



Diocese of Joliet

Safe Environment for Children Touching Safety Instruction

Pre-K and Kindergarten - using *It's My Body*

INTRODUCTION (Before the book):

Hello, children. How many of you have a body? Of course, you all do! Do you know that God made your body? Do you know that your body belongs to you? Today we are going to talk about times when it's OK and when it's not OK to share your body.

First, let's ask God to be with us today.

Dear God, thank you for making us so special.

Help us remember that we belong to you

and that you want us always to take care of our bodies.

Help us learn today how to keep ourselves safe.

We ask this in Jesus' name, Amen.

AFTER THE BOOK:

So, boys and girls – what did you learn from our book? Let's review:

Is a hug a good time to share your body?

How about when someone wants to touch you and you feel uncomfortable?

Did you know that some parts of your body are private? These are the parts covered by your swimming suit. No one should touch those parts of your body except to keep you clean and healthy.

What should you say if you don't want someone to touch you? (No!)

What should you say if someone wants you to touch them and you don't like it? (No!)

Good! You are so right. And if someone tries to touch you and you don't like it, you should tell your mom or your dad or one of your teachers or another trusted adult. Don't ever keep secrets about touching. Now let's thank Jesus for helping us today:

Dear Jesus,

When you were here on earth, you were a little child too.

Your parents, Mary and Joseph, helped keep you safe and helped you grow up strong.

Please help us grow up safe and strong.

Protect us from anything that might hurt or frighten us.

We know you are always there.

Thank you, Jesus, for loving all children.

Thank you, Jesus, for loving me. Amen.