

## LESSON 7

**Note to Presenter:** *Today you will review Lesson 6's concepts. You will teach the children their very own **Body Safety Rule** and help them apply this rule to decide if certain touches of the private parts are OK or Not OK.*

### A. Review Boss of Body Concept, Private Parts, and Appropriate Situations

"Remember last time you learned about your body.

Who is the boss of your body?" (*Praise for saying "Me!"*)

"You also learned about private parts.

What are they?

That's right, they're the special parts of your bodies covered up by your swimsuit or underwear."

*(Review correct terms; penis, vagina, breasts, buttocks)*

"And you learned that those parts of your body are very special and you need to keep them private and special.

But sometimes big people will need to look at them."

"Who are some big people who can touch or look at your private parts?"

*(Remind children it's okay when they need help or when their private parts are sick or hurt).*

1. If your private parts get hurt or sick, it's OK for a doctor, nurse, or parent to touch your private parts.
2. It's OK for parents to touch a baby's private parts to clean them.
3. It's OK for parents to touch a child's private parts if the child needs help cleaning during bath time.

"And is it OK for you to touch your own private parts?"

4. It's OK for kids to touch their own private parts, as long as it's in private.

**DO NOT GO ON UNTIL CHILDREN UNDERSTAND THESE THREE CONCEPTS:**

BOSS OF BODY

PRIVATE PARTS

APPROPRIATE SITUATIONS

*(If any child does not understand, then take some time to review the concepts and pictures.)*

### B. Introduce Body Safety Rule

"OK, so there are some times when people need to touch or look at your private parts (*like if your private parts get hurt*).

But otherwise, it's not OK for anyone to touch or look at your private parts."

"I am going to teach you your very own **body safety rule** today.

I want you to look at me and listen carefully while I say the rule."

[*Say slowly*]

**"IT'S NOT OK (*shake head*) FOR ANYBODY TO TOUCH OR LOOK AT MY PRIVATE PARTS"**

[*Repeat once and then have the children try to say the rule with you*].

### C. Introduce Inappropriate Situations

"You need to remember that rule because there ARE some people who try to touch or look at girls' AND boys' private parts.

Some people do that, even when kids don't need help."

[*Some children ask why someone would break the Body Safety Rule. One way of answering this question is to say, "Some people don't know the Body Safety Rule and some people make mistakes and break the rule. But you know the rule, what is it?"*]

[**Show Picture 30**]

[**Picture 30**]

"It might be a stranger who tries to touch or look at kids' private parts.

But it could also be someone kids know and love who tries to touch their private parts.

It could even be someone in their family, or a neighbor, or even a babysitter."

[**Note to Teacher:** *It is very difficult for a young child to understand that someone they love could hurt them by trying to touch their private parts.*

*Please try to help the children understand that someone they either know (**for example, a babysitter**)*

*or love (**for examples, uncles/aunts, moms/dads, brothers/sisters**) could try to touch their private parts even when they are not hurt,*

*and that this would be WRONG because:*

**IT'S NOT OK FOR ANYBODY TO TOUCH OR LOOK AT MY PRIVATE**

**PARTS** (*unless my private parts are hurt or I need help*)

*Ask them questions about the rule.*

"Is it OK for someone to touch your private parts?"

Is it OK for somebody to look at your private parts?"

Is it OK for somebody to take pictures of your private parts?"

**[Have children say the rule with you.]**

**"IT'S NOT OK FOR ANYBODY TO TOUCH OR LOOK AT MY PRIVATE PARTS"** (*unless they're hurt or I need help*)"

**[repeat the rule again]**

#### **D. Touching Somebody Else's Private Parts is Not OK**

"Do you think other people have private parts?"

Yes, other people have private parts too.

Other people need to follow the body safety rule and keep them private too."

**[Show Picture 31]**

**[Show Picture 31]**

"This person is showing the girl her private parts.

But that's wrong.

Even if they ask you to do that, it's not OK for you to touch somebody else's private parts."

#### **E. OK, Not-OK Game**

"Now let's see how well you've been listening."

*Ask children: (make this into a game by trying to "stump" them)*

1. Is it OK if somebody touches your private parts? [**Praise children for saying NO.**]

"That's right! It's NOT OK, unless your private parts are hurt, or sick or you need help cleaning up.

Then who can touch them?"

2. Is it OK if somebody looks at your private parts? (**NO**)

3. Is it OK if somebody touches your hand? **(YES)**
4. Do other people have private parts? **(YES)**
5. Is it OK for somebody to help you put on your coat *(if you need help)*? **(YES)**
6. If your private parts get hurt or sick, is it OK for a doctor to look at your private parts? **(YES)**
7. What if somebody wants you to touch THEIR private parts?

Is it OK for you to touch a big person's private parts? **(NO)**.

That's right -other people have private parts too, and they need to keep them private.

So you shouldn't touch or look at somebody else's private parts.

***[If any children missed any of the above questions, go back over the stories and make sure she or he understands when it is OK and NOT OK to have another person touch or look at his/her private parts.]***

Repeat the Body Safety Rule. (***"IT'S NOT OK FOR ANYBODY PERSON TO TOUCH OR LOOK AT MY PRIVATE PARTS, unless they're hurt or I need help"***)

**[Show Picture 32]**

## **F. OK and NOT-OK Stories**

***To give children practice in making decisions according to the Body Safety Rule, use the following "what-if" questions with the children:***

What if Daddy is changing the baby's diaper, and he needs to wash the baby's private parts.

Would it be OK for Daddy to touch the' baby's private parts?

***(Praise for saying yes; because the baby is too young to wash his own private parts and needs help)***

**[Show Picture 33]**

**[Picture 33]**

What if Becky's Dad came into her bedroom in the middle of the night and started touching her private parts.

Would it be OK for her Dad to touch her private parts? ***(Praise for saying NO)***

**It's not OK for anybody to touch or look at your private parts, unless your private parts are hurt or sick.**

***If any child says "yes," ask him/her these questions:***

- a. Is Daddy a person?
- b. What's your rule? (***have them repeat the Body Safety Rule***)
- c. So if Daddy is a person, and your rule is that it's not OK for any person to touch or look at your private parts, then would it be OK for Becky's Dad to touch her private parts?

***If child still says "yes," ask child:***

- d. Were Becky's private parts hurt or sick? (***no***)
- e. So, if her private parts weren't hurt or sick, then would it be OK for that person, her Dad, to touch them?

**[Show Picture 34]**

**[Picture 34]**

What if Carlos was playing outside and he had an accident and hurt his private parts.

The nurse, who helps the doctor, wanted to look at his private parts because they were hurt.

She said, "Take off your pants Carlos, I need to look at your private parts."

Would it be OK for the nurse to look at his private parts? (***yes***)

Why is it OK? (***Because they were hurt***)

***(Praise for saying "Yes")***

**Remember, if your private parts get hurt, it's OK for a nurse or a doctor or your parents to look at your private parts, to help your private parts get better)**

**[Show Picture 35]**

**[Picture 35]**

Let me tell you a story about Wanetta.

One day her cousin Rayshawn was visiting

While they were playing with the blocks, Rayshawn said, "Wanetta, will you please take off your blouse so I can look at your breasts (*private parts*)?"

Should Wanetta take off her blouse and let Rayshawn look at her breasts (*private parts*)? (Praise for saying "No")

**Remember, it's not OK for another person to look at your private parts.**

**[Show Picture 36]**

**[Picture 36]**

**Steve & Mr. Silver**

Let me tell you a story about Steve and his neighbor, Mr. Silver.

Mr. Silver had a really neat swimming pool in the back of his house, and he would let some of his special friends come over and swim in it.

One hot day, Mr. Silver asked Steve if he wanted to go swimming.

Steve said "Yes."

They went swimming and had lots of fun.

**[Show Picture 37]**

**[Picture 37]**

When they got out of the water, Mr. Silver asked Steve if he would wipe his back off.

Steve said "Yes," and started drying Mr. Silver off with a towel.

**[Show Picture 38]**

**[Picture 38]**

Then Mr. Silver asked Steve to touch his penis (*private parts*).

Would it be OK for Steve to touch Mr. Silver's penis (*private parts*)? (**NO**)

Even though Mr. Silver was very nice to Steve, it's still not OK for him to break Steve's **Body Safety Rule**.

**[Show Picture 39]**

**[Picture 39]**

What if Kim woke up with a bad dream, and her mom came in and gave her a big hug.

Would it be OK for her mom to give her a hug? (*Praise for saying "Yes"*)

Kim's mom gave her a hug, she didn't touch her private parts.

Hugs are OK.

## **G. Closure**

*Give children lots of praise for doing so well today!!*