

Archdiocese of Milwaukee

Safeguarding All of God's Family

Religious Education Curriculum

Lesson: First Grade

Concept: Identifies “private and special” body parts and touches which can make a person feel uncomfortable. Follows Grade Specific Religious Education Curriculum concept under Moral Life.

Goals of this lesson: This lesson is designed to assist the child in identifying private and special body parts, to understand safe and unsafe touch and identify ways to keep themselves safe.

Preparation: Copy the handout of the hands attached using red and green paper. Glue one green circle to a popsicle stick and one red circle to the other side.

Teacher: Private and special body parts are any area of the body covered by your bathing suit. Private is something that belongs to one person.

Sometimes it is necessary and alright to for someone else to look at or touch a child’s “private and special” body parts. **Identify times when it might be o.k. to look at or touch a child’s private and special body parts** (cleaning, bathing, health care).

Sometimes it is not o.k. for another person to look at or touch a child’s private and special body parts. **Identify how a child might know that a touch of look is not o.k.** (secrecy, feels scary of confusing).

Know that a person might not always touch the child on his/her private and special body parts to make them feel uncomfortable. They may show pictures or show the child his/her body parts.

Prayer:

Leader: Dear God, I am special and so is my body.

Children: Dear God, I am special and so is my body.

Leader: Dear God, Thank you for giving me the gift of my body.

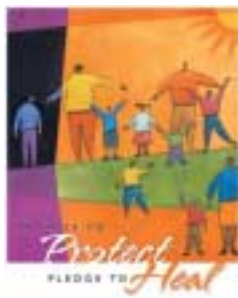
Children: Dear God, Thank you for giving me the gift of my body.

Leader: Dear God, Help me to keep myself and my body safe.

Children: Dear God, Help me to keep myself and my body safe.

All: Amen

Lesson: Distribute the circles to each child. Read the following examples of situations and instruct the children to raise the green circle if the touch feels comfortable and safe and the red one if the touch feels uncomfortable and unsafe. Instruct the children to wait until you are done reading the situation before deciding whether it’s a safe or an unsafe touch. You can have the children create their own situations if time allows.



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1. Your grandmother gives you a quick kiss on your cheek when she comes over to your house for a visit.
2. Your mother holds your hand when you cross the street.
3. In school, a classmate pushes you down on the playground.
4. Your dad pats you on the head and says "good job".
5. Your babysitter says to take off your shirt so he/she can give you a back rub.
6. You are sleeping over at a friend's house and your friend's father wants you to sleep in his bed.
7. You are playing over at your friend's house and your friend's sister wants to go into the bathroom with you and touches your private parts.
8. You are sitting on the couch with your mom and dad and they put their arms around your shoulders.

Teacher Read: You are touched by many adults. Remember, it's your body. If someone tries to touch your private parts, it's NOT OK, and you need to tell someone.

Ask the children what they can do if they receive an "unsafe/uncomfortable touch from another person". It is important to help them identify that a way to stay safe is to tell someone if an unsafe/uncomfortable touch happens. Children should keep telling until someone believes them.

With your help, have the children identify and write down three adults they can go to if they have experienced an unsafe/uncomfortable touch.