

PRESCHOOL PERSONAL SAFETY

The book, “*Your Body Belongs To You*” or the Obie Puppet is used to introduce discussion of appropriate and inappropriate behaviors, especially hurtful or exploitive touch, and how the child can get help.

TIME REQUIRED: Approximately 30 minutes

OBJECTIVES:

- Students will identify different kinds of touching, recognizing that some are nurturing and some are hurtful or inappropriate
- Students will be able to identify the “private parts” of their bodies and begin to understand that others should not touch their private parts unless there is a really good reason
- Students will begin to recognize their right to refuse touches or other behaviors that hurt or make them feel unsafe, and students will identify adults they can ask for help instead of keeping it a secret

OUTLINE:

1. Warm-up: Song *Head, Shoulders, Knees and Toes*
2. Read book to students or puppet presentation
3. Identification of “private parts”
4. Discussion of personal safety options

MATERIALS:

Book: *Your Body Belongs To You* or Obie Puppet
No, Go, Tell Cards

HANDOUT:

Body Safety Tips

FACILITIES:

Individual classroom with capacity for children to gather around presenter
Chair or presenter