

## GOOD TOUCH/BAD TOUCH K-2 (TOTAL LESSION TIME 30-35 MINUTES)

TODAY WE ARE TALKING ABOUT TOUCHES AND FEELINGS WE GET FROM TOUCHES. . TALKING ABOUT TOUCHES AND FEELINGS IS VERY IMPORTANT, BECAUSE IT HELPS KEEP US SAFE. IT'S ALL ABOUT PERSONAL SAFETY.

**Feelings** – What does your face look like when you are:

- Sad
- Angry
- Embarrassed
- Afraid
- Ashamed – (like hiding your face?)

Who can tell me what ashamed means? Feeling bad about yourself.

Example: Like when you break a valuable plate by accident and you don't tell.

**Touches** – Good touch for me is \_\_\_\_\_ (touch on the shoulder etc.)

What about for you? (Have class name four touches, e.g. kiss, hug, handshake etc.

Bad touch for me is \_\_\_\_\_ (when someone kicks me).

What about you? (Have class name four touches; e.g. hit pinched slapped, being touched where you are not supposed to etc.).

How many of us like hugs and kisses and touches from people we know and love and trust. Can those be good touches? **Yes**

How about those same kinds of touches from people we don't know or don't like or don't trust, could those be bad touches? **Yes**

So, very important, sometimes it makes a difference who is giving us the touch. Hugs and kisses and touches from people we know and love and trust can be good touches, but those same kinds of touches from people we don't know or love or trust, can be bad touches.

When we get touches we get feelings inside. Good touches give us good feelings, bad touches = feelings that make us feel bad or uncomfortable.

I am going to show you some pictures, you see if you can tell me if these are good touches or bad touches (show first three pictures, little girl on dad's lap, child on mom's lap hugging. Little girl getting tucked in) Ask if they are good touches or bad (**all are good**). Ask them how they can tell. **Answer is that both people in the pictures are smiling and seen to be comfortable with the touch.**

How many of us like being tickled?

How many of us do not like being tickled?

For those of us who like being tickled, is that a good touch or bad touch? **Good touch**

For those of us who do not like being tickled, is that a good touch or bad touch? **Bad touch**

Lets talk about tickling. Lets think about good touches as thumbs up and bad touches thumbs down. Could every put their thumbs up

For those of us who like being tickled, tickling can start out lots of fun. But look, what's happening (start moving your thumbs down) we are getting tickled too long and too hard (thumb continues to go down), It starts to hurt, we start to cry and it gets hard to breath (thumb all the way down). What happened to that touch? **It turned into a bad touch.** Very important sometimes touches like tickling can start out good touches, but they can turn into bad touches.

Show picture of boy being tickled. Is this a good touch or bad touch? Bad touch. How can you tell? **Answer: by the look on the boys face.** Is he having a good time? **No.** Is she having a good time? **Yes.**

Who gets to say if a touch is a good touch or bad touch? Does he get to say or does she get to say? **Answer: he does.** Is he the person getting the touch? **Answer: yes.** Very important, the person getting the touch always gets to say if a touch is a good touch or a bad touch, even if the person giving the touch says it's ok, or it's fun. If you get a touch you don't like what is it. **Answer: bad touch.**

**Names of body parts** –I want to make sure you know the names of private body part (the names a doctor would use.) They are called private parts, because they are private to us. Let me show you a picture (show picture of kids in swimming suits). What are these kids doing? **Answer: swimming.** What are they wearing? **Answer: swimming suits**

This is how you can always remember what your private body parts are; they are the parts of your body you cover with your swimming suit when you go swimming.

Boys and girls have different private body parts, right? That's how we can tell the difference between boys and girls. (You may want to use the example of how doctors can tell the difference when babies are born.)

Boy's private part is called a penis.

Girls have two private parts called breast and vagina.

Both boys and girls have bottoms.

## **SHOW VIDEO: WILLIE/JOEY LEARNS THE TOUCHING RULE**

### **TOUCHING RULE**

What are three things Willie/Joey wanted to be when he grows up? **Answer: firefighter, motorcycle racer, teacher).**

**Did Willie/Joey learn a rule about touching? Yes**

Did he learn that no one should touch our private body parts except to keep us clean or healthy? **Yes.**

Did he learn something about secrets about touching? **Yes**

Did he learn that secrets about touching are not ok? **Yes**

**Review touching rule.**

I am going to show you some pictures. Tell me if this is ok with the touching rule you just learned. (Show picture of children getting bathed, changing babies diaper, at the doctors). Ask if each is ok. **Yes. Because each helps keep us clean and healthy.**

### **TELLING**

Who did Willie/Joey tell when the babysitter tried to break the touching rule.

**Answer: His mom.**

Who could you tell if someone tried to break a touching rule with you. (Have students identify trusted adults they could tell. This could include mom, dad, grandma, grandpa, etc., also teachers and school counselors).

What should you do if the first person you tell doesn't know what to do and doesn't help you? **Answer: you should keep telling until someone helps.** Teachers and school councilors will know what to do and help right away.

Would it ever be your fault if someone tried tied to break a touching rule with you? **No.** If it's not your fault, whose fault is it? **THE PERSON WHO DID THE TOUCHING.**

### **Read "It's My Body"**

You have been good listeners. Give yourself a pat on the back. (a good touch).

Pass out bookmarks and talking tips.