



Diocese of Joliet

## Safe Environment for Children Touching Safety Instruction

### INTRODUCTIONS AND PRAYERS FOR INSTRUCTIONAL SESSIONS

#### GRADES 4- 6 – VIDEO – “WHEN SHOULD YOU TELL?”

**WELCOME:** Today we are going to talk about what to do if someone tries to touch you in ways that are confusing and not safe. We in your school/religious education program and parish want you to be safe because we care about you. This is very important.

God wants you to be safe, too, so before we begin, let's pray for God to be with us today.

#### **OPENING PRAYER:**

*Have someone read aloud from a Bible: 1 Corinthians 3:16-17*

Let us pray.... (short silence)

God, you have made each of us to be a temple for your Spirit,

And we know that we are precious in your eyes.

Be with us today--

Open our ears to hear what you wish us to know

Open our eyes to see what you wish to show us

Open our hearts to your love and the love of our parish (school) community.

Help us always to look out not only for our own safety,

but for the safety of friends, family members

and of people who are afraid or unsure what to do.

We ask this through Jesus Christ our Lord, Amen.

#### **INTRODUCTION TO THE VIDEO**

Has anyone every made you feel uncomfortable? Sometimes people may treat our bodies in ways that can confuse or upset us. This can happen when someone stands too close to you or when they tickle you or wrestle with you and will not stop. When this happens, you may feel angry, confused or resentful.

Some people might even touch us in ways they should not, on our private body parts. Those are the parts covered by your bathing suit. Let's watch a girl named Karen in our video today tell her story about touching and how it made her feel, and how she finally was helped to understand what to do.

#### **AFTER THE VIDEO**

So, what do you think about what happened to Karen?

Why do you think she was confused about what to do?

What made her feel safe to tell someone?

There are many ways we can be touched that are safe and good – like hugs from friends or family, or the touch of a doctor or nurse to keep us healthy. Then, there are touches that are unsafe or confusing. These include touches on a person’s private body parts. These are the parts covered by your bathing suit.

- Did you know that there are parts of the body that no one else should touch except to keep you clean and healthy?
- When someone touches your body in a way that makes you feel uneasy or touches your private body parts (those covered by a bathing suit) it is wrong. And it is not your fault.
- If someone touched or tried to touch you in a way that made you uncomfortable or confused, would you tell someone you trust?

Why is it important to tell a safe adult if we are touched in an unsafe way? Who are some people you might tell?

It is also important to tell if someone you know is being touched in an unsafe way, especially if he or she is younger than you are. Maybe that person is afraid to tell or does not know how to tell. Jesus asked us to love and to take care of each other, so we should not be afraid to help that person to tell.

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

- Say “no” or words that mean “no.”
- Yell, kick, make a scene.
- Walk or run away.
- Be “gross” – pretend to be sick, spit, burp, throw up or tell them you have lice.
- Distract them: tell them someone is coming, that you have to leave, change the subject, or, if you are watching TV, change the channel.
- Use “borrowed protection” – “My (mom, dad, or teacher) says you’re not supposed to do that”.

If someone has tried to touch or has touched you:

- 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 and does something about it.

What have you learned today that was new or surprising?

#### **AFTER DISCUSSION:**

Let us pray.... (short silence)

Dear God

Today we learned how to be strong for ourselves  
in order to keep ourselves safe.

Help us stand up for ourselves

and for others who may be too young or confused to tell.

Give us the wisdom to know when it is important to say what we don’t want,  
and the faithfulness to do everything in You.

We ask this in the name of Jesus, Amen.