

# Safe and Unsafe Touch Outline

## **Laura Scott, CAC Family Advocate**

1. Who we are, where we work
2. Why we are here – SAFETY (Give examples of bike or snow machine helmets/car/seatbelt, winter gear for skiing, hockey, outdoor activities).
3. Talk about SAFE TOUCH and examples (high fives, hand shakes, hugs...)
4. Show pictures of kids with bathing suits. Ask who has gone swimming. Explain the area covered is private. Your body is your own.
5. It's not ok for ANYONE to touch your private parts. Sometimes adults need to change a baby's diaper and help young children get clean, but if ANYTHING feels strange or uncomfortable it's not OK. (*bathing suit covers both front and back*)—compare to private property sign
6. UNSAFE TOUCH: Kicking, pushing, hitting, slapping, pinching anywhere on your body or the private areas your bathing suit covers.
7. Before video ask what the word *uncomfortable* means

## **Kelly Gerlach, CAC Prevention Coordinator**

***Transition: think about the meaning of the words “uncomfortable” and “uh-oh”***

8. SHOW VIDEO SLIDE SHOW My Body is My Own
9. ***Transition after slide show: “We’ve talked about safe and unsafe touch, now we are going to talk about safe and unsafe secrets.”***
10. **Safe Secrets (or surprises) examples**—not telling about birthday or Christmas presents, a surprise party  
**Unsafe Secrets**—ones that make you feel “yucky” or give you that “uh-oh” feeling inside—**question**—“Easy to keep a secret from a stranger (like if someone you don’t know offers you an apple for Halloween and says, ‘don’t tell your parents about this’ or if a stranger offers you a ride,

you know not to take it, right? ***But, can someone you know/trust tell you to keep an unsafe secret?***

**What if**—someone you know, maybe someone your age says, “I want to spend some special time alone together, just you and me. Don’t tell anyone; it’s our special secret.” Do you think that is a safe secret?

11. Talk about keeping an uncomfortable feeling a “secret”. Kids do not have to keep any promise or secret that makes them feel bad inside.

12. ***This is what you do: NO! GO! And TELL!*** (notice exclamation point)

(No (loudly), Go (quickly) Tell (right away, someone you trust)

14. **Laura**—Safe/Unsafe Touch examples with student interaction and feedback

**15. Tell**

- A. Children have the right to say no. Tell – even if the offender is someone you know and/or love or live with, someone your age.
- B. It’s NEVER too late to tell someone about something that makes you uncomfortable even if you don’t do it right away.
- C. Keep telling (maybe a different person, maybe more than once) until someone helps you keep safe and is ready to listen.

**Transition:** Now we’re going to do an activity about the telling part of what you do if someone makes you feel uncomfortable. You all have people in your life you can trust...five fingers, trace hand, etc.

16. **Activity** if time - Kids get paper and pencil. Trace hand on paper. Identify 5 trusted adults, in and out of the home, that they could tell about unsafe touching or something that makes them uncomfortable.

17. **Closure**—Questions from kids

Two things you remember about today

18. Hand out *Safe and Unsafe Touch* coloring books and *My Body is my Own* bookmarks to teachers (they will give to students)

19. Thank you!

