



# Child Sexual Abuse Prevention: Body Safety & Boundaries Presentation

Last Revised: Oct. 2017

## PRESCHOOL - 2ND GRADE (20-30min)

### **1. You are in charge of your body!**

- a. You get to decide what makes you feel safe, happy, sad, uncomfortable, etc.

### **2. Our bodies give us signals to keep us safe.**

- a. Safe Touch: makes us feel safe, happy, and comfortable
  - i. Ex. hugs, high fives, knuckles, sometimes kisses, etc.
- b. Unsafe Touch: makes us feel sad, hurt, and usually causes pain
  - i. Ex. hitting, scratching, biting, etc.
- c. Confusing Touch: makes us feel confused and uncomfortable
  - i. Ex. when someone touches our private parts
- d. It is NEVER okay for someone to give us an unsafe or confusing touch and it's also not okay to do that to others.

### **3. Confusing Touch**

- a. Our private parts are any part of our body covered by a swim suit.
- b. It is NEVER okay for someone to show us or make us look at their private parts
- c. It is NEVER okay for someone to touch or look at our private parts for no good reason.
  - i. When might it be okay for someone to look at or touch our private parts?
    1. Doctor's visit, changing baby's diaper, helping to give a bath or putting medicine on

### **4. Tricks/Secrets**

- a. We should ALWAYS tell an adult we trust if someone gives us a confusing touch. *Even* if the person is someone we love and care about. *Even* if they tell us it's a secret or that we'll get in trouble. *Even* if they let us break the rules or buy us nice things. Keep telling until someone believes you!
- b. It is NEVER your fault if someone gives you a confusing touch.

### **5. Which type of touch is it?**

- a. Friend gives you a high five, your little sister hits you on purpose, cousin tells you to touch their private parts and keep it a secret, doctor needs to check your private parts to make sure you're healthy, parent gives you a hug and you feel happy, classmate sits on your lap and you feel uncomfortable.

### **6. Show video and discuss**

### **7. Safety Rules**

- a. Say no! Loud!
- b. Get away! As soon as you can!
- c. Tell an adult! Parent, teacher, grandparent, aunt, uncle, counselor, any adult you trust. Keep telling until someone believes you!

### 3RD - 4TH GRADE (30 min)

1. All of the above is mentioned, but a bigger emphasis on Good vs. Bad Secrets. Discussion after video is also included.
2. **Good vs. Bad Secrets**
  - a. Good Secrets: make us feel happy and we usually eventually tell someone
    - i. Ex. surprise birthday party, mom is pregnant, etc.
  - b. Bad Secrets: make us feel sad, uncomfortable, or confused
    - i. Ex. when someone gives us a confusing touch, even if it's someone we trust.

### 5TH- 6TH GRADE (40 min.)

1. All of the above is mentioned (with different scenarios, emphasis on being assertive when someone asks you to do something you're not comfortable with, bullying or taking advantage of you), with the addition of online safety and what to do if a friend is being abused. Discussion after video is also included.
2. **Online Safety**
  - a. We should never give out personal information online, especially to people we've never met.
    - i. Once information is out there, people can use it to hurt us
    - ii. Set your profiles to private
  - b. It's not a good idea to befriend someone you have never met in person, especially if they are telling you to keep it a secret.
  - c. Safety Rules for online safety
    - i. Ignore messages that are inappropriate
    - ii. Leave the website, app, or text where the message was sent
    - iii. Tell a trusted adult
3. **What if a friend tells you they are being abused?**
  - a. Always tell a trusted adult. You will not get in trouble for telling.
  - b. Encourage your friend to tell a trusted adult as well.
  - c. Help them know it is NOT their fault.

Video Descriptions (a preview of the videos can be found at [playitsafe.org](http://playitsafe.org) under "Curriculum")

- ***My Body Belongs to Me (Pre and K)***: A little boy is scared when his uncle touches his private parts. He is brave and tells his parents what happened. (Video stopped after 2 min.) This one is on YouTube: <https://www.youtube.com/watch?v=a-5mdt9YN6I> or search the title on YouTube.
- ***Mae Shares a Secret (1st-2nd grade)***: Mae, who is spending the summer with her Grandpa, shares her secret about her mom's boyfriend who is giving her a confusing touch. (Video about 10 min.)
- ***Chase Steps Up (3rd-4th grade)***: Chase, who loves baseball, is tormented by the secret that someone close to him is abusing him. With the help of his coach, Chase understands he can step up and tell. (Video about 15 min.)
- ***Aiden's Discovery (5th-6th grade)***: Aiden writes a paper about sexual abuse in school and begins to suspect that his best friend may be experiencing abuse by her coach and needs help. (Video about 20 min.)

### Other Information

- Ideally, these presentations are given on a class by class basis. Because of the sensitivity of the subject, assemblies and big groups are not preferred.
- Permission slips are sent out to parents beforehand to give them an opportunity to opt their child out of the presentation and go to a different class during that time. We have a template of a permission slip you can use.
- Contact Jenna Labrum: [jlabrum@utahvalleyfamilysupport.org](mailto:jlabrum@utahvalleyfamilysupport.org), 801-229-1181 or 801-369-9107 with other questions or concerns.