

# MANUAL FOR PERSONAL SAFETY TRAINING

## LESSON 1

### 1. Concept of body:

**Researcher introduces the concept of body.**

**Researcher to group of children:** Let me ask you some questions

- Point your eyes?
- Point your nose?
- Point your mouth?

**Child answers and researcher praises the correct responses**

Ok now tell me where is your body? Where does your body starts? Where does it end?

**Appreciate for correct answers**

“Can you touch the top of your head? (Tap top of head) That’s where your body starts. And where does it end? (Point to toes) That’s right—from the top of your head right down to your toes. Let’s point to our bodies together—from here (touch top of head) to here (run your hands all the way down your body to your toes) is all YOUR body. Your body is **very** special. Because it’s so special, you’re going to learn how to keep your body safe.”

### A. Boss of Body

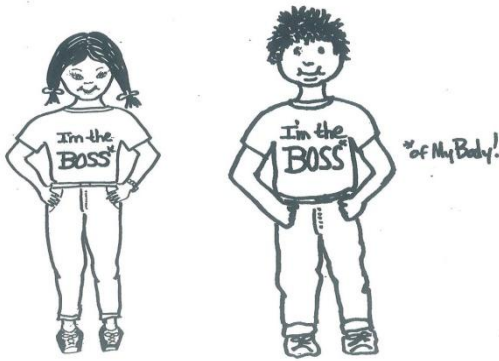
“First, we’re going to talk about bosses. *A boss is a person in charge, or a person who makes the rules.*”

“Who is the boss here at school? (Teacher). That’s right—teachers are the bosses at school. Teachers make the rules you have to follow at school.”

“How ‘bout at home...who is the boss at home? (Mom, Dad, Grandma). That’s right—moms and dads are the bosses at home. They make the rules you have to follow at home, right?”

“Now here’s the tough question. Who is the boss of your body? (Children usually answer “me” although some children say “Jesus” or “God” in which case researcher can say,

“Yes, but who helps Jesus take care of your body?”). That’s right, YOU are the boss of your body.” [Show Picture of children telling I am the boss of my body]



(Ask individual children) “\_\_\_\_, who is the boss of your body?” (Sometimes children like to stand up and point to themselves and say, “I’m the boss of my body!”)

### C. Introduce Topic of Body Safety

“Okay, now because your body is special (Don’t you think your body is special?), we are going to learn some rules to keep your body safe.”

“Because teachers are bosses at school, they make rules that help keep you safe at school. What are some rules we have at school to keep you safe, so you don’t get hurt? [Discuss school safety rules; e.g., “Do you have a rule about running? Why do they ask you not to run in the classroom?”]

“Because your parents are bosses at home, they make rules that help keep you safe at home. What are some rules you follow at home to keep safe, so you don’t get hurt?” [Discuss home safety rules; e.g., does your mom/dad let you run out in the street? Why don’t they let you run out in the street?]

### D. Closure

“In our next lesson we’re going to learn how to keep your body safe.” [Lots of praise for making it through the first lesson!]

## LESSON 2

**Researcher:** Today we are going to learn 2 topics:

1. Poison safety
2. Fire safety

### A. Review Lesson 1

“In our first lesson we learned a lot about keeping your body safe! First we learned that our body starts here (point to top of head) and goes all the way down here (to toes

“And who is the boss of your body? [Praise children for correct responding]”

“Today we’re going to learn some rules about keeping your body safe at home.”

### B. Poison Safety

**[Show Picture a bottle of poison]** “See this picture of bottles? They all say ‘DANGER’ or ‘CAUTION: KEEP OUT OF REACH OF CHILDREN’ or ‘POISON’”



“If you eat or drink poison, it can make you very, very sick. See this picture? **[Show Picture of a child admitted in hospital]** This boy drank from a bottle that said DANGER! POISON! and he had to go to the hospital”



“There are poisons in all homes, even yours. Things that are used to clean the house (like window cleaner or furniture polish) have poison in them. There are things in the basement or garage that have poison in them (like paint, or polish for the car). Even things in the medicine cabinet in the bathroom have poison in them.”

“The important rule about poison is that you NEVER eat, drink, or play with poison. If you find something that says DANGER or CAUTION (point to picture of bottles with these words on them), don’t play with it. Always ask a big person if it is okay before you play with it. A big person will ALWAYS know if something is poison.”



“So our safety rule about poison is this: **NEVER EAT, DRINK, OR PLAY WITH POISON!**” Ask children to repeat this rule.

### **C. Fire Safety**

“So now you know that poisons are not safe and you should not play with them. Now we are going to talk about some other things that are not safe for kids to play with.”

**[Show Picture of matches and lighters]** “Some of those things are matches and lighters. Matches and lighters can hurt you. Matches and lighters have different sizes and shapes”



“They are used for many things. They can light candles and pipes and cigarettes.

“They can light a fire that keeps you warm or cooks your food.”

“But the flame on a match or lighter is very dangerous and hot, so only big people can use matches and lighters, not kids. The rule you need to know about matches and lighters is that if you ever find any matches or lighters, you need to give them to a bigger person.”

“The reason that only big people can use matches or lighters is that the little flame from a match can start a big fire, and fire can burn you.”



“Fire can burn buildings, houses and trees.”

“Matches and lighters are not toys, so you should not play with them. If you find some matches or a lighter, who should you give them to?”

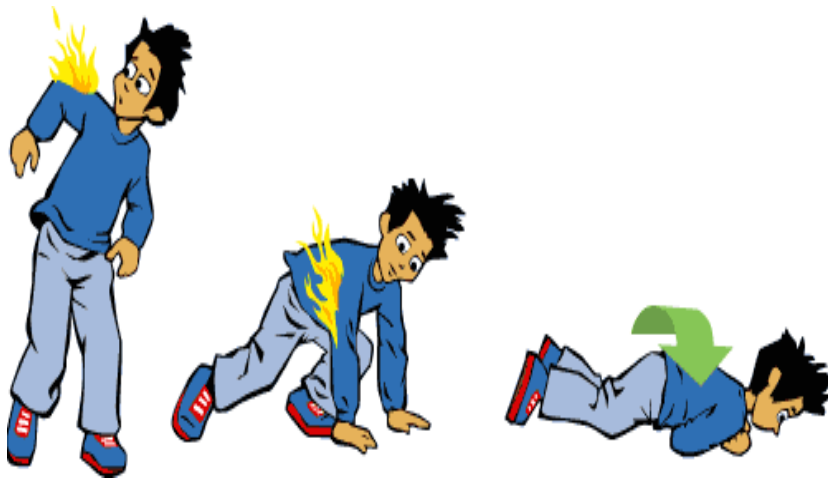
#### **D. Fire Safety in Homes and School**

“Sometimes fires happen accidentally. You need to know what to do if there was ever a big fire near you.”

“If there is ever a fire here at school, teachers will know what to do. The rule that you need to follow, is to keep quiet and listen to your teacher and do what your teacher says. A teacher will help you get out of the building so you won’t get hurt.”

“If there’s a fire in your house, you need to get outside, right away. Don’t run or push, but get outside. Never go back into the house when it is on fire.”

“Sometimes when there is a fire in the house it can burn the clothes you are wearing. If your clothes ever catch on fire, you need to lie down on the floor and roll all over. This will put the fire out so that it doesn’t burn you.”



## F. Review

“Okay, you have learned how to keep your body safe from poisons, and fire. Let’s see how well you’ve been listening.”

“Is it okay to drink poisons?”

“Is it okay to play with matches?”

“If you find a lighter, what should you do with it?”

“Where should you go if our school is on fire?”

“What should you do if your clothes catch on fire?”

[Review any questions that are missed. Praise children for getting the answers correct, and knowing how to keep their bodies safe.]



## LESSON 3

In this lesson, you will learn some rules about being home alone and if you are ever lost in a store.

### A. Home Alone

“Sometimes, your parents have to go away for a little while and you need to be home by yourself. One good rule to know about being home by yourself is that you should always lock all the windows and doors so that no strangers can come inside.”

[Show Picture of a boy closing the door] “What is this boy doing?”



“Sometimes, when kids are home by themselves, people come and knock on the door or ring the doorbell. If someone comes to the door when you are home by yourself, **do not open the door. Keep the door closed, and ask who is there.** If you don’t know the person, tell them that you’re not supposed to open the door and that they should come back later. **Never** let a person you don’t know come inside the house when you are home by yourself.”

“If you’re home alone, and the telephone rings, you can answer it. If the person wants to talk to your mom/dad, ask “Who is this?” If it’s a person you don’t know, tell them your mom/dad can’t come to the phone right now, and get their telephone number so your parents can call them back. Don’t tell the person you’re there all alone.”

“Okay, so let’s review. If you’re home by yourself, should you keep the doors open? If somebody rings the doorbell, should you open the door? If you don’t know the person at the door, should you let them in the house? If the telephone rings, and somebody asks to speak to your mom/dad, what would you say?”

## **B. Lost in a Store**

“Now we’re going to talk about what you should do if you’re somewhere with your mom/dad and you can’t find them. Like if you were at a big store, like [name a favorite store in your area].”

**[Show Picture a child shopping in a store]** “Here’s a picture of Danielle. She was shopping with her father and now she can’t find him. She’s scared and doesn’t know what to do. Let’s see if we can help her.”



Ask children these questions:

1. What should Danielle do? (wait for her father to find her; go ask store clerk)
2. Should Danielle go outside to find her father? (no)
3. Should she ask someone for help? Who? (Tell a store clerk [person who works behind the counter, has a name badge or uniform] or security guard [like a policeman for the store])
4. What should she tell the store clerk? (Her first and last name)

“So what if you were at the grocery store (or mall, or zoo) and you couldn’t find your parent. What would you do?” [Practice different situations with the children, e.g., going on a field trip with the class, and make sure to reinforce safe answers.]

## **C. Closure**

Review today’s lesson and give children lots of encouragement!

## LESSON 4

In this lesson, you will cover safety while travelling in a vehicle and pedestrian safety.

### A. Vehicle Safety

“Now we’re going to talk about how we keep ourselves safe when we are travelling in a vehicle. Since you’re the boss of your body, you’ll need to keep your body safe when it’s in a vehicle.”

**[Show Pictures a child travelling in a bus and a car]** “The most important car safety rule is that you must always buckle your seat belt when riding in a car. Seat belts keep you safe if the car has to stop quickly. They keep you from falling off the seat and getting hurt. So what is the first thing you should do when you get into a car to go somewhere? And why do we need to wear our seat belts?” While you are travelling in any vehicle you are not supposed to put your head and hands outside the vehicle, other vehicles may hit you.



## B. Street Crossing Safety

“There’s another very important body safety rule that I want you to learn today. This rule has to do with crossing the street.”

“It’s very important to know the rules about crossing the street because if you don’t know the rule, you could get hurt very badly.”

**[Show Picture of crossing the road through zebra line]** “There are safe places where it is okay to cross the street. You can cross the road through zebra line. You should see whether vehicles are coming from either side of the road, and if no vehicles are coming you can cross the road. Some signal will be there in some roads; there you can cross when signal comes.”



You should listen and look down the street, BOTH WAYS. We have to look AND listen, because sometimes we can’t hear vehicles coming but if we look we can see them, and sometimes we can’t see vehicles coming but if we listen, then we can hear them. You have to check to see if any vehicles are coming. If there is a vehicle coming, then you must wait until it passes, then look and listen again. When there are no vehicles coming, then it is safe to cross and you can walk across the street to the other side.”

Review the rules:

1. Is it okay to play in the street?
2. If your ball rolls out into the street, is it okay for you to go get it?
3. If your friend wants you to run and play in the street, what should you say? (“No, that’s not safe.”)
4. Where should you cross the street?
5. What should you do before crossing the street?

## LESSON 5

### A. Stranger Safety & Accepting Gifts

“Now we’re going to learn another rule about keeping your body safe when you are outside or away from home. When you’re outside, or away from home, there are all kinds of people that you don’t know, and these people are called strangers. **A stranger is someone you don’t know.** A stranger can be a man or a woman, and can be short, tall, fat, or thin. Strangers are people you don’t know.” [Show Picture of different types of people]



“You do not need to be afraid of strangers, but you do need to follow some rules about them.”

“Sometimes a stranger might want to give you a present, like candy or gum or money or toys. Here’s the first rule about strangers: **Never take anything from a stranger.** If someone wants to give you something, **always ask an adult (mom, dad, grandma) first.** So if someone wants to give you a present, you would say, “I have to ask my (mom, dad) first,” and you should report it to your mom/dad.

### B. Stranger Safety & Accepting Rides

“Sometimes a stranger might want you to get in a car or truck with them. But you must **never** get in a car or truck with a stranger. Here’s the second rule about strangers: **Never get**

**in a car or auto with a stranger.** If a stranger wants you to go somewhere with them, you should say, “I have to ask my (mom, dad) first.” Then get away and tell an adult. Don’t stay there and talk to the person.”



Now let us see the video where a child is waiting for his vehicle in front of the school.

(Video plays):

Now let us see a video:

(Researcher gives instruction to the child) Now we will see a video where a child is waiting for his vehicle in front of the school.

**Video 1 (Practice B in the training video):( video plays):**

**Scene 1: child is waiting for his vehicle in front of the school in the evening**

**Stranger:** Come, Your car won’t come today. I have come to take you to home. I have a special chocolate for you. Come we will go home

**Child:** No thanks/I won’t come. I have to ask my mom/dad – **(definite refusal)**

(Child immediately removes from the situation)- **(definite escape/refusal)**

**Child (reports to mother): (Report person and situation),** mom, when I was waiting for the vehicle in the evening a man/stranger offered me a chocolate. He told he will drop me to home. I told him that I don’t want it. I have to ask my mom/dad.

**Mother:** Very good my child, you should always ask me, before accepting any gift, or chocolate, or a ride from anyone, even from a known person.

You had seen the video no? Now let us act this scene, you will play the role of the child, I will be the stranger, and you should report to your parent.

## **Role play 1**

**Scene 1: Child act as if he/she is waiting for his/her vehicle in front of the school in the evening**

**Stranger (Researcher act as the stranger):** Come, Your car won't come today. I have come to take you to home. I have a special chocolate for you. Come we will go home.

**Now researcher waits for child's response and if he/she responds appropriately praise and if wrong, corrective feedback.**

**Child:** No thanks/I won't come. I have to ask my mom/dad – **(definite refusal)**

(Child immediately removes from the situation)- **(definite escape/refusal)**

**Now researcher instructs the child to report the incident to parent**

**Child (reports to mother/father): (Report person and situation)** Mom/dad, when I was waiting for the vehicle in the evening a man/stranger offered me a chocolate. . He told he will drop me to home. I told I should ask my mom/dad.

**Mother/father:** Very good my child, you should always ask me or dad, before accepting any gift, or chocolate, or ride from any one even from a known person. Well done that you have told me.

## **C. Stranger Safety & Asking for Help**

“Some strangers ask kids to help them. . Big people shouldn't ask kids for help; they should ask other adults. If some adult stranger asks for help you should tell them “I have to ask my mom first.” And you should get away from the person, and go, tell you mom/ dad.”

“So the same rule we learned about accepting gifts and rides works for this, too! If a big person asks you to help them out, whether it's helping them in anything, you should tell them “I have to ask my mom/dad first” then get away and come tell an adult.”

Researcher instructs the child “now let us act a situation where a child is playing in front of the house and a neighbour asks help from the child. I will act as the neighbour, you will play the role of the child”

## **Role play 2**

**Scene 1: Now (name of the child) will act as if you are playing outside home**



**Neighbour (researcher act as a neighbour) to Child:** Come (name of the child) here, can you help me in transferring these boxes inside home?

**Child:** I have to ask my mom/dad – **(definite refusal)**

(Child immediately removes from the situation)- **(definite escape/refusal)**

**Child (reports to mother): (Report person and situation)** Mom, when I was playing in front of the home the neighbour uncle asked me to help him in transferring some boxes to his home. I told I won't come, I should ask my mom/dad

Mother: What you have done is correct my dear, well done, always ask mom/dad before going anywhere.

#### **D. Safe & Unsafe Places**

“There are certain places outside that are safe for you to play, and others that are not safe. One place we've learned about that is NOT safe for you to play in, is the street, right? What might happen if you played out in the street? [get hit by a car]. Because you might get hurt, you shouldn't play out in the street.”

“But there are lots of safe places to play. Where is it safe to play? Right, you could play [in your own yard, in a park, or on a playground].”

**[Show Picture of children playing in a park]** “When you're outside playing, like in a park, make sure to play with a friend. Don't play alone. It's always fun to have a good friend along when you play outside.



“And always tell your (mom/dad) where you’ll be playing. That way, they’ll know where they can find you if they need to.”

“And if you ever need help when you’re outside, remember that a police officer is your friend. Police officers are very good people to go to if you need help or are lost. They can help you.”

**Closure:** Provide lots of verbal encouragement for your students’ progress.

## LESSON 6

### A. Review Boss of Body & Body Safety Rules

“You’ve sure learned a lot about your body. Let’s see how much you remember. Who is the boss of your body? (“Me”; Right!!) And since you’re the boss of your body, you need rules to keep your body safe. What are some of the rules you’ve learned so far?” (Review previous lessons)

### B. Introduce Private Parts Concept

“Today I’m going to teach you another body safety rule. The body safety rule we’re going to learn about is how to keep your private parts safe. But before we talk about that, first you have to know what private parts are.”

**“Private parts are the special parts of your body that are private. Private means it’s all yours and nobody else’s.”**

“Everybody has private parts. We cover them up to keep them private because they’re so special. So private parts are the parts of your body that are covered up by your swimsuit or underwear.”

IF DECIDED TO TEACH THE CORRECT TERMS: [use **anatomically correct dolls**]

(As you point to each area), “The names for girls’ private parts are **breasts** and **vagina**.”—  
“Sometimes we call them by different names, but their real names are breasts and vagina.”]

“Let’s say those names together (point to each area). Girls have **breasts** (can you say that?) and a **vulva**, but most people call it a **vagina** (say it together). Boys have a **penis** (point) and **scrotum** (with the **testes** or **testicles** inside). Can you say those names?”

[use anatomically correct dolls] “They have private parts on the backside, too. The name for this private part is **butt** or sometimes it’s called **buttocks** (or **behind**). Can you say that?”



Review names of private parts.

“We’re going to call these body parts your **private parts**.”

IF DECIDED NOT TO TEACH THE CORRECT TERMS: [Show Picture of children in swimming suits]

Ask children, “Where are these children going? (Swimming) What are they wearing? (Swimsuits) Their swimsuits cover up their private parts. We can’t see their private parts because they have on their swimsuits. If they took their swimsuits off, would we be able to see their private parts?” (Yes)



Have children point out where the private parts are on the children in the pictures. [This is a good time to play the GUESSING GAME—Point to the girl’s feet and say, “Are these her private parts? No? Where are her private parts?”] Give children lots of praise for playing this game and correctly guessing private parts!

#### PROGRAM CONTINUES

As a check on children’s understanding of “private parts,” point to different body parts on the picture including both private and non-private parts and ask, “Is this a private part?”

Review Boss concept (ask, “Who’s the boss at school?”; Who’s the boss at home?”; Who’s the boss of your body? ” )

Review Private Parts concept (ask, “And where are your private parts?”) “What are their names?”

### C. When it's OK for others to touch or look at your private parts

“Because your private parts are so special, you have the right to keep them special and private. But there will be times when it's important to have a big person touch or look at your private parts. For example,

1. **[Show Picture of a mother cleaning private part of a baby]** When you were a baby, Mommy/Daddy had to touch and look at your private parts in order to keep them clean; you couldn't do it because you were too young. That was OK for them to touch your private parts, to help you keep them clean.



2. **[Show Picture of a mother bathing a baby]** Mommy or Daddy might touch your private parts if they are helping you take a bath, or helping you get cleaned up. If you don't need help, you have the right to say, “No thank you, I can do it by myself.”



3. **[Show picture of a doctor and a nurse consulting a child in presence of a parent ]** When you are sick and go see a doctor, sometimes the doctor needs to look at or touch your private parts, to help you get better.



(Point to nurse in the picture) Who's this? It's a nurse, a person who helps the doctor. Sometimes a nurse will need to look at your private parts. That's OK, because a nurse will help your private parts get better."

(Point to parent in the picture) "Who's this? Mom or Dad will be there with you and will give the doctor permission to touch your private parts."



“Some children need to have their temperatures taken in their private parts. Sometimes children have to have medicine put on their private parts. Sometimes moms and dads help the doctor by putting medicine on a kid’s private parts.

So if your private parts get hurt or sick, then it’s OK for doctors, or nurses, or parents to touch or look at your private parts, to help them get better.

Review appropriate touch situations.

**(Researcher gives instructions)** Next we will see a video where child is riding tricycle, fell off and hurt his private part. (Video plays):

**Video 2: Situation 1 in the training video**

**Scene 1: (Child is riding bicycle, fell off, and hurt his/her private parts)**

**Parent:** What happened (name of the child)?

**Child:** I got injured on my private part.

**Parent:** I want to look at your private part. Show me what happened?

**Child:** Yes mom/dad

**(Parent took child to hospital) (Situation 2 in the training video)**

**Parent (to doctor):** My son/daughter fell down from bicycle. He/ She got injured on his/her private part

**Doctor (to child):** I need to look and touch your private part to see what happened .I will



do it in front of your parent. Is that Ok for you?

**Child:** OK doctor

“Ok, now you saw the video. We will play the scene which we saw in the video, I will play the role of the doctor, you will play the role of the child, and your mom/dad will also involve in the play.”

### **Role play 3: Appropriate touch request recognition**

**Scene 1: (Researcher instructs the child to act as if he/she fell down from bicycle and hurt his/her private part)**

**Parent (child’s parent play the role):** What happened (name of the child)?

**Child:** I got injured on my private part.

**Parent:** Come, we will go inside the room I want to look at your private part.

**Parent (to doctor):** My son/daughter fell down from bicycle. He got injured on his/her private part

**Doctor (Researcher act as doctor):** I need to look and touch your private part to see what happened .I will do it in front of your parent. Is that Ok for you?

**Child:** OK doctor

4. **[Show the picture of a child taking bath]** When you clean yourself or go to the bathroom, you need to touch your own private parts. Since you’re the boss of your body and they’re your special parts, it’s always OK for you to touch your private parts as long as you do it in private, when no one is around to see you.



#### REVIEW:

“Is it OK for Mom or Dad to touch a baby’s private parts when they are changing the baby’s diapers?”

“If you need help cleaning your private parts, is it OK for your mom or dad to touch your private parts?”

“If your private parts get hurt or sick, is it OK for a doctor to touch your private parts? What about a nurse?”

“Is it OK for YOU to touch your private parts? Sure, because you are the boss of your body!” you can touch your private parts but in private, not in front of others.

#### **D. Closure**

“Today, you’ve learned about private parts and you’ve learned that they’re special. Next time, you will learn your very own body safety rule to keep your private parts safe.”

Have children clap for how well they did!!

## LESSON 7

### 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.

RESEARCHER CONTINUE REPEATINNG THE SAME CONCEPTS UNTIL CHILDREN UNDERSTAND THESE THREE CONCEPTS: BOSS OF BODY; PRIVATE PARTS; AND 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?”]

“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.”

## **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]** “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.”

1. Is it OK if somebody touches your private parts? [Praise children for saying NO.]  
You say, “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**”)

## **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:

1. **[Show Picture of a father changing diaper of a baby ]** 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)



3. **[Show Picture of a dad touching a girl’s private part while she is sleeping ]** What if Bisha’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 Bisha’s Dad to touch her private parts?

(If child still says “yes,” ask child:

- d. Were Bisha’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?

3.[**Show Picture of a child consulting a doctor and a nurse**] What if Manas 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 Manas, 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)

4. **[Show Picture of a child playing with an adolescent boy]** Let me tell you a story about Banu. One day her cousin Rasheed visited her and while they were playing with the blocks, Rasheed said, “Banu will you please take off your blouse so I can look at your breasts (private parts)?” Should Banu take off her blouse and let Rasheed look at her breasts (private parts)? (Praise for saying “No”; Remember, it’s not OK for another person to look at your private parts)





**5. (Show picture of a boy sitting in the lap of an adult and adult is holding the child's hand and trying to touch his penis)**

Story of Anu and Mr.Babu. Akhil is a small child, he likes Mr.Babu who is his neighbor,he usually goes to Babu's home and play with him. One day when Akhil was playing in Babu's home, Babu asked Akhil to sit in his lap. He holded Akhil's hand ,and with his hand he tried to touch Babu's penis.Even though Mr. Babu was very nice to Akhil, it's still not OK for him to break Akhil's Body Safety Rule.



6. **[Show Picture of a mother hugging a girl child ]** What if Meera 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”: Meera’s mom gave her a hug, she didn’t touch her private parts; hugs are OK)



**F. Closure**

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

## LESSON 8

In this lesson researcher will be teaching children what they can do if they find themselves in a potentially abusive situation. These are presented as *options* for children. They may come up with other solutions. Praise them for good answers. However, if they suggest dangerous behaviors (e.g., “I’d hit him”), then correct them (e.g., “Since they are bigger than you, that’d be dangerous and you might get hurt”), and encourage them to try again.

### Review

Start off by reviewing the names (and location) of private parts. Then, say the Body Safety Rule together (IT’S NOT OK FOR ANYBODY TO TOUCH OR LOOK AT MY PRIVATE PARTS; unless they’re hurt or I need help).

### A. Introduce Self-Protection Skills

“Because you are so important and special (You ARE important and special, right?) and because your body is important and special, today you are going to learn what to do if somebody tries to make you break your Body Safety Rule.”

“Remember, you do NOT have to let a big person touch or look at your private parts, unless your private parts are hurt or sick, and then you need to have someone look at them. If your private parts are hurt, who can look at them?” (Praise your child for correctly answering with Nurse, Doctor, Parents)

### B. Say “NO!”

“If someone tries to get you to break your Body Safety Rule, what can you say to the person?”

“You can say “NO!” in a big voice. Let’s all say “NO!”

“Or you can say “LEAVE ME ALONE!” Let’s all say that. Or “NO, THAT’S BREAKING MY BODY SAFETY RULE!” Let’s say that.

**[Show picture of a child saying NO loudly]** Explain how this child is saying “NO!” in a loud voice.



“If you’re not sure if it’s OK to do what they ask, just say, “I have to go ask my dad/mom or teacher” and then go ask somebody.”

“So, if a somebody tries to touch your private parts, what can you say? [NO!] What if they ask again, what can you say to them this time? (Try to encourage other responses, e.g., “That’s wrong!” or “Leave me alone!”)

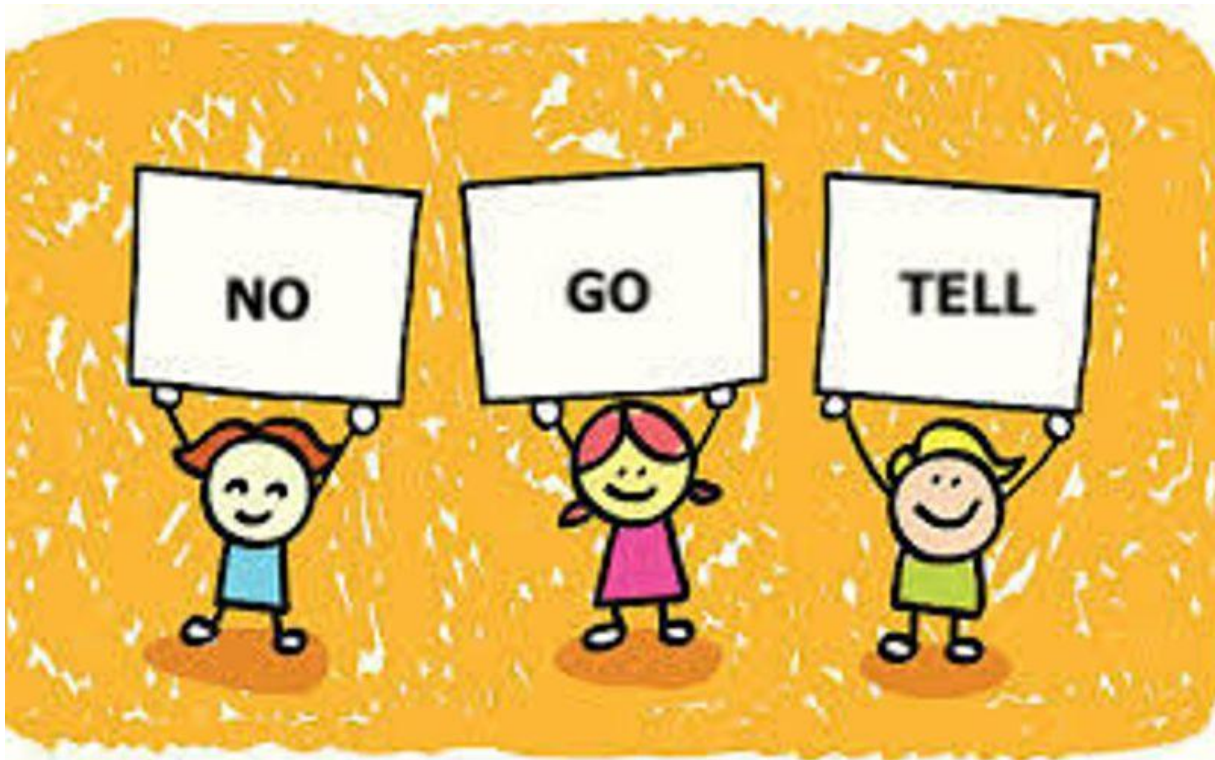
“What if you’re not sure if it’s OK to do what they want; what can you say to the person?” (“I’ve got to ask my mom/dad.”)

### **C. Try to Get Away**

“If somebody is trying to touch or look at your private parts, do you think you should stay there with the person, or should you try to get away? You should try to **GET AWAY** from the person as soon as you can. Go get some help.” [Discuss options for getting away]

“Where could you go?” [Make these options realistic and personal for your children. Mention the names of people they could go to for help.] “You could go home. Or go to a neighbor’s house and ask for help. If you’re at home, you can go to your room and shut the door. But you need to get away from the person. That’s what you should **TRY** to do—get away, and *go get help.*”

“So, if somebody tries to break your Body Safety Rule, should you stay there with the person? [No] What should you try to do?”



#### **D. Tell Someone**

“If somebody tries to break your Body Safety Rule, do you think you should tell someone about what they did? Yes, you need to TELL a grown-up. Don’t keep it a SECRET. If a person is touching or looking at your private parts and says, “Let’s keep this a secret,” don’t do it!

**“Keeping secrets about touching private parts is NOT OK.”**

“What if the big person tries to scare you by saying something like, “I’ll hurt your mom/dad if you tell;” do you think you should tell? Yes, you still need to tell a big person.”

“If anyone ever tries to scare you like that, then you should tell a grown-up right away, so they can help you.”

“So, if somebody makes you break your Body Safety Rule, and then wants you to keep it a secret, should you tell?” [Yes]

“Even if the person touched your private parts before, and you kept it a secret, you should STILL TELL somebody about it.”

*“It’s never too late to tell.”*

### **E. No, Go, Tell!**

“Now you’re going to read some words for me. If a big person tries to look at or touch your private parts, what could you SAY? [No] That’s what this word is. What could you try to DO? [Get away] That’s right, you should GO! And should you tell someone? [Yes] That’s what this word is...TELL.”

Have children repeat, “NO, GO, TELL!” “So if somebody tries to touch your private parts, what can you say? [NO] And what can you try to do? [GO AWAY] And are you going to tell someone?” [YES]

### **F. Who to Tell**

“It’s important to tell a grown-up if somebody’s trying to break your Body Safety Rule. Who can you tell?” [Help children think of other adults to tell; e.g., mother, father, teacher, clergy member, school counselor, principal, neighbor, policeman, fireman, grand parents, parent of a child’s friend]

**[Show pictures of support people; teachers, policeman,]**



## G. Review of Body Safety Skills

“Now let’s see how well you’ve been listening.”

### Tanuj & Mr. venu

A. **[Picture of a child with an adult in bathroom]** “This is a story about Tanuj. Tanuj’s mom and dad both work, so they take Tanuj to preschool. One day, Tanuj was in the bathroom all alone, when Mr.Venu, who works at the school, came into the bathroom and tried to touch Tanuj’s penis (private parts).”

1. Would it be OK for Mr. Venu to touch Tanuj’s penis (private parts)? (Praise “NO” responses—He’d be breaking the Body Safety Rule by touching Tanuj’s private parts)

2. What could Tanuj say to Mr. Venu? (Praise if children say “NO,” or “I have to go ask my teacher.”)



3. What could Tanuj do? (e.g., Get away, go back to classroom. Praise good answers)
4. Should he tell somebody about what happened? (Praise “yes” response)
5. Who could he tell? (Praise good responses, e.g., teacher, mom/dad)



### Leena & Her Dad

**[Show Picture of a dad hugging a small girl ]** “This is a story about Leena. What if Leena didn’t play so well at the baseball game, and after the game his dad came over and gave her a big hug, to try to cheer her up. Would it be OK for his dad to give him a hug?” (Praise for saying “yes”; Leena’s dad gave her a hug, he didn’t touch her private parts; hugs are OK)



### H. Closure

“You have really been thinking hard today and have learned a lot about keeping your private parts safe. Next time we will learn more about body safety so you can keep your body safe.”

“Our bodies are important....Before we end, who can tell me what you can do with your bodies?” (e.g., what can your hands do [clap], your legs do [stand up], your arms do [touch the sky], your feet do [walk back to classroom]).

## LESSON 9

Today first we will review the “No, Go, Tell” skills, plus we will learn the very important (but hard to learn) skill of reporting.

### A. Review

Start off by saying the Body Safety Rule together: **IT’S NOT OK FOR ANYBODY TO TOUCH OR LOOK AT MY PRIVATE PARTS** (unless they’re hurt or I need help)

“But there are some times when you need to let a big person touch or look at your private parts, right?”

1. What if this little girl had an accident and Mommy wants to help clean her private parts. Would it be OK for Mommy to touch the girl’s private parts? (Praise for saying “yes”; because the girl is too young to wash her own private parts and needs help).

#### 2. Linod & His Uncle

**[Picture of boy sitting with an adult and watching TV]** What if Linod is watching TV with his uncle, and his uncle started to touch Linod’s penis (private parts)?

- a. Would it be OK for his uncle to do that?
- b. What could Linod say to his uncle?
- c. Should he stay there with his uncle or try to get away?
- d. Should he tell anyone? Who could he tell?



## **B. Keep Telling**

“Yes, it’s very important to tell a grown-up if someone’s trying to break your Body Safety Rule.”

“But you know what? Sometimes adults don’t always listen to kids or believe what they say. *So if the first person you tell does not believe you, go tell someone else.*”

“So if you tell someone, but the person tries to touch or look at your private parts *again*, then you need to tell another person.”

## **Manu & His Aunt**

“Let me tell you what happened to Manu. Manu’s Aunt tried to touch his penis (private parts) and Manu told his teacher. That was a good thing to do. BUT, you know what happened? Manu’s Aunt tried to touch his penis (private parts) again.”

“Should Manu tell someone else or should he keep it a secret? Yes, Manu should tell another person, like his Grandma or Grandpa or Mom or Dad. Keep telling someone until the big person stops breaking the Body Safety Rule!”

### C. How to Report

“When you do tell a grown-up that someone’s trying to break your Body Safety Rule, you need to tell the person two things:

1. Who did it, and
2. What they tried to do. [Repeat]

Ask children: “What are the two things you need to tell? [1. Who it was; 2. What they tried to do to me]”



## **D. Practice Reporting**

“Now I’m going to read some stories.”

This is a story about Rahul. Sometimes Rahul goes to Mrs. Aneesh’s house while his mom and dad work. Rahul really likes to visit Mrs. Aneesh and play with the other boys and girls who stay there during the day.

Sometimes Mrs. Aneesh’s son will be there. His name is Bavij.

After lunch, all the boys and girls took naps. While they were sleeping, Mrs. Aneesh went into the kitchen to wash the dishes. While Rahul was taking a nap, Bavij came over and tried to touch Rahul’s penis (private parts).

1. Would it be OK for Bavij to touch Rahul’s penis (private parts)? (Praise for “NO” responses – He’d be breaking the Body Safety Rule by touching Rahul’s penis)
2. Should Rahul tell somebody about what happened? (Praise “yes” responses)
3. Who could he tell?
4. Let’s say Rahul decides to tell his dad. What should Rahul say to his dad? [It is very hard for young children to describe past events to another person, so you will need to provide more help on this. Praise children for describing 1. Who it was (Bavij); and 2. What he tried to do (tried to touch Rahul’s penis)]

5. What if Rahul told Mrs. Aneesh, but Bavij tried to touch Rahul’s penis (private parts) again? Should he tell someone else? (Praise “tell someone else”)

## **Yamuna & Mr. Hari**

Here’s a story about Yamuna and her neighbor, Mr. Hari. Sometimes when her mom can’t pick her up from school, Mr. Hari picks her up and Yamuna takes back to his house until her mom comes to take her home. Yamuna likes Mr. Hari a lot. They play really fun games at his house.

But one day he wanted to play a game where they take off their clothes, and touch each other's private parts. He said it'd be OK to play the game.

1. Should Yamuna play this game and let Mr. Hari touch her private parts? (praise "NO" responses) "We know that the Body Safety Rule is, "It's not OK for anybody to touch or look at my private parts (unless they're hurt or I need help). And were they hurt in this story?"
2. What could say to Yamuna Mr. Hari? (e.g., "That's not right!")
3. What if Mr. Hari said, "I'll let you play with my video games if you let me touch your private parts." Should Yamuna let Hari to touch her private parts?

(If child asks, "What kind of games," that indicates she/he is confused as to whether it would be OK for Mr. Hari to look at Yamuna's private parts. You need to remind children of the rule, then emphasize that, "No matter what the person says to get you to break your Body Safety Rule, it's never OK...even if they promise they'll do something special for you.")

4. Should Yamuna stay and play with Mr. Hari? What should she try to do? (Praise good answers; e.g., go upstairs; go into another room, call her mom at work)
5. Should she tell someone? Who?
6. What should Yamuna say to [person named above]? Be sure children include who it was [Mr. Hari] and what he tried to do to Yamuna.

### **E. Never a Child's Fault**

"The most important thing I want you to remember is that it's NEVER your fault if a person touches your private parts. The other person did something wrong, not you. You are NOT bad, and you should still tell.

**[Picture of a child with his grandmother]** (This boy told his grandmother that somebody touched his private parts, and his grandmother was very glad that he told her.)"

“So, if a person touches a kid’s private parts, has the kid been bad? [NO!] Who broke the Body Safety Rule? [The other person]

### **Dina & Cousin Vimal**

Let me tell you about Dina. Dina really likes to visit her grandmother, who lives on a farm. Sometimes her cousin Vimal is there visiting, too.

One day Vimal and Dina were upstairs playing. Vimal took off all his clothes and said that if Dina liked him, then she would touch HIS penis (private parts). Dina really liked Vimal, so she went ahead and touched his penis (private parts).

Then Vimal said, “We need to keep this a secret. If you tell anybody about touching my penis (private parts), I’ll hurt your mom.”

1. Should Dina tell someone? (Praise “yes” responses). “Remember, if another person tries to scare you like that, then you should tell a grown-up so they can help you. NEVER keep a secret about a person touching your private parts or asking you to touch theirs.”
2. Who could Dina tell?
3. What should Dina say to [person named above]? (Praise child’s telling who it was [Vimal] and what he did. Encourage children to give a complete answer, instead of, “I’d tell ‘em what happened.”)
4. Since Dina touched Vimal’s private parts, has she been bad? Is it her fault? (Praise for saying “No!”. Remind children that it’s never a child’s fault when somebody tricks him/her into breaking the Body Safety Rule).

### **F. Review and Closure**

#### **Wahad & His Messy Room**

[Picture of a messy room ] Let me tell you one last story about Wahad. Wahad’s room was very messy. He had toys and clothes laying all over the floor and bed. Wahad decided to clean up his room. He called to his Dad, “Hey Dad, come here and look at my room!”





**[Picture of a daddy hugging a boy ]** When his dad saw how clean his room was, he gave Wahad a great big hug, and told him he was very proud of him.

1. Would it be OK for Wahad's Dad to touch him like that? (Praise "yes" responses; remind children that his dad didn't touch his private parts, so it's OK)
2. Should Wahad say, "NO, don't do that?" (no)
3. Should Wahad try to get away from his dad? (no)
4. Should Wahad tell somebody about what his Dad did? (no)



Lots of praise for how well the children did today!

## **PRACTICE SESSIONS – INAPPROPRIATE TOUCH REQUEST RECOGNITION**

Now let us see a video where a child is playing in front of the house (Video plays):

### **Video 3: Situation 3 in the training video**

#### **Scene 1: (Child is playing in front of his /her house)**

**Neighbour:** Hey (name of the child) come to my home, let's play a real secret game. You take off your clothes and I will take pictures of your private parts with my camera. It will be great fun.

**Child:** I won't do it (**definite refusal**)

I would go tell my mom/dad

(Child immediately removes from the situation)- (**definite escape/refusal**)

**Child (reports to parent): (Report person and situation),** Mom/dad, when I was playing outside, a neighbour asked me to come to his home. He told me to take off my clothes and he will take pictures of my private parts. I told no to him

Mom/dad: Well done dear, I am really proud about you, that you said no, and you told me about this.

Researcher stops the video and instructs the child, now we will act the same situation here, I will be the neighbour, and you will act like the child.

### **Role play 4: Inappropriate touch recognition**

#### **Scene 1: (Child acts as if he/she is playing in front of his/her house)**

**Neighbour (Researcher act as neighbour):** Hey (name of the child) come to my home, let's play a real secret game. You take off your clothes and I will take pictures of your private parts with my camera. It will be great fun.

**Researcher waits for child's response if appropriate response, reinforce, if not corrective feed back**

**Child:** I won't do it. **(Definite refusal)**

I would go tell my mom/dad.

**(Child immediately removes from the situation)- (definite escape/refusal)**

**Now instructs the child to report to parent**

**Child (Reports to parent): (Report person and situation),** Mom/dad, when I was playing outside, a neighbour asked me to come to his home. He told me to take off my clothes and he will take pictures of my private parts. I told him I won't do that, I would tell to my mom/dad

**Parent:** Very good my boy/girl. You have done a good job. Well done that you have told about this to me, keep it up.

Researcher continues the role play till the child learns the correct response.

**Now we will see a video of a child watching TV at home. (Plays the video)**

**Video 4: Inappropriate touch request recognition (Situation 4 in the training video)**

**Scene 1: Child is sitting at home and watching his/her favourite cartoon.**

**Baby sitter/caretaker:** Hey (name of the child) I will let you to watch TV for some more time. But you need to do something for me. Actually you need to touch me here (pointing to private part)on my private part for some time.

**Child: I won't do it (definite refusal)**

**I would go tell my mom/dad**

**(Child immediately removes from the situation)- (definite escape/refusal)**

**Child (reports to parent): (Report person and situation),** Mom/dad my baby sitter wanted me to touch her private parts. She told me she will allow me to watch the cartoon if I do the same. I told that I won't do that.

**Parent:** Well done dear, you have done the right thing, whenever you need any help, you can tell me.

**Now you saw the video. We will play the same scene. I will act as the care taker, you will play the role of the child and your parent also will join with us in this play.**

### **Role play 5: Inappropriate touch request recognition**

**Scene 6: (Researcher instructs the child) now you will act like a child sitting at home and watching your favourite cartoon.**

**Baby sitter/care taker (Researcher act as baby sitter):** Hey (name of the child) I will let you stay up late to watch your favourite cartoon, if you touch my private parts for a little while.

**Researcher waits for child's response. If correct response, praise ,if wrong corrective feed back**

**Child:** I won't do it (**definite refusal**)

I would go tell my mom/dad

(Child immediately removes from the situation)- (**definite escape/refusal**)

**Child (Reports to parent): (Report person and situation),** Mom/dad my baby sitter wanted me to touch her private parts. She told me she will allow me to watch the cartoon if I do the same. I told I won't do that.

**Parent:** Well done dear, you have done the right thing, whenever you need any help you can tell me.

**Next we will see a video where the child is playing in a park.**

**Video 5: In appropriate touch request recognition.(video plays): Situation 5 in the training video**

**Scene 1: (Child is playing in the park)**

**An uncle whom child knows and like:** Hey (name of the child) I will go and buy your favourite ice cream if you take off your pants and let me touch your private parts.

**Child:** I am not going to do it (**definite refusal**)

I would go tell my mom/dad. (Child immediately removes from the situation)- (**definite escape/refusal**)

**Child (reports to parent): (Report person and situation),** Mom/dad, an uncle in the park wanted to touch my private part. He offered me an ice cream if I do it.

**Parent:** Well done dear, you have done the right thing, whenever you need any help you can tell me.

**Now we will act the same scene. You will act as if you are playing in the park and I will be the uncle whom you know and like.**

**Role play 6: In appropriate touch request recognition**

**Scene 1: (Child act as if she/he is playing in the park)**

**An uncle whom child knows and like (Researcher act the role of the uncle):** Hey (name of the child) I will go and buy your favourite ice cream if you take off your pants and let me touch your private parts

**Child:** I am not going to do it (**definite refusal**)

(Child immediately removes from the situation)- (**definite escape/refusal**)

**Child (Reports to parent): (Report person and situation),** Mom/dad, an uncle in the park wanted to touch my private part. He offered me an ice cream if I do it.

Parent: Well done dear, you have done the right thing, whenever you need any help you can tell me

## LESSON 10

This is the last day of the program. It will serve as a review and practice of all the skills.

### A. Review

“You learned a lot last time about keeping your private parts safe, and how to get help if you need it. It’s really important for you to know what to do to keep your private parts safe, because they’re so special!”

“Let’s make sure you know when it’s OK for somebody to touch your private parts. [Review pictures: get hurt; cleaned up; baby; yourself]. Otherwise, what’s your rule?” (**IT’S NOT OK FOR ANYBODY TO TOUCH OR LOOK AT MY PRIVATE PARTS**”).  
[repeat rule]

### B. Practice Body Safety Skills

In order for you to test children’s new skills, read each pretend story about other children, and ask children the questions as provided.

“Now I’m going to read you some stories.”

#### Sumi & Her Uncle Binu

This is a story about Sumi and her Uncle Binu. Sumi likes her Uncle Binu very much. When she visits him, she likes to sit on his lap and he tells her about when he was a boy growing up in village. But one day he asked Sumi if she would take off her blouse so he could look at her breasts (private parts).

1. Should Sumi let Uncle Binu look at her breasts (private parts)? (Praise “NO” responses). We know that the Body Safety Rule is: **IT’S NOT OK FOR ANYBODY TO TOUCH OR LOOK AT MY PRIVATE PARTS** (unless they are hurt or I need help)

2. What could Sumi say to her Uncle Binu? (Praise good answers: “No, that’s not right!”)
3. But what if Uncle Binu said, “I’ll buy you a toy if you let me look at your breasts (private parts)”? Should she let him look at her breasts (Private parts)? (Praise child for saying “no” again). “No matter what the big person says to get you to break your Body Safety Rule, it’s never OK...even if they promise they’ll buy you something special.”
4. What could Sumi do? Praise for good answer (e.g., go into another room, go tell her aunt, go get help)
5. Should Sumi tell someone about what Uncle Binu tried to do? Who?
6. What should she say to [person named above]? (e.g., “Uncle Binu asked me to take off my blouse and he wanted to look at my breasts.”)

### **Lisa & the Doctor**

**[Picture of a young girl consulting a doctor]** Let me tell you a story about Lisa. Lisa’s private parts have been hurting a lot. So Lisa’s mom took her to the doctor. The doctor is checking all the other parts of her body. Then the doctor needs to look at Lisa’s vagina (private parts).



1. Would it be OK for the doctor to look at Lisa’s vagina (private parts)? (Praise “yes” responses. We know that it’s OK for doctors, nurses, or parents to look at a kid’s private parts if their private parts get hurt or are sick.)



The doctor looked at Lisa's vagina (private parts) and said she needed to have medicine put on it (them). The doctor gave Lisa's mom some medicine to take home. When they got home, Lisa's mom said, "Lisa, I need to put some medicine on your vagina (private parts)."

2. Would it be OK for Lisa's mom to touch her vagina (private parts)? (Make sure children understand that if the private parts are hurt/sick, it's OK for Moms/Dads to look at/touch them, to help them get better.)

### **Sherly & Joseph**

Let me tell you about Sherly. Sherly really likes her big cousin, Joseph. They have lots of fun together. One day Sherly's parents were gone and Joseph was babysitting Sherly. They were playing a game.

Then Joseph asked Sherly to come with him into the bedroom. Then Joseph took off all his clothes and said, "Sherly, if you touch my penis (private parts), I'll let you stay up past your bedtime so we can watch movies." Sherly really wanted to stay up late with her cousin, so she went ahead and touched his penis (private parts).

Then Joseph said, "Sherly, we need to keep this a secret. If you tell anybody about touching my penis (private parts), I'll hurt your mom/dad."

1. Should Sherly tell someone? (Praise "yes" responses) Remember: If somebody tries to scare you like that, then you should tell a grown-up so they can help you. Never keep a secret about a person making you touch their private parts."
2. Who should Sherly tell?
3. What should Sherly say to [person named above]? (Praise children's telling who it was [Joseph] and what he did. Encourage children to give a complete answer, instead of, "I'd tell 'em what happened" or "I'd tell 'em who it was and what happened.")
4. Since Sherly touched Joseph's penis (private parts), has she been bad? Is it her fault? (Praise for saying "No." Remind children that it's NEVER a child's fault when another person tricks them into breaking the Body Safety Rule).
5. Explain that Sherly's mom is glad she told. Her mom said, "Sherly, I still love you, no matter what happened."

## Danny & His Mom

[Let me tell you a story about Danny. Danny worked real hard drawing a picture for his mom at school today. When he took the picture home he showed it to his mom, and she really liked it and she gave him a great big hug, and told him she was very proud of him.

1. Would it be OK for Danny's mom to touch him like that? (Praise "yes" responses; remind children that his mom didn't touch his private parts so it's OK)
2. Should Danny say, "No, don't do that!"? (Praise "No" responses)
3. Should Danny get away from his mom? (Praise "No" responses)
4. Should Danny go tell somebody about what his mom did? (Praise "No" responses)

## Ryan & His Baby Sitter

**(Show picture)** This is a picture of Ryan, who is 4 years old. Ryan has a family with a mom and an older brother.



When Ryan gets home from school, a baby sitter comes and stays with Ryan until his mom and brother get home. Mom says somebody Ryan will be old enough to stay home alone, but for now Mom gets a baby sitter.

Mom always tells Ryan, “Mind the baby sitter” and “You better be good while I’m gone.” (You might ask the children, “Does your mom or dad ever say that to you?”)

One day mom left Ryan with a NEW baby sitter named Alex. Alex and Ryan had lots of fun together. They played a game together. But soon it was time for bed. Alex told Ryan to help put away the game. (You might ask the children: “Should Ryan help put away the game?” Yes, his mom would want him to help. Putting away the game is OK. That is something his mom tells him to do, too.)

After he put away the game, Alex told Ryan that he had to take a bath before bedtime, and he went in and got his bath ready.

**[Picture of a boy taking bath]** When he was taking bath, Alex came in and said, “If you let me wash your private parts, I’ll let you stay up late. But we need to keep this OUR secret.” Ask: “Would it be OK for Alex to wash Ryan’s private parts? [Most children will say NO]. Act surprised and ask, “NO? How do you know it’s not OK?” [Some children will identify the secret as being a clue]



“You know that if somebody touches your private parts and wants you to keep it a secret, then they’re breaking the Body Safety Rule. Ryan knows the rule about keeping his body safe. What could Ryan say to Alex?”

Ryan did say “NO” to Alex. He said it really loud. And do you think he should stay there with Alex? No! That’s right. But where could Ryan go? (Praise good answers)

Here’s what Ryan did. He got out of the bathroom and went into his bedroom and shut the door.

Later, his mom came home and Alex left. Ryan was watching TV with his mom. He was thinking about what had happened in the bathroom. He thought he would get in trouble for what Alex did, so he didn’t know if he should tell his mom about what happened. Do you think he should tell his mom? (Praise for saying “yes”)

Ryan didn’t know how to tell his mom. Let’s help him. What could Ryan say to his mom? (help children include: 1) Who it was [Alex]; and 2) What he tried to do [He tried to wash my private parts]

Here’s what Ryan said, “Alex wanted to wash my private parts and he wanted me to keep it a secret. But I said NO to him.”

**[Picture of a mother hugging the child ]** Ryan’s mom was really glad that he said “No” to Alex and that he told him right away. She said, “Ryan, I’m so proud of you. You remembered that it’s not OK for another person to touch or look at your private parts. Even though Alex was very nice to you in a lot of ways, trying to touch your private parts and asking you to keep it a secret was breaking your Body Safety Rule.”



Ask children, “What if Ryan couldn’t get away and Alex touched his private parts? Should he still tell his mom? (Praise “yes” responses.) “Ryan should still tell his mom. It’s NEVER too late to tell.”

Ask class, “Would he be in trouble if Alex touched his private parts? Has he been bad?” (Praise “No” responses.) “It’s NEVER a child’s fault when another person tricks them into breaking the Body Safety Rule. It’s the other person’s fault. They broke the rule.”

### **Review and Closure**

1. Definition of private parts (with anatomically correct terms if comfortable)
2. Who’s the boss of your body?
3. When is it OK for somebody to touch or look at your private parts? (When your private parts get hurt or sick and then it’s OK for doctors, nurses, and parents or when you need help cleaning your body)
4. Is it OK for you to touch your private parts? (Yes, because you’re the boss of your body and those are your special parts)
5. Is it OK for you to touch another person’s private parts?
6. If somebody tries to touch your private parts, what can you say?
7. What can you try to do?
8. Should you tell a grown-up? Who could you tell?
9. If somebody touches your private parts, is it your fault? Have you been bad?