

Little Bear (PreK-1st grade)

I. Introduction

A. My name is _____

I am going to be with you for about THIS much time.

Before I begin I want to talk about a few rules of the room.

POSTER (eyes on me, mouths closed, ears listening, raising hands for questions).

I live in Cedar Rapids and I work at St. Luke's Hospital. (Show of hands how many children have heard of St. Luke's).

In St. Luke's Hospital, I work at a place called the Child Protection Center. I talk with children about how to keep themselves safe.

I'd like someone to raise their hands and tell me what kind of safety rules you've learned at home or at school.

1. fire safety
2. car safety
3. look both ways when you cross the street.

B. What I talk to you about are other ways to keep your bodies safe b/c you are the boss of your own body and you get to say who can and can't touch your body.

C. In order to do that, I talk to kids about the different kinds of touches we can have on our bodies.

1. When I say touch, I mean a touch on the skin or on the clothes from a different person.
2. There are three kinds of touches we can have on our body.

D. The first kind of a touch is called a good touch. A good touch makes us feel happy and comfortable and safe and loved.

E. What are some good touches?

1. holding hands
2. kisses
3. hugs
4. pats on the back
5. pushes on the swing
6. high five

- F. The second kind of a touch is called a bad touch. These touches make us feel sad, angry, afraid, or hurt (sometimes if we get a bad touch on our body we might get a bruise or a scrape because of it).
- G. What are some bad touches?
1. hit
 2. slap
 3. pinch
 4. kick
 5. bite
- H. The third kind of a touch is called a secret touch.
1. A secret touch can make you feel confused, upset, or mixed up inside.
 2. A secret touch happens when someone touches you on the private parts of your body and then makes you keep it a secret or tells you not to tell anyone.
 3. The private parts of your body are those parts that are covered up by your swimsuit. (if you are a girl, your private parts are here, here and here and if you are a boy, your private parts are here and here) (Show dolls)
 4. It's not okay for people to be touching on your private parts or touching you anywhere where you don't want them too. (remember, I told you that you are the boss of your body and you get to say who can and cannot touch your body)
 5. Just like I said it's not okay for someone to touch you on the private parts, it's also not okay for you to touch someone else on their private parts.
 6. If someone is touching our private parts to keep us clean and healthy, then it's ok but if they aren't helping us stay clean and healthy, then it's not ok.
- I. I can think of a few times where it would be okay for someone to get touched on the private parts.
1. going to the doctor
 2. baby getting his diapers changed, getting help with bath
 3. putting medicine on private parts

II. Video

- A. I brought a special friend with me today. My friend's name is Little Bear. We are going to watch a video about Little Bear where he has a problem because he is getting secret touches.
- B. Let's help Little Bear figure out what to do about his problem.
- C. I want to make sure everyone is listening and watching closely, because afterwards I will be asking some questions about Little Bear.
- D. Show video.

Stretch

III. Discussion

- A. I told you in the beginning that I would be here with this amount of time, and we are done with THIS part of it and THIS part of it, so now we only have THIS part left.
- B. I want to tell you that you are doing such a good job at our rules of the room. POSTER
- C. Now let's talk about Little Bear. What was Little Bear's problem?
 - 1. Touched in a mean way.
 - 2. Touched in his privates.
 - 3. Little Bear had a secret.
- D. How did Little Bear try to solve his problem?
 - 1. Told Little Moose.
 - 2. Told Big Moose.
 - 3. Learned to say no.
- E. I want to tell you what you should do if you ever had a problem like Little Bear. We have Safetouch Rules (POSTER)
 - 1. Say NO! (A big fat firm NO!)
 - 2. Run away.
 - 3. Tell an adult. (this is a grown up, someone who you trust, and someone who you think can help you out.)
 - a. Who can name a grown up who you could tell if something like this happened to them?
 - b. I bet you could tell your teacher...ask teacher.

- c. What would you do if you told an adult and they didn't believe you?
 - d. Whose fault was it that Little Bear was touched by Big Bear? (Just like if you were ever touched like that, it wouldn't be your fault either. No one would be mad at you and you wouldn't get into trouble.)
- F. Most grown-ups don't want to touch kids on their private parts.
- 1. Those who do want to do that just have a problem.
 - 2. It could be any type of person. (it could be a man or a woman, a stranger that you don't know, or it could be someone that you do know, like a relative or a mom, dad, uncle, aunt, brother, sister, cousin, friend of the family, babysitter, neighbor across the street, or a friend you play with)
 - 3. Both boys and girls can have problems with secret touching.
 - 4. I'm glad because now you know the Safetouch Rules and now you know what to do if someone ever tries to touch you in a way you don't like.
- G. It is not okay for kids to keep secrets about touching. If anyone ever makes you keep that a secret, you have to tell a grown up right away.
- H. Do the hand skit.

IV. Review/wrap-up

- A. Does anyone have any questions about what we talked about today? (difference between stories and questions)
- B. Thank you for letting me come talk to your class.
- C. What are you going to do if someone tries to touch you in a way you don't like?
- D. I brought some stickers and a coloring book for you. I am going to give them to your teacher and she/he can decide when to hand them out to you.