!</p>
		<p>The next type of touch we are going to talk about is called a secret touch.</p> <p>A secret touch is any touch someone gives you and then tells you to keep it a secret.</p> <p><i>[Note: If someone mentioned touching a private place earlier, say: “Remember when we said touching a private place was a bad touch, and I said we have another name for it? This is it!”]</i></p> <p>A secret touch could be if someone touches your private places, or wants you to touch his or her private places, and does not want you to tell anyone.</p> <p>A secret touch could also be if someone hit you so hard, you had a bruise on your body, and that person said, “You better not tell!”</p>
	Thumbs Up/ Thumbs Down Game	We are going to play a game. Did everyone bring their thumbs today? Can I see them? Great! Can you give me a thumbs up? Awesome! How about a thumbs down? Great!

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	<p><i>Do the first two and then choose one or two from the remaining examples.</i></p>	<p>I am going to give you an example, and you are going to put your thumb up if it is okay. If it is not okay, you put your thumb down. <i>[Demonstrate to ensure children know what to do.]</i></p> <p>Now this is a quiet game which means we are only using our thumbs to give the answers – no talking! Are you ready?</p> <p>1. Susie, who is six years old, goes to the dentist for her check-up. Her mom is with her in the room, and the dentist needs to look at and touch her mouth to make sure her teeth are healthy. Is this an okay touch?</p> <p>Thumbs up if this is an okay touch and thumbs down if it is not an okay touch.</p> <p>Right! Thumbs up because the dentist is making sure she is healthy, and her grown-up is there with her.</p> <p>2. Maria went to her neighbor’s house, and her neighbor touched her private place for no good reason.</p> <p>Thumbs up if that was an okay touch and thumbs down if was not an okay touch.</p> <p>Right! Thumbs Down! It is not okay - whether your neighbor is a grown-up or a child - to touch anyone’s private place unless he or she is keeping you clean or healthy. It would be important for Maria to tell a safe adult about what happened.</p> <p>Very good! Now, let’s try some more difficult examples.</p> <p>3. Josephine fell off her bike and got cuts on her chest and stomach. They were bleeding a lot, so Josephine’s mom took her to the doctor. Her mom was with her in the room, and the doctor needed to look at the cut on her chest. Josephine needed stitches, so the doctor had to touch her chest. Was that an okay touch?</p> <p>Thumbs up if that was an okay touch and thumbs down if it was not an okay touch.</p> <p>Right! Thumbs up because her mom was in the room with her, and the doctor did things to help Josephine get better and be healthy.</p>

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		<p>4. Maria went to her friend Charlie’s house. Charlie’s older brother is often there. Today Maria, Charlie, and his brother were sitting on the couch watching a movie. Charlie’s brother put his arm around Maria. This made Maria feel scared and uncomfortable.</p> <p>Thumbs up if this was an okay touch and thumbs down if this was not an okay touch.</p> <p>Right! Thumbs Down! This was not an okay touch. Maria felt scared and uncomfortable.</p> <p>5. When Frank’s babysitter is leaving his house, she asks Frank for a hug goodbye. Frank loves his babysitter and gives her a hug goodbye.</p> <p>Thumbs up if this is an okay touch, and thumbs down if this is not an okay touch.</p> <p>Right! Thumbs up! This is an okay touch because Frank knows the person and is comfortable hugging her. She also asked Frank for a hug and did not just hug him without asking, and she did not force him to hug her.</p>
<p>Describe the difference between secrets and surprises</p>		<p>Now, we are going to talk about secrets.</p> <p>What is a secret? Right, something you should not tell.</p> <p>Is there a difference between a secret and a surprise? Yes!</p> <ul style="list-style-type: none"> ● Surprises are things that you keep to yourself for a short time. They make you smile and feel happy. Surprises are about something exciting or special you are waiting to share. ● Surprises may also be called good secrets. Surprises are things that you do not mind having or keeping. <p>What are some examples of surprises? <i>[Get two or three examples and reiterate that these examples are kept for a short time and make people happy when they find them out. (i.e. birthday party; gift for someone)]</i></p>

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	†	<ul style="list-style-type: none"> ● Secrets are often about things that make people feel sad, scared, worried, hurt, or uncomfortable. Here comes that “uh-oh” feeling again. ● This is an important reason God gave us feelings! We know when things are not right because we can feel it in our head or our stomach. ● When someone asks or tells you to keep a secret that is hurting you or someone else, or it gives you that “uh-oh” feeling, you must tell a safe grown-up.
	<p>Thumbs Up/ Thumbs Down Game</p> <p><i>Choose a mixture of thumbs up and thumbs down examples.</i></p>	<p>We are going to play another round of our Thumbs Up/Thumbs Down Game.</p> <p>This time, I am going to tell you something, and you are going to decide if it is a secret or a surprise.</p> <p>If it is a surprise, or good secret, put your thumbs up because it is okay to keep.</p> <p>If it is a bad secret, put your thumbs down because it is not okay to keep.</p> <p><i>[Demonstrate to ensure children know what to do.]</i></p> <p>Now this is a quiet game which means we are only using our thumbs to give the answers – no talking! Are you ready?</p>
		<p>1. You got an invitation to your friend’s birthday party, but she does not know about it. Is this a surprise or secret?</p> <p>Thumbs up if this a surprise and thumbs down if this is a secret. Right! Thumbs up; this is a surprise because no one is getting hurt.</p> <p style="text-align: center;">Should you tell? No.</p> <p>2. You are on the bus with your brother. The other kids who sit around him are taking his backpack and throwing it in the back of the bus, and this is the third time it has happened. He tells you not to tell because it will make it worse. Is this a surprise or secret?</p> <p>Thumbs up if this a surprise and thumbs down if this is a secret.</p>

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		<p>Right! Thumbs down; this is a secret. Your brother is being mistreated and needs help.</p> <p style="text-align: center;">Should you tell? Yes!</p> <p>3. You made a special present for your grown-up for her birthday. You must wait until tomorrow to give it to her. Is this a surprise or a secret?</p> <p>Thumbs up if this a surprise and thumbs down if this is a secret.</p> <p>Right! Thumbs up; this is a surprise because no one is getting hurt.</p> <p style="text-align: center;">Should you tell? No.</p> <p>4. Your babysitter wants to take pictures of your private places and tells you not to tell anyone because you will get in big trouble. Is this a surprise or a secret?</p> <p>Thumbs up if this a surprise and thumbs down if this is a secret.</p> <p>Right! Thumbs down; this is a secret. Your babysitter wants to do something that is not okay. You need to say “No!” and tell a safe grown-up as soon as you can.</p> <p>5. Your teacher asks you and another friend to stay in for recess to help decorate the classroom for a surprise party in the afternoon. She asks you not to tell the other students.</p> <p>Is this a surprise or a secret? Thumbs up if this is a surprise and thumbs down if this is a secret.</p> <p>Right! Thumbs up because this is a surprise. No one is getting hurt and soon everyone in the class will know about the party.</p> <p>6. Your bus driver said he would take you to get ice cream after he drops off all the other kids tomorrow. He tells you that you cannot tell anyone because he will get in trouble.</p>

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		<p>Is this a surprise or a secret? Thumbs up if this is a surprise and thumbs down if this is a secret.</p> <p>Right! Thumbs down because this is a secret. You should always check with your parents before going anywhere with someone else.</p> <p>7. Your mom tells you that she is taking you and your little brother to the trampoline park this weekend. She asks you not to tell your brother until it is time to go.</p> <p>Is this a surprise or a secret? Thumbs up if this is a surprise and thumbs down if this is a secret.</p> <p>Right! Thumbs up because this is a surprise. No one is getting hurt and soon your brother will know he is going to the trampoline park.</p> <p>8. Another student takes your snack every day. He tells you not to tell anyone or he will “get you” after school.</p> <p>Is this a surprise or a secret? Thumbs up if this is a surprise and thumbs down if this is a secret.</p> <p>Right! Thumbs down because this is a secret. Someone is taking your snack and you need help.</p> <p>9. Some older kids show you pictures of naked people on a cell phone. They tell you not to tell.</p> <p>Is this a surprise or a secret? Thumbs up if this is a surprise and thumbs down if this is a secret.</p> <p>Right! Thumbs down because this is a secret. Looking at pictures of someone with no clothes on is not okay. It is important you tell a safe grown-up.</p>
<p>Identify what to do if in a dangerous situation</p>		<p>If someone wants to show you pictures that make you feel uncomfortable, scared, or give you the “uh-oh” feeling or if someone wants to touch your private places in a way that makes you feel sad or scared, Say “No!”, Get Away, and what is the third rule? <i>[have the children yell, “Tell Someone!”]</i></p>

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		<p>If anything like this were to happen to you, remember it is not your fault, and it is important to talk about it!</p>
<p>Describe characteristics of a safe person</p>		<p>We have talked a lot today about telling a safe grown-up or adult. Who knows what a safe grown-up is?</p> <p>Safe adults are grown-ups that you know well, trust, and feel safe with.</p> <p>Safe adults are people that:</p> <ul style="list-style-type: none"> ● help you ● you trust ● listen to you ● take care of you ● do not hurt your body ● do not ask you to keep secrets from other safe adults ● do not threaten to hurt you
<p>Identify a safe person inside and outside of the home</p>	<p>Optional Activity</p>	<p>You can have safe adults at home and outside of your house like at school, church, or aftercare.</p> <p><i>[Do optional activity: Safe People Plate</i> <i>Give each person the Safe People Plate Handout.</i> <i>Ask them to list one person in each ring who is a safe person.</i> <i>Remind them:</i></p> <ul style="list-style-type: none"> ● <i>to include adults at home and outside of home</i> ● <i>it must be someone who has the power and ability to help you (over the age of 18)</i> ● <i>YOU are the one who decides who your safe people are</i> ● <i>no one can tell you who goes on your list</i> <p><i>Have everyone share at least one of their safe adults with the class.]</i></p> <p style="text-align: center;">OR</p> <p>Who are some of the safe adults you have? We will go around the room and everyone will tell me one safe person who lives inside their home and one who lives outside their home.</p> <p>Remember:</p>

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		<ul style="list-style-type: none"> ● it must be someone who has the power and ability to help you ● YOU are the one who decides who your safe people are ● no one can tell you who goes on your list <p><i>[If children identify another child, animal or toy, say:</i></p> <p><i>“Remember your safe person has to be a living person who is a grown-up. The person has to be able to get help for you.</i></p> <p><i>Can your dog talk? No! So he or she could not get help for you.</i></p> <p><i>Can your stuffed animal talk? No! So it couldn’t get help for you.</i></p> <p><i>It’s okay to talk to your friend or sibling, but you want, to make sure you also tell an adult too. Your friend can help you talk to that grown-up!”]</i></p> <p>Safe people love to hear that they are your safe people. Be sure to tell them why they are your safe people. Your safe people may change as you get older and that is okay.</p> <p>Your list may change because someone on it may move away.</p> <p>For example, your friend’s mom might be your safe person right now, but if that friend moves away and you do not see that family, your friend’s mom might not be on your list anymore.</p> <p>It does not mean that person is not a good person, it just means that person is not available to talk to and help you.</p> <p>Your list also might change because someone does something that makes you feel scared, unsafe, or uncomfortable.</p> <p>It is okay and important for you to go to another safe person and let him or her know why you no longer want that first person on your safe people list.</p> <p>Remember YOU are the one who decides who your safe people are.</p> <p>If someone does not make you feel safe or does something to hurt your body, it is okay for you to take them off your safe person list. It does not matter what their relationship is to you.</p>

