



Diocese of Joliet

Safe Environment for Children Touching Safety Instruction

Grades 1-4 – using *I Am the Boss of My Body*

INTRODUCTION (Before the video):

Hello, children. Today we are going to see a video about how you can keep your body safe by taking charge. I hope that you will like what you see and that this movie will help you stay safe.

First, let us hear and think about what God says:

A reading from the Prophet Isaiah:

(Read aloud from a Bible – Isaiah 43:1)

Let us pray.... Dear God,

You made each one of us, and we know that you love us.

Each of us can truly say: "I am special.

God has called me by name and I belong to God."

Help us learn today how to keep ourselves safe.

We ask this in Jesus' name, Amen.

After the Video:

So, are YOU the boss of YOUR body? What did you learn from the video that was new or surprising? Let's review:

- Did you know there are times you can be strong and say "no" to someone bigger and older than you, especially when they might try to touch you in a way that confuses you or makes you feel funny.?
- There are many touches that are safe and good – like hugs from friends or family, or the touch of a doctor to keep us healthy. Some touches, though, are unsafe or confusing. These include touches on a person's private body parts, the parts covered by your bathing suit, as we saw in the video.

If someone tries to touch you in an unsafe or unwanted way:

- Say "no" or words that mean "no."
- Run away.
- Tell an adult. Don't keep secrets about touching.
- Always tell about a touching problem even if it has gone on for a long time.
- Keep telling until someone believes you.
- Who are some people you might tell? Can you name them?

AFTER DISCUSSION:

Thank you for talking about this today. Let's thank God for helping us learn to stay safe.

Dear God, You care about us so much that you send us people to help us.

Keep us safe in all we do and protect us and the people we love from harm.

We ask this through your Son, Jesus Christ, Amen.