

# PROTECTING MY PERSONAL SPACE IS MY RIGHT!





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**Your uncle came over to play with you and you really love hanging out with him. He starts to tickle you and at first you feel totally safe, but as he keeps tickling you, you can't breathe and you think the tickling is on your private parts. You feel Unsafe. What do you do?**

**Discussion:**

**Tell the students that this is an example of a touch that goes from Safe to Unsafe. Tell them they should use their strong voice and tell their uncle to stop because you don't like it. Your body belongs to you. What do you do if you are confused and unsure about the touch? Always go talk to someone who is your trusted adult.**





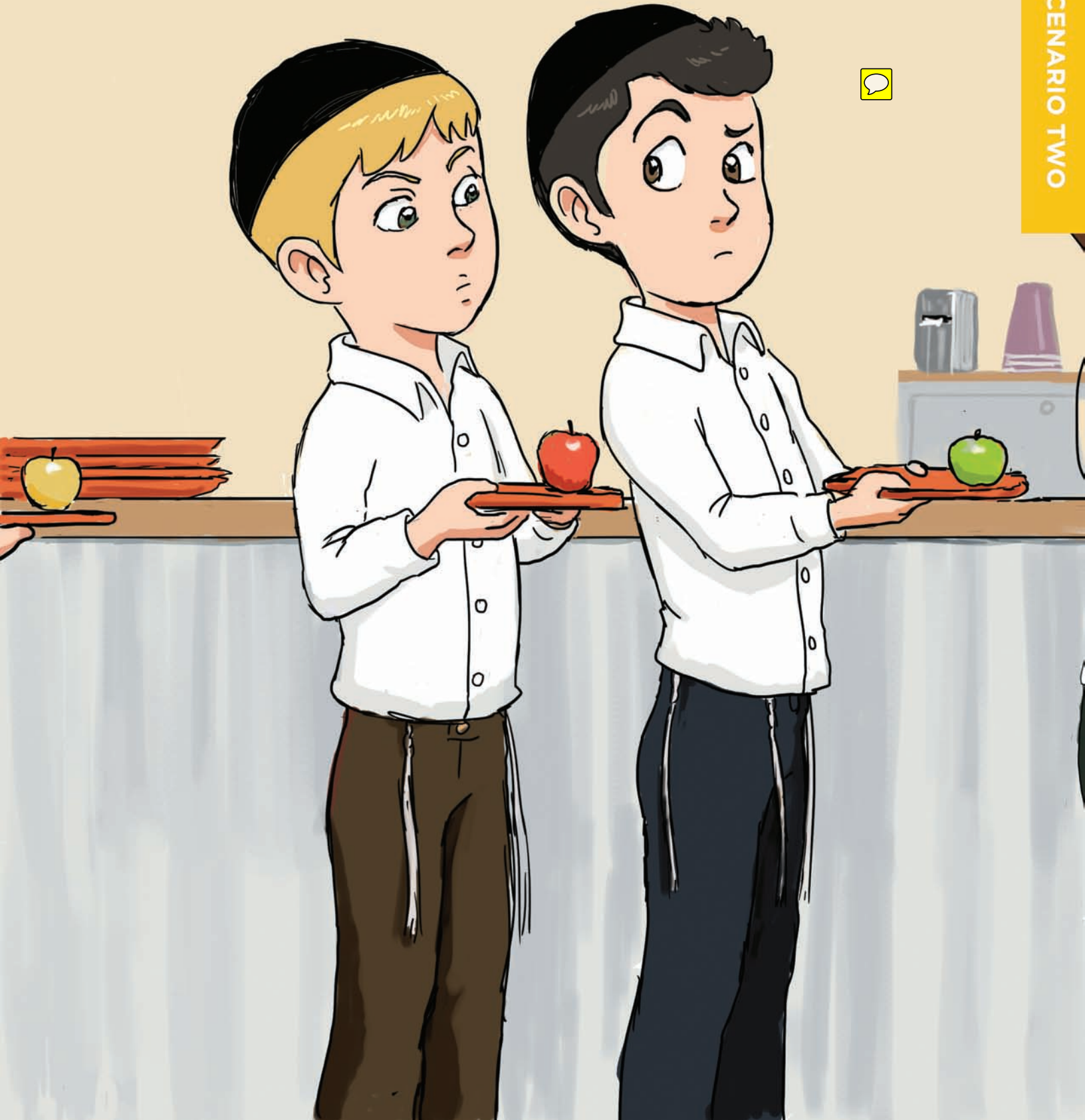


**Your grandmother always pinches your cheeks too hard and says, “Hello darling, I just love to squeeze you.” It really hurts. What do you do?**

**Discussion:**

**Is it okay to say no? Listen to their answers and then let them know it is always okay to say no if they are not comfortable. Remind them that their body is special and belongs to them. The topic of respect will come up. Remind them that they can ask grandma for a high five or a cool handshake instead. Or they can make grandma a card to show her that you love and respect her.**

SANDWICH OF THE DAY - TUN





**You're standing in line for lunch and the person behind you is way too close to you that they are in your personal space and it is making you very uncomfortable. What do you do?**

**Discussion:**

**Nicely say "please back up you are in my personal space." If the person does not move tell the students to find a Grown up in charge to tell in order to get help.**





**Your baseball coach is too rough with you when teaching you a new move. It feels uncomfortable and unsafe. What do you do?**

**Discussion:**

**Tell the students that this is an Unsafe Touch because it makes you feel Unsafe. Ask the children, “what do you do when you feel unsafe?” You tell your trusted adult so they can help keep you safe.**





**You were absent from school for a few days because you were sick. When you come back to class everyone is happy to see you. One girl jumps on you and hugs you and at first it was nice, but then the hug gets super tight and she is squeezing you so hard you almost can't breathe. The girl says she is so happy to see you. You really don't like it. What do you do?**

**Discussion:**

**Tell your students that this is an example of a touch that goes from Safe to Unsafe. Tell the students that the girl should say in a strong voice to please stop hugging you because you don't like it and she is in your personal space. If she does not listen get help from a grown up in charge and make sure to tell a trusted adult.**







**You are having a playdate at your friend's house when he decides to play doctor. He announces that you are the doctor, you should check him, and he starts to show you his body. You feel very uncomfortable and do not want to play this game, but he tells you if you don't he won't play with you anymore. You want him to be your friend so you are confused. What do you do?**

**Discussion:**

**Ask the students what they think they should do? Discuss the fact that even though this boy is not touching you he is still making you very uncomfortable and feel Unsafe. If someone doesn't want to be your friend just because you won't do what they want you to do that is not a friendship you want to have. Find the grown up in charge and tell them and make sure to tell a trusted adult how you felt.**

**Yaakov is feeling confused because he likes being tickled, but this feels different. What should he do?**



- 1. Say “STOP, THAT’S NOT SAFE!”**
- 2. Go and TELL a STAR ADULT on your Safety Star chart.**

**Moshe is feeling very unfomfortable.  
What do you think he should do?**



**1. Say “STOP, THAT’S NOT SAFE!”  
Go and TELL a STAR ADULT on your Safety Star chart.**

**Ayala is sitting on her Zaidy's lap sharing her day.  
How do you think she is feeling?**



Ayala is smiling, which tells us she is feeling happy and comfortable.

Safe Touches not only make us feel comfortable, but are on areas of our bodies that are safe to touch. No one is allowed to touch us by our private parts, the areas covered by a bathing suit.

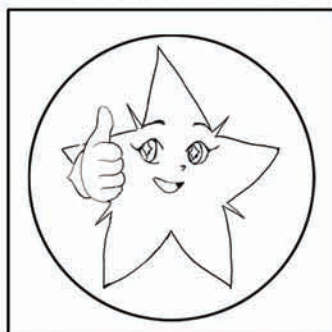
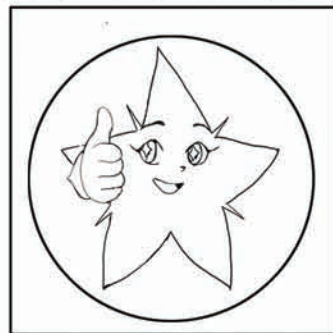
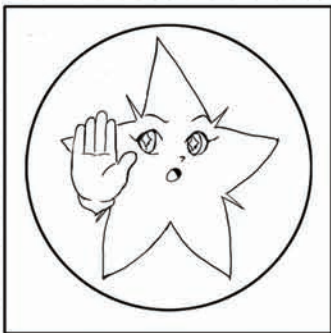
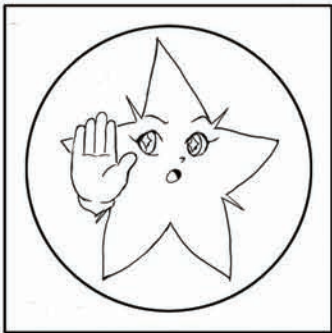
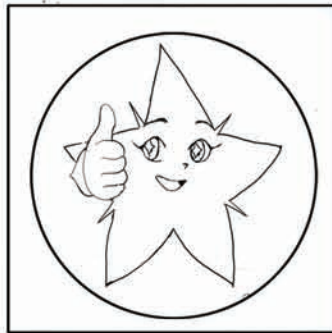
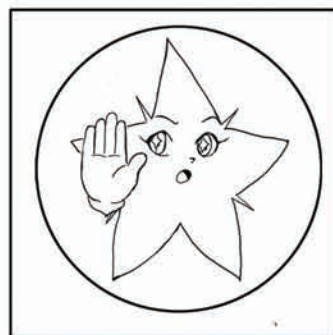
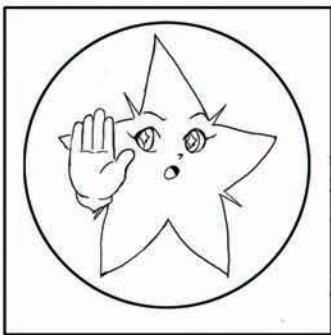
That type of touch is NOT Safe and we must say "STOP, THAT'S NOT SAFE!" and TELL a STAR ADULT on our Safety Star chart.

# The doctor is going to check Daniel's whole body. Is this okay? Why?



This is a **SAFE** touch because the doctor is keeping us healthy and Mommy is in the room, which means this is not a **SECRET**.

Remember if someone want to play doctor it is never okay if it involves checking the private parts of our body. Private parts are **NEVER** a game.



### “MY BODY BELONGS TO ME”

Objective: Children should understand the difference between a safe and unsafe touch. The safety rules are;

1. No one should touch, look at or talk to us about the areas of our bodies covered by a bathing suit
2. When it comes to those areas of our body it is never a game
3. When it comes to those areas it is never a secret
4. We can always say, “STOP, THAT’S NOT SAFE” but even if we are uncomfortable, scared or shy to say that we must always remember to TELL a STAR ADULT on our Safety Star chart.

Instructions: Cut out the pieces along the dotted lines. Turn cards over. Take turns choosing two cards and deciding if it is a match. Discuss each picture and how the child would feel and what the child would need to do (Ex. Rebbe high fiving student. Correct match would be a star thumbs up indicating a SAFE TOUCH). Ask the child how would you feel? Proud, happy, comfortable.. Discuss child coming to share with you their feelings and praise them for a job well done. Please note some pictures may be more difficult to decipher than others. This was done intentionally to allow for further discussion on potential situations that can occur. There is no script, use your own experiences. If you would like more information please visit our website or contact us directly. Good luck! And remember **educated parents are empowered parents.**





# PARENT NEWSLETTER *Lesson #5*

*RULES KEEP US SAFE! WHEN WE USE THEM, WE ARE ALL STARS!*



## PARENT CONNECTION

We recommend you make time to discuss this important and sensitive lesson with your children. If you have not already spoken to your children about their bodies and their right to keep their bodies safe, now is the time!

It is important that children know its ok for them to say NO any time a touch of any kind makes them uncomfortable - they have control over their bodies. Children should not be forced to kiss/hug family members. Even though these are often harmless touches, forcing a child to kiss/hug people when they don't want to sends a message that they are not in control of their own bodies and that adults hold the power. (Brainstorm on a fun handshake so bubby/grandpa won't be insulted). In addition, talk with your child about the differences between safe and unsafe secrets. Keep the lines of communication open and make sure your child knows to come to you if he/she is told to keep a secret from you. Believe your child. Children who feel they can talk to their parents or caregivers about anything are much less susceptible to being victimized by a predator.

In today's lesson your child learned about Safe and Unsafe Touch, body boundaries, and the difference between Safe and Unsafe Secrets.

Your child learned how Safe Touches (such as a welcome hug, an encouraging pat on the back, cuddling with a parent) and Unsafe Touches (any touch that is confusing or hurts, e.g. tickling too hard, pinching cheeks, hitting) make him/her feel.

### **We explained that Safe Touches make us feel:**

**Loved      Happy      Encouraged      Safe**

### **While Unsafe Touches make us feel:**

**Icky      Scared      Confused      Uncomfortable**

Your child also learned that he/she has private parts - areas of the body covered by a bathing suit. NO ONE should touch, look at, or talk to your child about his/her private parts, except at certain times such as when parent/caregiver is giving child a bath or during a doctor visit. Your child was strongly encouraged to tell someone in his/her SAFETY STAR about any touch that makes him/her feel unsafe.

When speaking to your child about this topic, emphasize the fact that even if they did not say NO or STOP if someone tried to touch them, the most important thing is to TELL. Most children will have a very difficult time saying No to an adult or older child and therefore, if they are only told to not let it happen they will assume they are in the wrong and not Tell. If you emphasize that the most important thing is to TELL and you will be so proud of them, there is a better chance for the child disclosing the abuse.

Remember if God forbid a child discloses an abuse to you remain calm. Your initial reaction to a child's healing process is crucial. Tell them, "I am so glad you told me," "you did the right thing," "you are so brave," "I am so sorry this happened to you and I am so proud of you for telling." Then reach out and get the help you need.