

# KINDERGARTEN PERSONAL SAFETY

The *It's My Body* book is used to introduce discussion of appropriate and inappropriate behaviors, especially uncomfortable 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
3. Identification of “private parts” and discussion of personal safety options
4. Body Circle Activity

## **MATERIALS:**

Book: *It's My Body*  
No, Go, Tell Cards

## **HANDOUT:**

*My Body Belongs to Me Coloring Page, Body Safety Tips*

## **FACILITIES:**

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