



Lesson Plan #4

Laws Help Protect Me My Body Belongs to Me!

Presenter Overview:

Grades 1-2

When children understand what healthy relationships look like, it is easier for them to recognize and report inappropriate and abusive behaviors.

When discussing private parts, best practice dictates using anatomically-correct names, as it promotes positive body image, self-confidence and clear communication. State Health and Education Mandates are increasing requiring schools to teach children proper names for private body parts, **beginning in 1st grade**. **Recommended terms are buttocks, anus, chest, breasts, vulva, vagina, penis and scrotum**. **Depending on your State Health and Education Mandates, these names may be used along with the terms private parts & "Bathing Suit Zone."** (See p. 14, #2)

When talking about children's private parts and/or using anatomically-correct terms, students will most likely need to get the giggles out! Please allow them to do so freely, then guide them back to the lesson at hand.

Children are reassured that abuse is never their fault, and that telling is not tattling - it is asking for help with a safety problem. To prevent false accusations, children learn that it is never okay to make up stories about bullying and sexual abuse. *(This curriculum uses the terms "Abuse" and "Sexual Abuse," which aligns with National Health Education Standards for Grades 1-2.)*

Behavioral Objectives:

- Recognize that rules and laws help protect children.
- Identify what constitutes bullying, cyberbullying and abuse.
- Identify body parts, including private parts.
- Refuse unwanted touching assertively.
- Apply My Body Belongs to Me rule.
- Apply Tell a Trusted Adult rule in response to bullying and abuse.
- Apply Always Tell the Truth rule when reporting bullying and abuse.



Key Points:

- My Body Belongs to Me!
- It is against the law to bully or abuse another person.
- It is against the law for anyone to look at, take pictures/video of, or touch a child's private parts with any part of their body.
- It is against the law to make a child look at, take pictures/video of, or touch another person's private parts with any part of their body.
- Abusers are usually a grown-up or child we know.
- If a child is having thoughts about abusing another child, they can ask a grown-up for help.
- We can tell a Trusted Adult about bullying and abuse.
- Being bullied or abused is NEVER a child's fault.



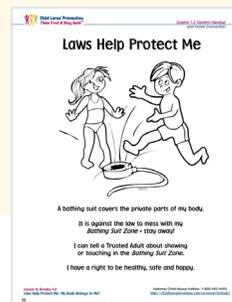
Vocabulary:

Rules, worship, respectful, bullying, cyberbullying, tattling, mistake, appropriate, laws, crime, punish, private parts, property, mistreat, abuser, fault
(Optional but recommended: buttocks, anus, chest, breasts, vulva, vagina, penis, scrotum - see p.14, #2.)



Props and Activities:

1. Class Rules/School Policy Handbook/Bathing Suits (Boy's & Girl's)
2. Grades 1-2 Class PowerPoint; Slides #13-18
3. Class Activity, p. 15
4. Student Handout, *Laws Help Protect Me*, p. 30
5. Recommended Videos: **Belly Breathe with Elmo** and **My Body Belongs to Me**



Student Handout



PowerPoint Slides 13-18

End of Lesson Presenter Checklist

- _____ Review **Lesson Recap** with students.
- _____ Distribute **Student Handout, Laws Help Protect Me** for children to color (p. 30).
- _____ Review and send home with students.
- _____ Grades 1-2: Send **"My Body Parts" Class Activity** worksheet home with students, p. 29.

Teaching Lesson 4

Discussion and Activities



In our last lesson we learned that Child Lures can be used by both grown-ups and kids, with or without using technology. Telling a Trusted Adult about *Stormy Behaviors* and *Child Luring* is not tattling. It is asking for help with our safety.

Today we'll be learning about how rules and laws help keep kids safe.

Part I: Laws Help Protect Me From Bullying

- Do we have rules we must follow at home? At school? During sports? At a place of worship?
Yes.
What happens when we break those rules?
We get in trouble. Sometimes we get punished.
- Do we have rules in our class? *Yes.*
(Point to Class rules, review briefly.)
All schools have rules to help keep everyone healthy and safe. *(Show PowerPoint Slide #13)*
- One of the rules is to be kind and respectful to each other. We know what kind means.
Who can tell us what respectful means?
Being polite with our words and our actions.
So, we always want to treat others how?
With kindness and respect.
- Raise your hand if you can tell us: What is bullying?
When one or more people say or do mean things to another person, usually, more than once.
What are some ways that people bully other people?
Name calling, not letting them play, pushing, hitting, punching, kicking, choking, other.
Who can tell me what cyberbullying is?
Bullying online.
- [Center yourself among students, lower your voice and state the following]:* I've heard that bullying and cyberbullying can happen anywhere, but it's usually done where grown-ups can't see it happening. Is this true? *[Await nods.]* Can anybody name a place where bullying happens, without grown-ups seeing?
School hallways, bathrooms, bus stop, school bus, playground, cafeteria, stairways, other.
Why do you think people who bully or hurt others usually don't want others to see?
They don't want to get caught.
Right, because bullying is against school rules.

Do kids who are caught bullying get punished?
Yes. They also get help to stop the behavior.
- Okay, now let's use our built-in computers again!
Is bullying and cyberbullying showing kindness and respect to others? *No.*
Is bullying/cyberbullying against class and school rules?
Yes.

All bullying is against school rules and also against the law. Laws like these help us stay safe.

- So, who can we tell if someone is being bullied?
Can we tell a teacher or someone at school? *Yes.*
Can we tell parents or another grown-up or Trusted Adult about bullying? *Yes.*
It is an adult's job to help keep kids safe.

Why is it helpful to tell a grown-up if someone is being mean, or hurting you?

The behavior is wrong and needs to be stopped. It probably won't just go away.

Now, let's think really hard with our built-in computers. What if the person who has been hurting you (hitting, punching, kicking) is a grown-up, even a family member or one of your Trusted Adults? What can you do?

Ask another grown-up, or Trusted Adult for help - at school, at home, doctor's office, neighborhood.

Adults have to follow the rules and laws too. Keep telling until a grown-up helps you and stops the hurt.

Some kids say it is tattling, or trying to get someone in trouble, to tell about bullying or being hurt. Is that true?

No.

Telling about Stormy Behaviors is not tattling. It is asking for help with a safety problem.

- How can we help a friend or classmate who has been bullied?
- Tell them you are sorry it happened to them.
- Sit with them in class, and/or at lunch.
- Tell them they matter to you.

Those are great ideas and very helpful to kids who are being bullied or hurt.

- Nobody is perfect. There may be times when we make the mistake of saying or doing unkind things to others. If we do make a mistake, what can we do?

Tell the person "I'm sorry."

Promise it won't happen again.

Suppose we felt like saying or doing something mean to someone. What could we do instead?

If we're mad, take some time to cool off.

Try deep breathing or exercise to blow off steam.

Think about the other person's feelings.

Recommended Video: Belly Breathe with Elmo,
[youtube.com/watch?v=_mZbzDOPyIA](https://www.youtube.com/watch?v=_mZbzDOPyIA) (2:25)
(This musical video is excellent for young children.)

When we treat one another with kindness and respect, we help make the world a better place for everyone.

Part II: Laws Help Protect Me From Abuse

- Just like kids, grown-ups also have rules they must follow. Who can tell me what we call rules for grown-ups? *Laws.*

Teaching Lesson 4, *cont.*

When grown-ups break the law, what is it called?
A crime.

Can grown-ups get punished for crimes? **Yes.**
Everyone needs to follow rules and laws.

2. (Grade 1: Conduct **Class Activity**, in yellow box, p. 15)
Close your eyes and think of the last time you went swimming, ran through a sprinkler or went to a water park. Now open your eyes. (*Show PowerPoint Slide #14*)
Which parts of the body does a bathing suit cover?
The private parts. (Optional: For health and safety reasons, we need to know the correct names of private body parts. All people have a buttocks, anus, chest and breasts; some also have a vulva and vagina, some also have a penis and scrotum.) (Gr 2: Use worksheet, p. 29.)

Some private parts are different on people, so let's call private body parts our *Bathing Suit Zone*.

There are four VERY important things I want to tell you about the **Bathing Suit Zone**:

- ☞ It is against the law for someone to **look at** your *Bathing Suit Zone*. (*See exceptions on #4*)
- ☞ It is against the law for someone to **touch** your *Bathing Suit Zone* with any part of their body.
- ☞ It is against the law for someone to **take pictures/video of** your *Bathing Suit Zone*.
- ☞ It is against the law for someone to **ask or tell you to look at, take pictures/video of, or touch their Bathing Suit Zone** with any part of your body.

3. Let's put that together into a sentence we can all say together: I say it, then you say it: (*Show Slide #15*)
It is against the law (students repeat)
to mess with (students repeat)
my Bathing Suit Zone. Stay away! (repeat)
(Help students repeat this twice, with firm voices.)

To whom does your body belong?

My body belongs to me. It is my private property.

Who is in charge of your body?

Students point to selves & say, "*I am in charge of my body! My Body Belongs to Me!*")

Recommended Video: My Body Belongs to Me,
[youtube.com/embed/a-5mdt9YN6I](https://www.youtube.com/embed/a-5mdt9YN6I) (Stop video at 2:10),
by Jill Starishevsky.

4. There are three reasons why someone may need to see or touch a child's *Bathing Suit Zone* for health reasons. Can anyone think of a health reason?
- 1) *If a child hurts the private parts of their body.*
 - 2) *During a doctor's visit, with Mom/Dad/Guardian*
 - 3) *Help going to the bathroom or with bathing.*

Other than an injury, doctor visit or bathroom help, should anyone be touching us in the *Bathing Suit Zone* or telling us to look at, touch, or take pictures of their private parts?
No.

Does anyone know what these *Stormy Behaviors* are called? (*Show PowerPoint Slide #16*)

Child Abuse. Sexual Abuse. Abuse.

During this program, we will use the word, "abuse."
Could someone we know abuse a child?

Yes. (i.e. Parent, relative, neighbor, teacher)

Could a playmate, cousin or classmate abuse another child? **Yes.** Sometimes kids do abuse other kids.

Let's use our built-in computers to answer this next question: If a child is having thoughts about abusing another child, what can they do? *Ask a grown-up for help.*
Can they ask a parent or another Trusted Adult? **Yes.**
Can they ask a teacher or someone at school? **Yes.**
Grown-ups can help kids to stop having those thoughts.

5. If someone tried to abuse us, what are some things we could say or do? *If possible, get to safety.*
Say: *Stop that, My body belongs to me - stay away!, You're not allowed to do that. Leave me alone.*
Prompt students to say, as a group:
"It is against the law to mess with my Bathing Suit Zone - stay away!"

6. Sometimes, children who have been bullied or abused think they did something to cause it to happen to them, but they did not.

Is there ever a time when a child causes someone to hurt, bully or abuse them? **No.**

That's correct. Abuse is never a child's fault. Please repeat after me: *Abuse is NEVER a child's fault.*

7. Can we tell a Trusted Adult if someone tries to abuse us, or hurt us in any way? **Yes.** (*Show Slide #17*)

Can we tell a Trusted Adult if someone shows us their private parts? **Yes.**

If this happens at home, can we tell a grown-up at school?
Yes.

It's the job of grown-ups to keep kids safe. This is why telling a Trusted Adult is so important. If the first person we tell doesn't help us, can we tell another Trusted Adult or grown-up, at home or at school? **Yes.**
We can tell as many people as needed to get help.

8. Do you think it would be hard to tell about abuse if it's done by someone we know, care about, or even love?
Yes.

I think it would be very difficult too, but **kids have a right to be safe**, so you can tell.

9. Being bullied or abused can make kids feel sad. If a child thinks about hurting their self, can they ask for help from a parent, teacher, doctor or another grown-up? **Yes.**
We can always ask for help with our safety.

