

# FIRST GRADE PERSONAL SAFETY

The video, *It's Your Body: You're in Charge!*, is used to introduce discussion about different kinds of touches and the feelings they trigger. The video depicts both healthy and inappropriate or hurtful touching. Students learn refusal skills and to tell trusted adults to get help.

**TIME REQUIRED:** 30-35 minutes

## **OBJECTIVES:**

- Students will recognize and discuss touches that are nurturing and touches that are hurtful or inappropriate
- Students will understand that they can say “no” to touches that they do not like
- Students will identify trusted adults when they need help rather than keeping secrets
- Students will place the blame for the inappropriate behavior on the abuser, not themselves

## **OUTLINE:**

The video is used to open discussion of the different types of touches that children can experience and how they can make one feel. Some make a child feel good and safe; some feel scary and unsafe. Some feel confusing.

Activities include:

1. Through video children will discuss feelings and various kinds of touching
2. Identification of “private parts” and the “touching rule”
3. Closure activity with handout

## **MATERIALS:**

Video: *It's Your Body: You're in Charge!*

## **HANDOUTS:**

*Staying safe*

## **FACILITIES:**

Individual classroom  
DVD player  
White/chalkboard