



Fourth Grade 1-4 Lessons

Lesson 1

Introduction

- Introduce yourself and ask if they remember someone from WISH talking to their class last year, what did they learn last year if they remember?
- Introduce WISH, ("WISH is an agency that helps people stay safe.")
- Have each student introduce themselves with a short icebreaker question ("What's a cool fact about you? What did you do over the weekend? Do you have any pets?" just pick one question)
- Give Mandatory reporting info. "I am a mandated reporter, so are all the adults in your school. What that means is that if you tell me someone is hurting you, I have to tell someone else who can get you help. Does that make sense?"
- Ask the class (or just the teacher) to show you what their sign to quiet down is (every classroom tends to have a hand gesture or a phrase they use to quiet down the classroom), remind them that we are still raising our hands to speak and following classroom rules.

Sometimes when you recognize an unsafe situation, there's an adult you can report to who can help keep you safe. Who are some adults in your life who help keep you safe? Call on a few students at random. (Mom. Dad. Sitter. Teacher. Relative. Older sibling.)

But sometimes there might not be an adult nearby who can help keep you safe. When that happens, it's your job keep yourself safe. It may also be your job to keep others safe, such as younger brothers or sisters. Raise your hand if you ever:

- Spend time home alone
- Spend time at home when you're in charge of your younger brothers or sisters
- Go to the park or play outside alone or just with younger brothers or sisters
- Go to the park or play outside just with friends

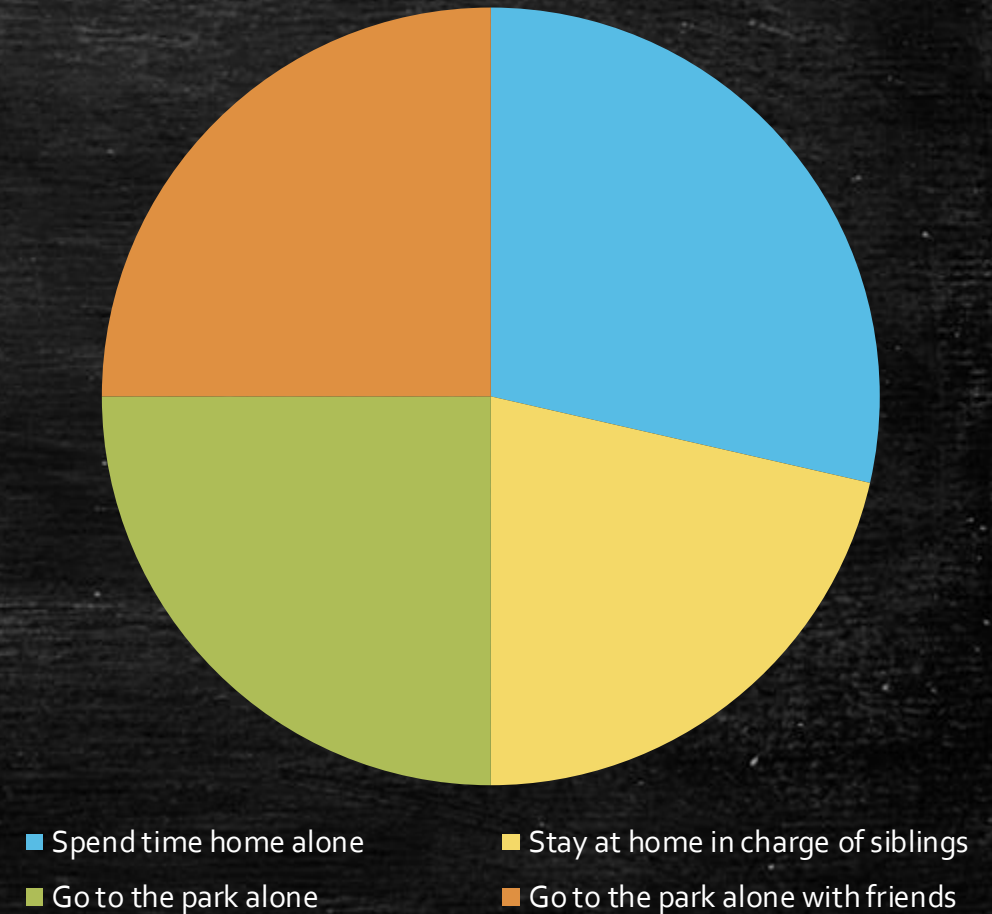
Being on your own can be a lot of fun, but when there are no adults around, you're in charge of your own safety. What are some situations that could be unsafe when you're alone or just with friends? For example, climbing a big tree when no one is around to help could be unsafe.

Can you still refuse to do something unsafe when you're by yourself? (Yes.) You can use self-talk—when you talk to yourself in a quiet voice or in your head—to tell yourself no or stop when you're thinking about doing something unsafe. If you're on your own and need to get in touch with an adult, what can you do? (Call a parent. Text. Go find a trusted adult.)

Keeping Yourself safe Pg.21

Raise your hand if:

- You spent time home alone.
- If you babysit your siblings.
- If you go to the park alone.
- If you go to the park alone with friends.



Being on your own can be fun when there is no adults around, you are in charge of your own safety or another person's safety like siblings.

What are some situations that could be unsafe when you are alone or with friends?

- Jumping in couches, sofa, chairs, tables ...
- Drinking adult beverage.
- Playing with fire, knives etc ...



Can you still refuse to do something unsafe when you are by yourself?

Yes! You can refuse to do unsafe things when you are by yourself

- Yes! You can talk to yourself in a quiet voice or in your head.
 - Give an example of how to do self-talk.
-
- What is your plan if something unsafe happens while you are alone? (Or you can ask: Have your parents discussed with you what to do if something unsafe happens while you are alone?)

What is your plan?

Call your parents

Text your parents

Neighbors

Any trusted adult

Unsafe and Unwanted Touch

Pg. 37

What is an unsafe touch? (Kicks. Pinches. Punches.) **Unsafe touches are any touches that hurt your body. Unsafe touches are never okay.**

An unwanted touch is any touch you don't like. Even safe touches can be unwanted. If you don't like it or it makes you feel uncomfortable, it's an unwanted touch, and you can refuse it.

What is an example of a safe touch you might not want? (Holding hands. Tickling. Kissing.) **It can be different for everybody. Only you can recognize when a touch is unwanted for you.**

Your body belongs to you. You get to decide who touches it and how he or she touches it. If you don't like a touch or the touch makes you feel uncomfortable, it's unwanted. You can refuse any unwanted touch, even if it's safe.

What is the difference between an unsafe and unwanted touch? (An unsafe touch is any touch that hurts your body. An unwanted touch is any touch you don't like or that makes you feel uncomfortable.)

What is the difference between unsafe and unwanted touches?

Give the time to the class to answer each topic

Unsafe Touches

- Hurt your body, like kicks, punches etc....
- Touches that make you feel uncomfortable.

Unwanted Touches

- This are touches that you simply don't want, make you feel uncomfortable.
- Safe or unsafe touches.
- Your body belongs to you and you can say no to a hug or a kiss if you don't want.



Story Time

pg.37-38

Today you'll hear a story about a girl who is dealing with an unwanted touch. As you listen to the story, think about how the girl is deciding what touches are okay for her.

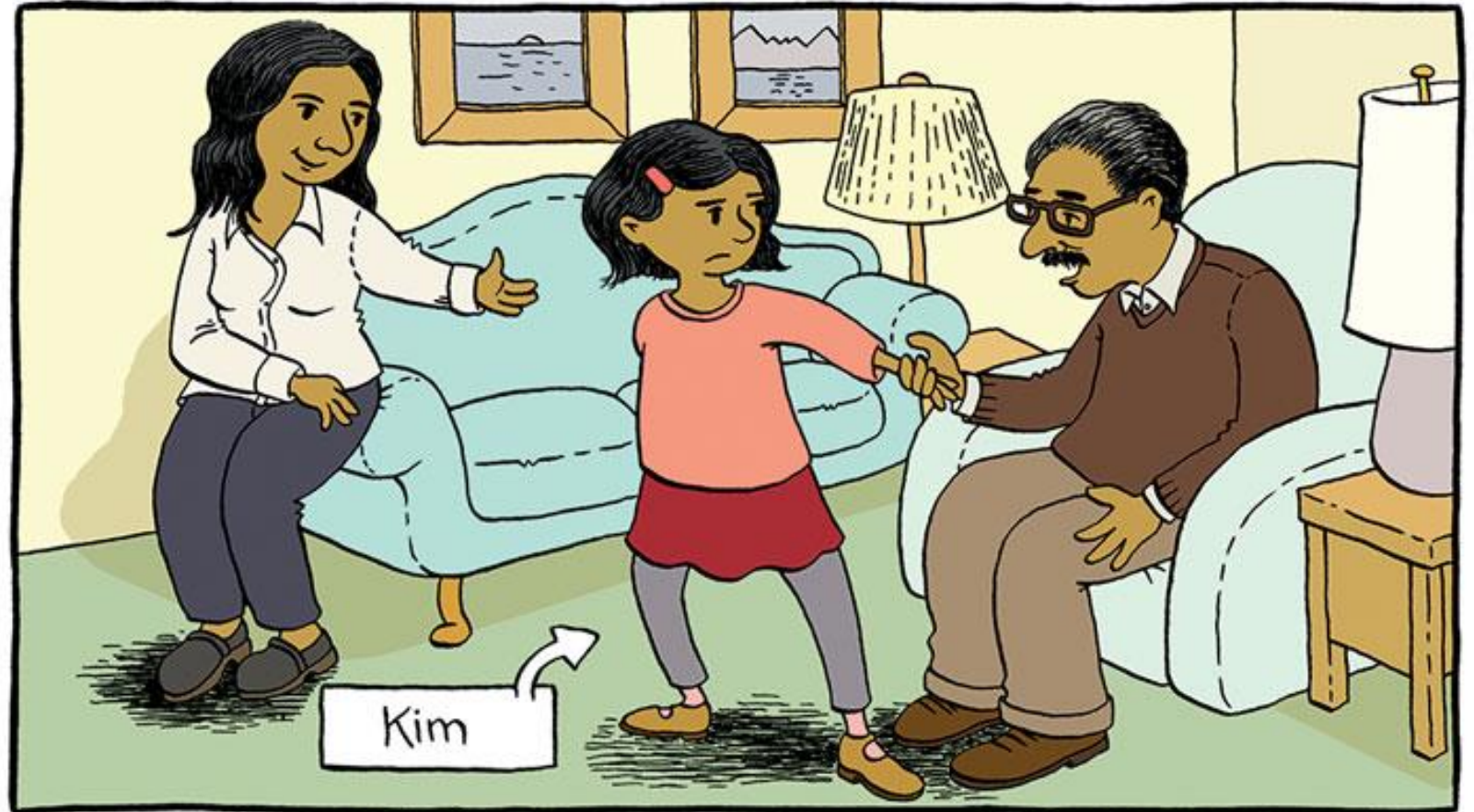
Select Next for Illustration 1.

Kim and her mom have just arrived at her grandpa's house. Kim hasn't seen her grandpa



for a long time. When Kim's grandpa first sees her, he reaches out to pick her up and sit her on his lap, like he used to when she was little. Kim likes her grandpa, but the thought of sitting on his lap makes her feel uncomfortable. Her grandpa doesn't seem to notice she's uncomfortable, and he tries to pull her onto his lap. "Come on," he says, "Sit on my lap!"

2. Is it okay for Kim to feel uncomfortable about sitting in her grandpa's lap? (Yes.) Sitting on someone's lap can be safe, but Kim's body belongs to her. She can refuse any touch she doesn't want.



Show STAR video Safe/Unsafe Touch



<https://youtu.be/-aemdKg9T5A>

Lesson 2

Introduction

- Introduce yourself again
- Remind them of mandatory reporting, “I am a mandated reporter, so are all the adults in your school. What that means is that if you tell me someone is hurting you, I have to tell someone else who can get you help. Does that make sense?”
- Remind them that we are still following their classroom guidelines (raise hand to speak, etc.)

Recap

pg 37

-
- How do you keep yourself safe? What is your plan?
 - What is a safe touch? (touches that you want that don't hurt you)
 - What is an unsafe touch? (touches that hurt your body, like kicks and punches)
 - What is an unwanted touch that you might not want? (A safe touch that you don't want. Examples: tickling, hugging, kissing)
 - How do you know if you don't want a touch? (I don't like it. Makes me uncomfortable.)
 - What is the difference between an unsafe touch and an unwanted touch? (Unsafe touches hurt your body. Unwanted touches is any touch you don't like.)

Unsafe and Unwanted touch

Activity pg. 39

Activity (10 minutes)

For this activity, you're each going to identify unsafe and unwanted touches. An unsafe touch is any touch that hurts your body. An unwanted touch is any touch you don't like or that makes you feel uncomfortable.

I'll read a scenario. You and your partner will work together to decide if the touching is unsafe or unwanted or neither. When you and your partner have decided, stand up.

Scenarios

- You're playing basketball with your older brother. He pushes you really hard when you have the ball.
- Your mother's friend kisses you on the cheek when you see her.
- Another student keeps trying to tickle you. She's trying to be funny.
- Your neighbor pats you on the head and messes up your hair whenever he talks to you.

Story Time

pg.45-47

Bree and Travis

Introduction (5 minutes)

Today you're going to learn a rule that will help you keep yourself safe. It's called the **Private Body Parts Rule**.

Private body parts are the parts of your body covered by your bathing suit.

Your private body parts are private. The only people who can ask to see or touch them are a doctor or nurse.

Point to the Private Body Parts Rule Poster. **This is the Private Body Parts Rule.** Read the entire rule for your class. **If you ever see or hear about someone breaking the Private Body Parts Rule, report to an adult.** It's adults' job to help keep you safe when someone breaks the Private Body Parts Rule.

»» PRIVATE BODY PARTS RULE ««

Private
body parts
are
PRIVATE

★ NEVER KEEP
SECRETS ABOUT A
BROKEN PRIVATE
BODY PARTS RULE

NO ONE SHOULD EVER:

- 1 Touch yours → EXCEPT
A DOCTOR
OR NURSE
- 2 Ask to see yours → OR NURSE
- 3 Make you look at his or hers,
or anyone else's

AND

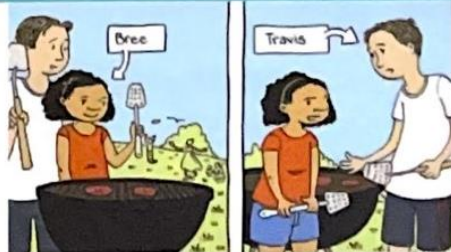
NEVER TOUCH SOMEONE ELSE'S

Select Illustration 1.

Bree and her parents are at a family reunion. Her aunts, uncles, and cousins from all over the country are having a party in this park. Travis is one of Bree's older cousins. Travis and Bree get along really well. They spend the whole day hanging out together. Travis even helps Bree grill a hamburger on the barbecue. While they're grilling the burger, Bree feels Travis touch her private body parts (buttocks). This makes Bree feel very uncomfortable.

When Bree feels Travis touch her private body parts (buttocks), she says, "Please don't touch me there," and backs away. Travis looks surprised. He says he's sorry and that he didn't mean to touch her there.

Bree decides not to report what happened because Travis seems so nice. She doesn't want him to get in any trouble. Later Travis asks Bree if she wants to go with him to see the lake at the other end of the park. Bree thinks going down to the lake with Travis could be a lot of fun.



secondSTEP



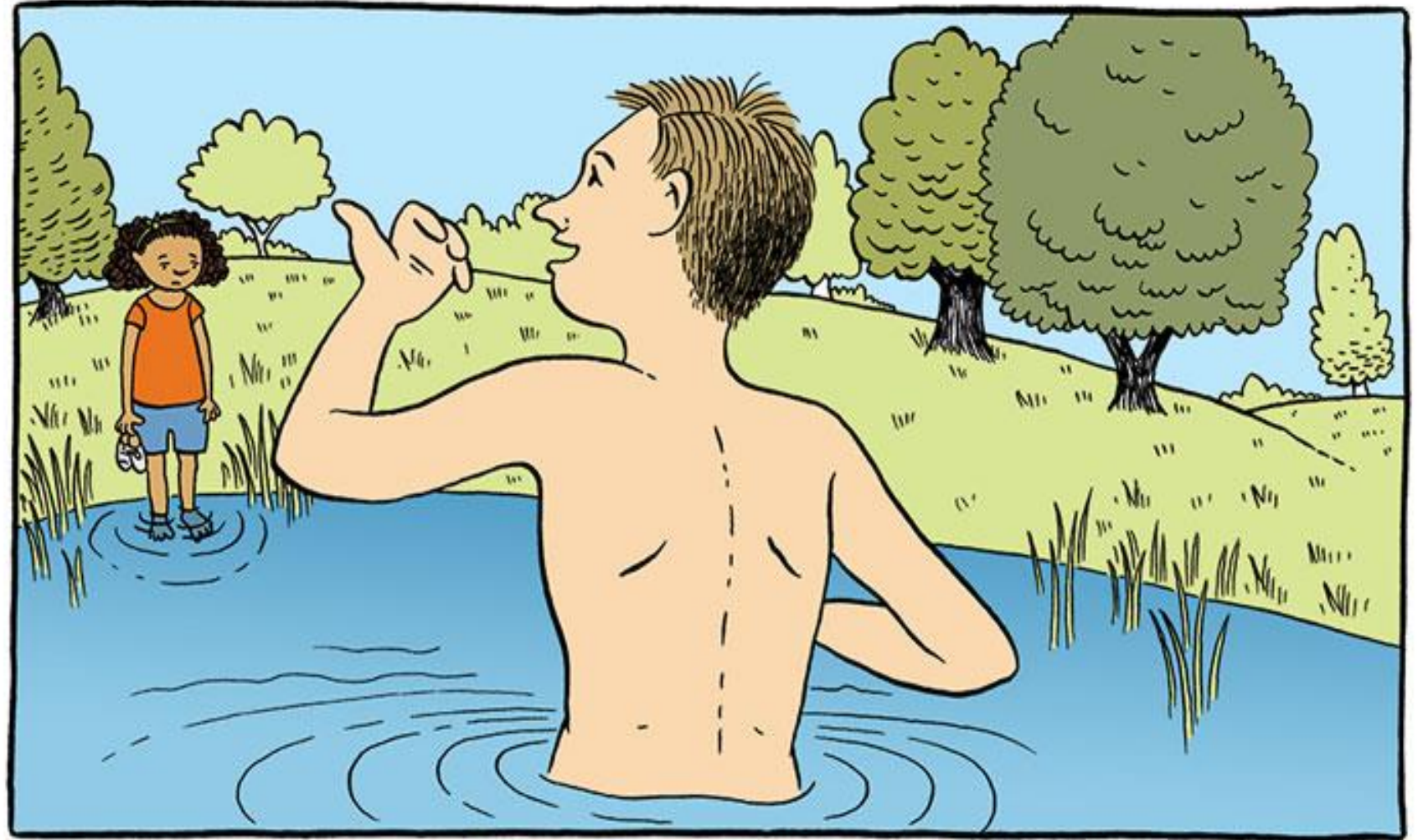
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Select Next for Illustration 2.

Bree is so excited to go exploring with Travis that she completely forgets to ask her parents

first. When they get to the beach, no one is there. Travis says, "It's such a hot day, let's go swimming!" Bree tells Travis she doesn't have a bathing suit on. "That's all right," Travis replies, "We can just swim with no clothes on." Bree feels very uncomfortable about the idea of taking off her clothes, but before she can say anything, Travis takes off his shirt and shorts, making her look at his private body parts.

It's never okay for someone to make you look at his or her private body parts, and it's never okay for someone to ask to see yours unless he or she is a doctor or nurse.



Select Next for Illustration 3.

Bree is very upset by what Travis is doing. "Stop. You're breaking the Private Body Parts Rule,"

she says. Travis starts to apologize again, but this time Bree leaves. She goes back to the picnic and tells her parents about what happened. Her parents tell her she did the right thing and they will make sure she stays safe.



Practice Scenarios

pg.48

Is it ever ok for a family member or strange to touch or ask to see your private body parts?

- A friend asks to see your private body parts.
- Your neighbor shows you inappropriate pictures.
- A doctor touches your body private parts during check up.

Wrap Up

- Why should you never keep secrets about a broken Private Body Parts Rule?
- What if the person who broke the Private Body Parts Rule is really nice to you?
- What if the person who broke the Private Body Parts rule says you will get in trouble if you report?
- What if the adult you tell doesn't believe you?

Lesson 3

Introduction

- Introduce yourself again
- Remind them of mandatory reporting, “I am a mandated reporter, so are all the adults in your school. What that means is that if you tell me someone is hurting you, I have to tell someone else who can get you help. Does that make sense?”
- Remind them that we are still following their classroom guidelines (raise hand to speak, etc.)

RECAP

- Body Private part rule
- How to refuse and unwanted touch.

»» PRIVATE BODY PARTS RULE ««

Private body parts are PRIVATE

NO ONE SHOULD EVER:

- 1 Touch yours → EXCEPT A DOCTOR OR NURSE
- 2 Ask to see yours →
- 3 Make you look at his or hers, or anyone else's

AND

NEVER TOUCH SOMEONE ELSE'S

★ NEVER KEEP SECRETS ABOUT A **BROKEN** PRIVATE BODY PARTS RULE

secondstep

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Story Time

Kyle and Mr. Tully are neighbors. Everyone in the Mr. Tully neighborhood knows Mr. Tully.

He's friendly and helpful, and everyone likes him. Mr. Tully is especially nice to Kyle. He gives him baseball cards and lets him come over to his house to play with his dog.

Kyle sees Mr. Tully almost every day. Recently Mr. Tully started asking Kyle questions that make him feel uncomfortable, like whether he has a girlfriend yet.



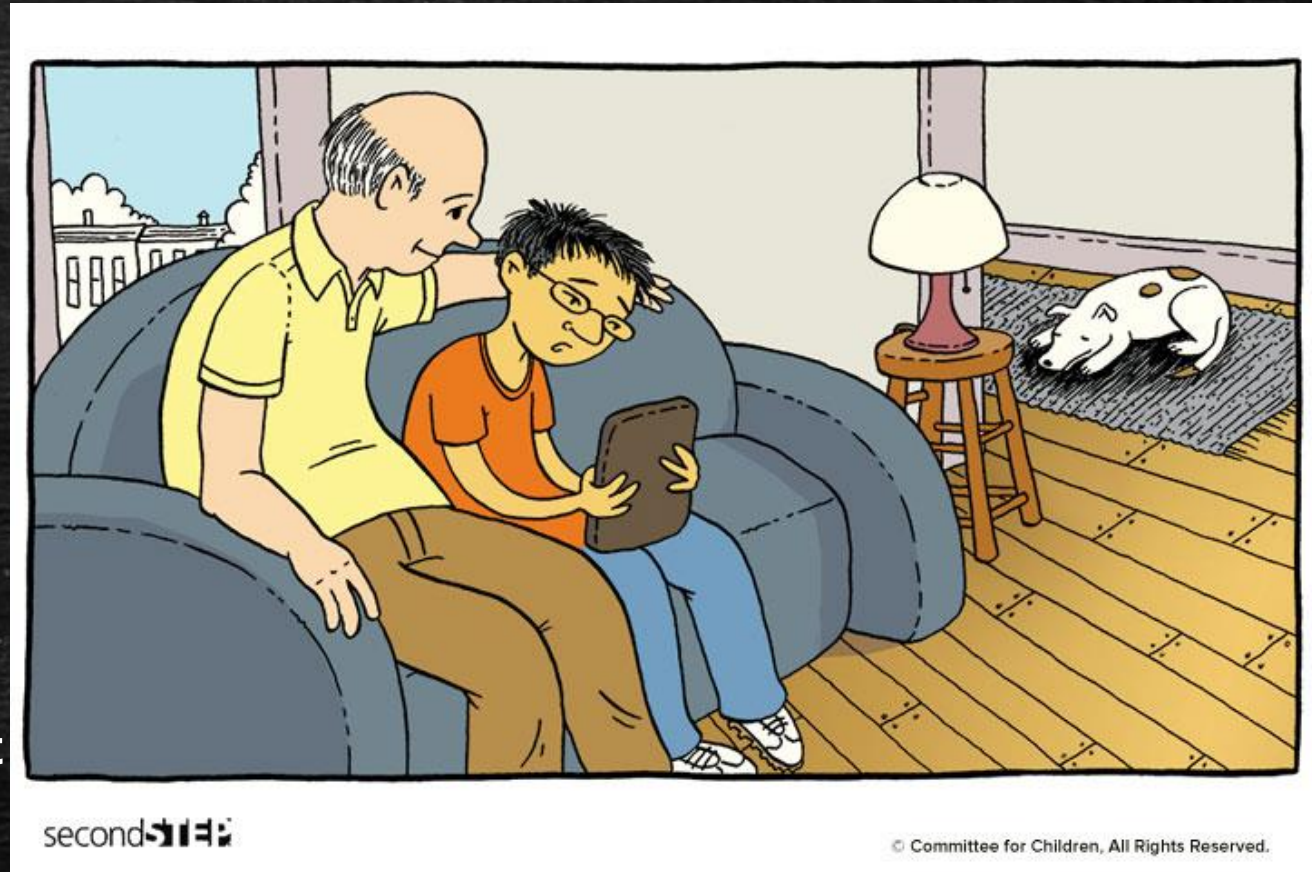
Questions to open discussion:
Do you think it's ok for Mr. Tully to ask this kind of questions??

The next day Mr. Tully asks Kyle another uncomfortable question: "I have some pictures of people with no clothes on. Would you like to see them?"

Kyle feels uncomfortable, but he's also curious, so he agrees. Mr. Tully shows him photos of people's private body parts. "These photos are just for you," Mr. Tully tells Kyle. "Your family will be very angry with you if they find out you looked at these photos, but I won't tell. This can be our secret."



Questions to open discussion:
Is Mr. Tully breaking the body private part rule??



Kyle agreed to look at Mr. Tully's photos.

(Think about whether that means It's Kyle's fault Mr. Tully broke the rule. Give think-time. After a minute, call on a few students at random to report. (No. It's never your fault if someone else breaks the Private Body Parts Rule.)

It's not Kyle's fault Mr. Tully broke the Private Body Parts Rule. No matter how the rule was broken or what someone else tells you, it's never your fault if someone else breaks the Private Body Parts Rule.

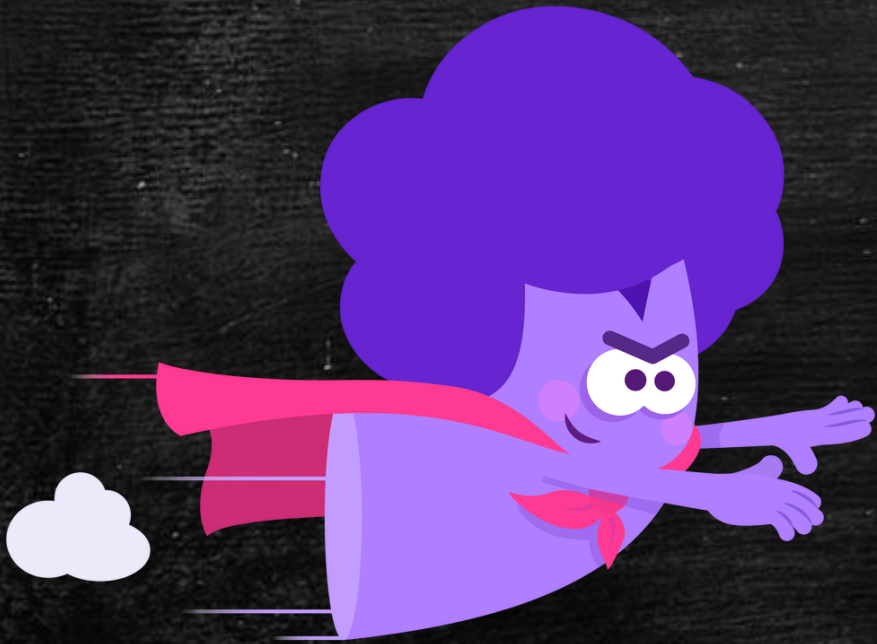
First Kyle tells his mother, but she doesn't believe him. "Mr. Tully is very nice. He would never do something like that." she says.

Next, Kyle tells his older brother, but he doesn't help either.

"No way." he says. "You're just trying to get attention. Mr. Tully is nice to us!"



Time to think



- Why didn't Kyle's mother and brother believe him?
 - Give think-time. Turn and tell your partner your ideas. After a minute, call on a few students at random to report.

(His mother thinks Mr. Tully is nice. His brother thinks he's trying to get attention. Kyle wasn't assertive.)
- Breaking the Private Body Parts Rule is wrong. People who break it may do things to keep it secret. They could make sure everyone likes them. They could bring children gifts. They could get children to do things they aren't allowed to do so they'll be afraid they'll get in trouble if they report. They could even threaten children to try to stop them from reporting.

Kyle knows he has to keep reporting until an adult helps him.

He decides to talk to his teacher. He stands up straight, faces his teacher, and says in a strong, respectful voice, "I need to report a broken Private Body Parts Rule."

Being assertive:

means standing up for your own rights and opinions without violating the rights and opinions of others. It is an honest expression of your feelings or needs.

Verbal Ways to be assertive

- Saying "No" firmly.
- Repeating the word "no" as often as necessary.
- Avoiding complex excuses or apologies.
- Not attacking or putting down the other person.
- Being direct, not hitting.
- Using "I" sentences
(*"I feel uncomfortable with..."*)

Non -Verbal Ways to be assertive

- Shaking your head no.
- Keeping shoulders back, head up, and feet planted solidly.
- Looking the person in the eye.
- Leaving the situation quickly.

Assertive Role Play

Read the scenario and have students take turns assertively saying no.

Situation #1:

Janice is home alone when the doorbell rings. She asks, "Who is it?" through the door. The person says, "I am a new neighbor. I came over to introduce myself. May I come in?"
How would you respond?

Assertive Role Play

Read the scenario and have students take turns assertively saying no.

Situation #2:

A man at the park says, "Hey, which one of those houses over there is yours?"

Assertive Role Play

Read the scenario and have students take turns assertively saying no.

Situation #3:

Mr. Smith is taking Natalie home after babysitting. He tells her she's pretty and then says, "Why don't you slide closer so I don't have to shout?"

Assertive Role Play

Read the scenario and have students take turns assertively saying no.

Situation #4:

A woman at the door asks if she can come inside and use your phone. Her car broke down.

Assertive Role Play

Read the scenario and have students take turns assertively saying no.

Situation #5:

An older friend of the family hugs and kisses you when she comes to visit. She expects you to sit on her lap, which you really don't like. One day when she asks you to sit on her lap, you say...

Assertive Role Play

Read the scenario and have students take turns assertively saying no.

Situation #6:

A neighbor of Karen's asked her to pose for some pictures in her bathing suit. He is willing to pay her \$50 and says that he can sell them to a modeling company for a lot of money.

Assertive Role Play

Read the scenario and have students take turns assertively saying no.

Situation #7:

A friend asks you to try something that sounds like an unsafe touch.

Wrap Up

- What types of secrets are safe? Unsafe?
- Why do we not keep secrets about broken private body part rules?
- What if the person who broke the body part rule is really nice?
- What do you do if the adult you report to doesn't believe you?

Lesson 4

Internet Safety Presentation

Being a Good Digital Citizen!

An Online Safety Presentation for
Children in Grades 3-5



NetSmartz® Workshop

A program of the

NATIONAL
CENTER FOR
**MISSING &
EXPLOITED**
CHILDREN®



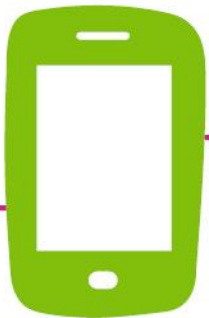
Online Means ...



COMPUTER



LAPTOP



CELL PHONE



TABLET



GAME SYSTEM

Stuff to Do Online



WIKIPEDIA
The Free Encyclopedia

English
5 165 000+ articles

Español
1 261 000+ artículos

日本語
1 017 000+ 記事

Deutsch
1 945 000+ Artikel

Русский
1 314 000+ статей

Français
1 761 000+ articles

Italiano
1 275 000+ voci

Português
922 000+ artigos

中文
881 000+ 條目

Polski
1 170 000+ hasel



Learn to Deal with

{ Inappropriate
content }

{ Sharing personal
information }

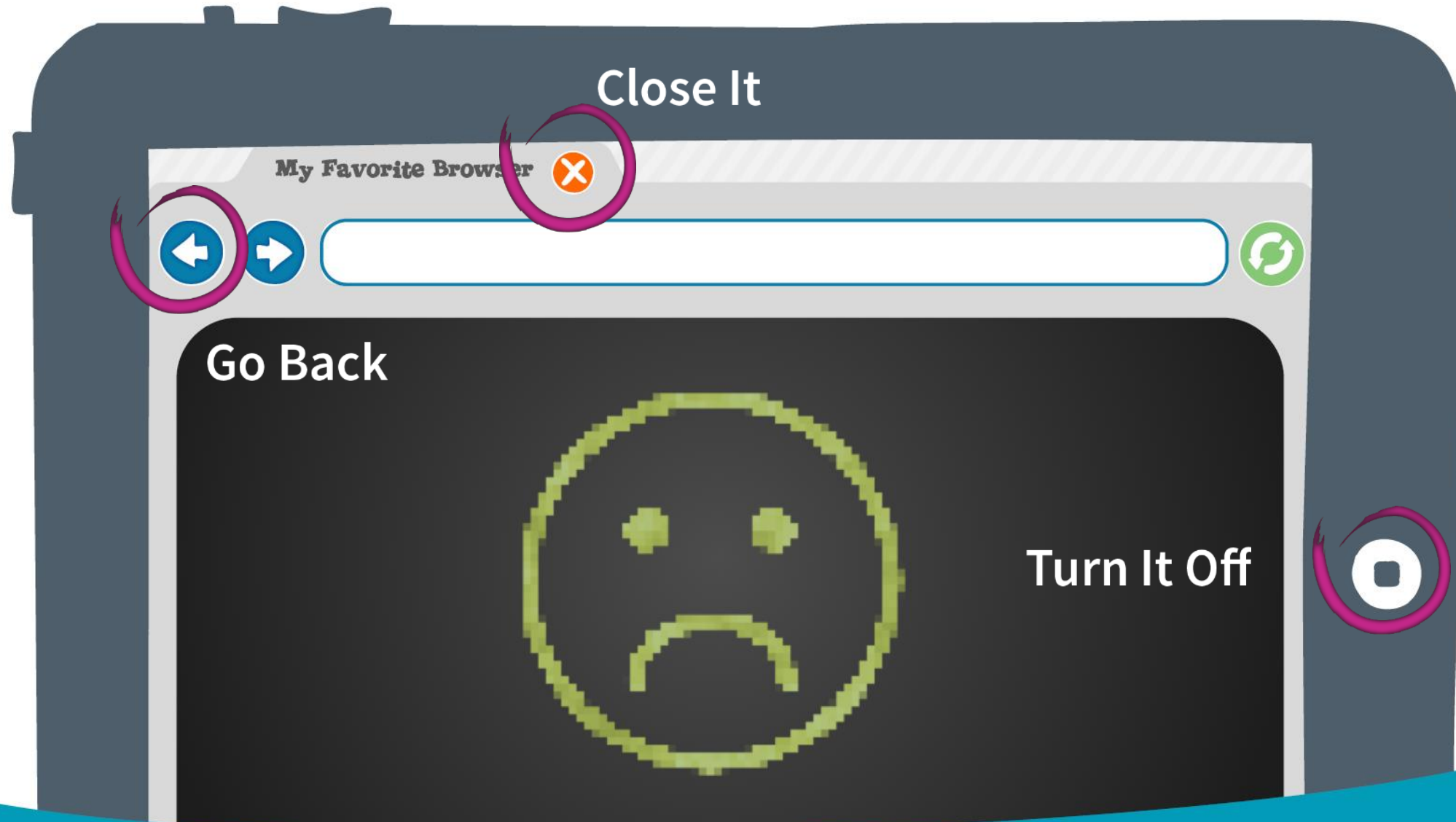
{ People asking to
meet offline }

{ Cyberbullying }



**I Don't Wanna
See That!**

If You See Something Inappropriate





RULE #1

**Don't Like What
You See Online?**
Tell a trusted adult!





What Would You Do?



Personal Information

Jane Smith

FULL NAME



EMAIL ADDRESS



HOME ADDRESS



SCHOOL ADDRESS



LOCATION



PASSWORDS

123.456.7890

PHONE NUMBER



RULE #2

When Is It OK to Share?

When you ask your parent or
guardian... and they say, "Yes!"



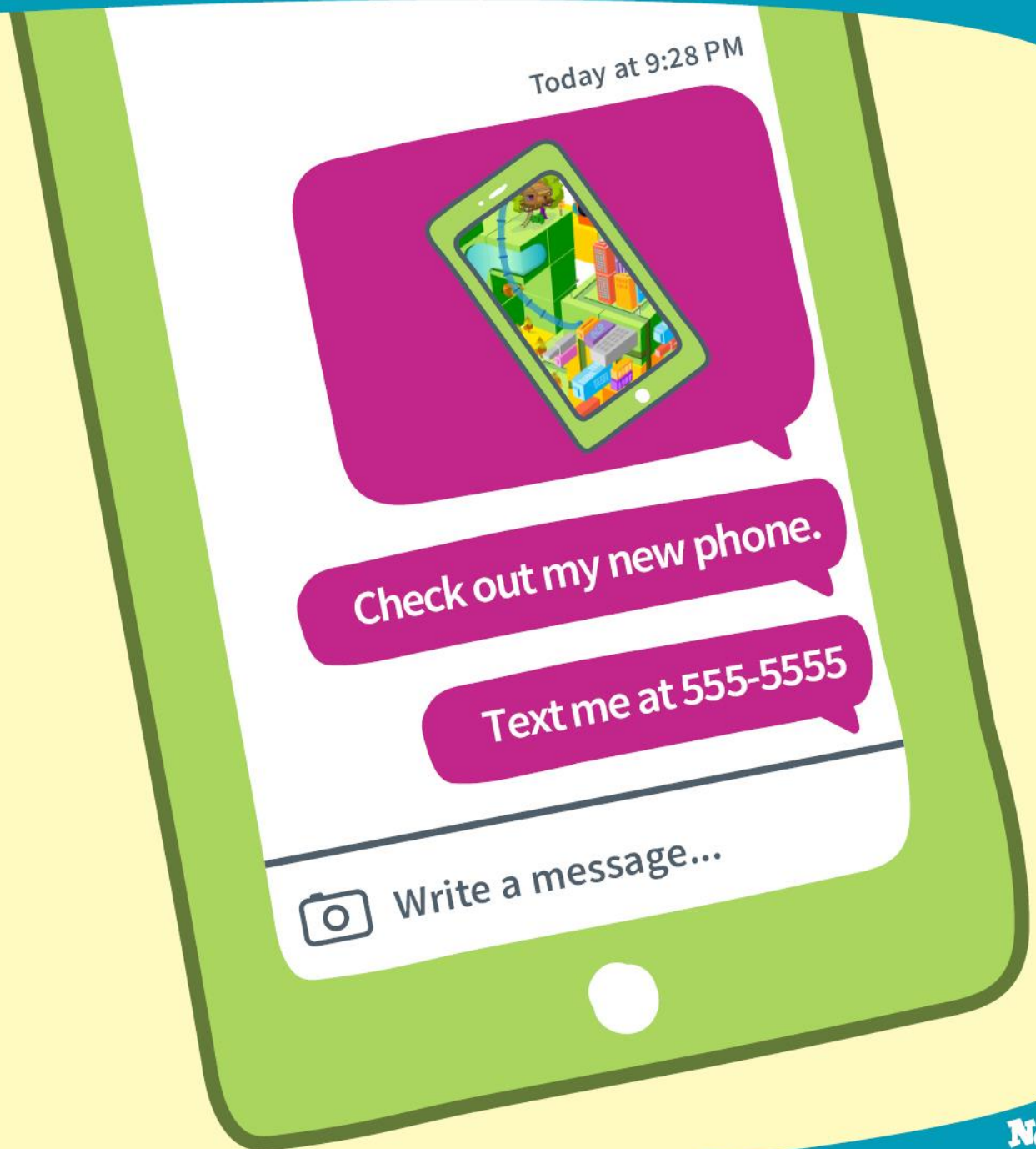
To Share or Not to Share?

#1



To Share or Not to Share?

#2



A cartoon illustration of a boy and a girl in a park. The girl on the left has blonde hair in a ponytail, wears a yellow shirt and brown pants, and has a sad expression. The boy on the right has orange hair, wears an orange shirt and pants, and has a brown cape. He is smiling and asking a question. A blue speech bubble contains the text 'Favorite color?'. The background is a green park with trees, a slide, and a car. The title 'To Share or Not to Share?' and the number '#3' are at the bottom.

**Favorite
color?**

**To Share or
Not to Share?**

#3

To Share or Not to Share?

#4

BUY MORE LIVES!

Oh no! You're out of lives!
Ask a friend for more, or
buy more lives to keep playing!

Ask Friends

Buy More Lives!

To Share or Not to Share?

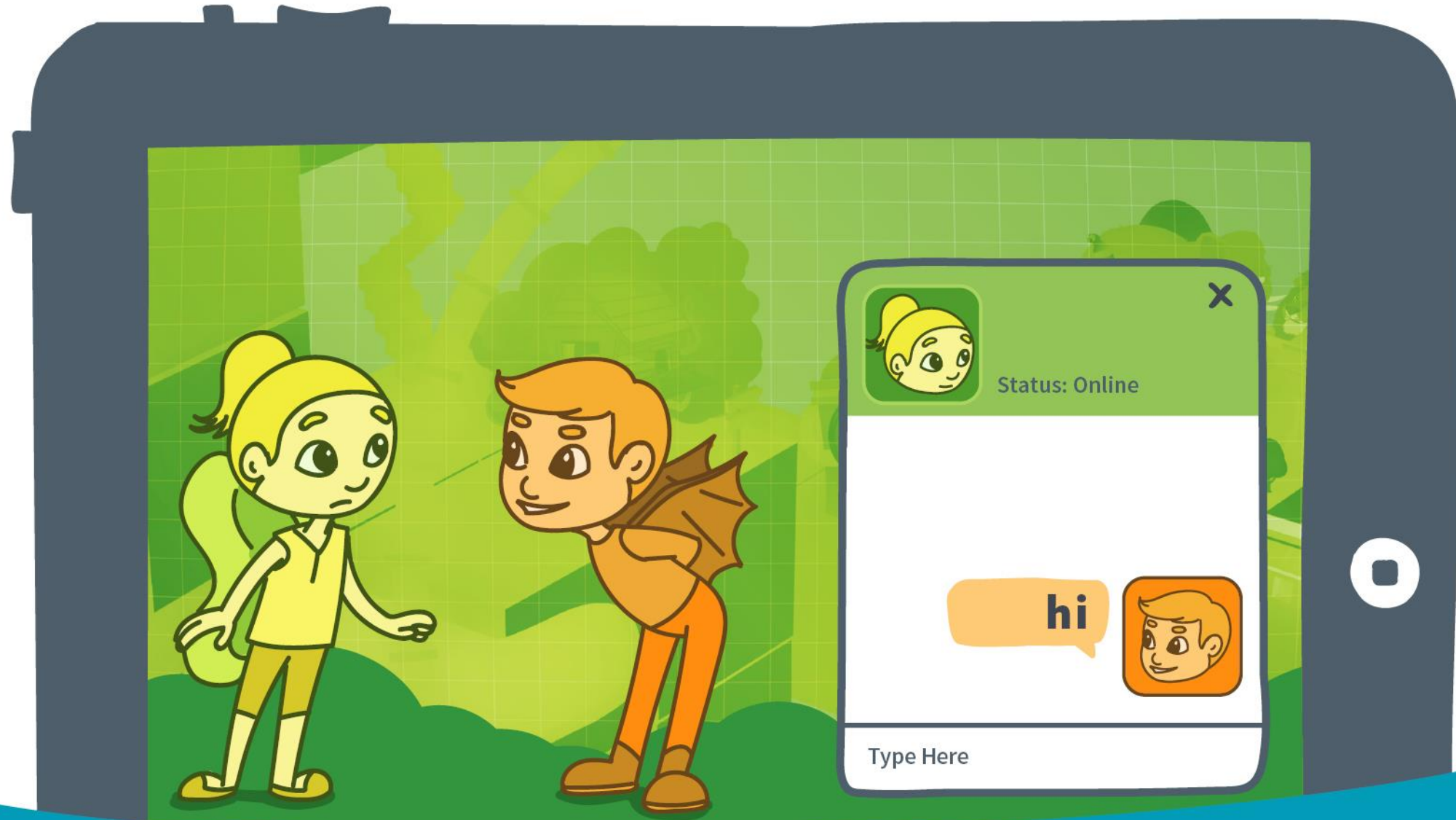
#5



**It's your
right to keep
your personal
information
private!**



Meeting People Online





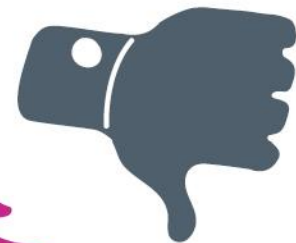


RULE #3

**Should You Meet
Face-to-Face?**
No way!!



Cyberbullying



**Using the
Internet
to be mean**

Good Online Manners

How are you?

Use nice language

I DON'T KNOW!

Don't type in all caps

How are you?



Use emojis



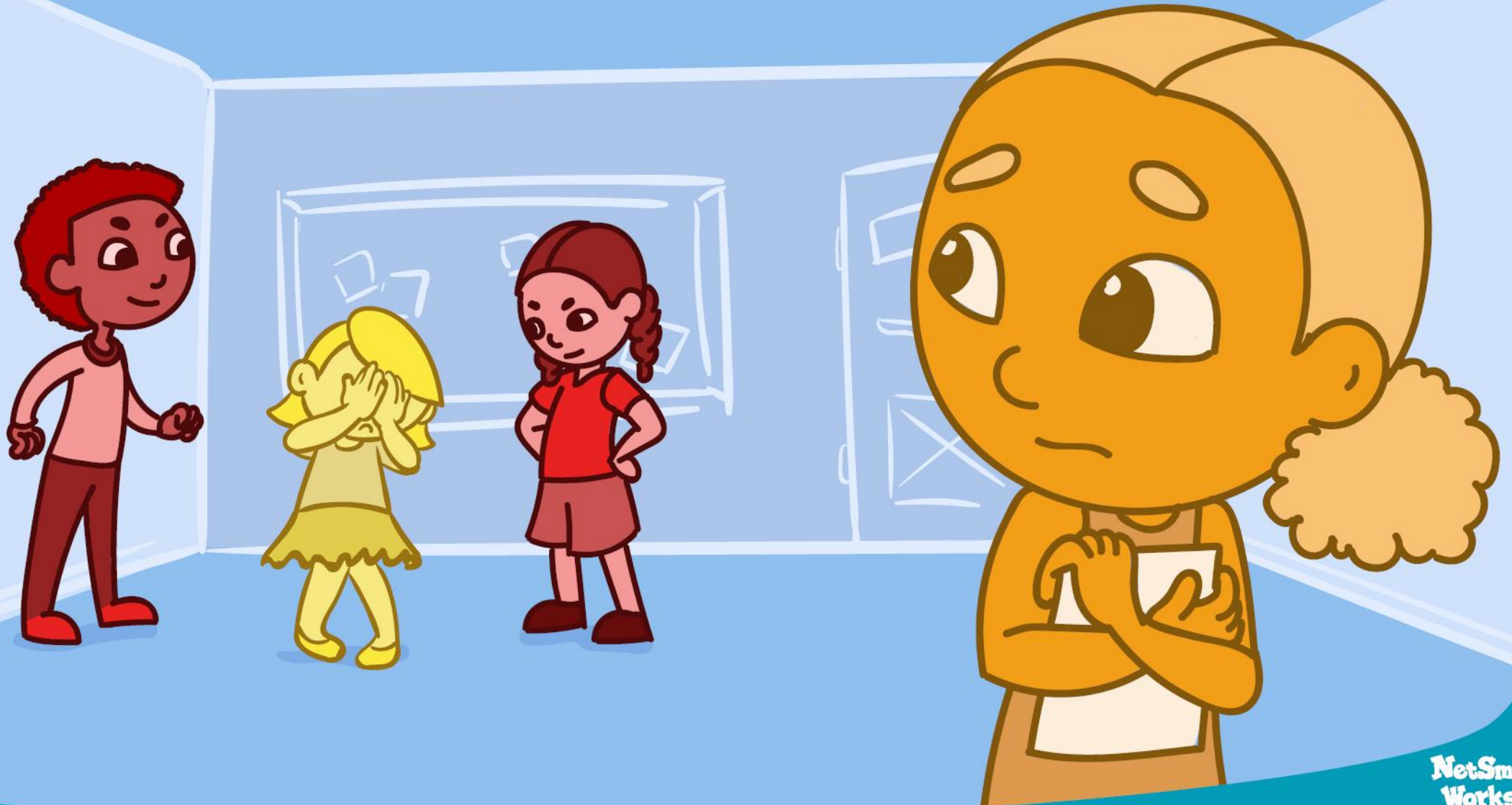
Don't spread rumors

If You Are Cyberbullied

- Don't respond
- Ask about saving the messages
- Report it
- Tell a trusted adult



Don't Just Stand By





RULE #4

Be a Good Digital Citizen

Use good netiquette and
don't be rude or mean!



The 4 Rules of Internet Safety



I will:

- 1** Tell my trusted adult if anything makes me feel sad, scared or confused.
- 2** Ask my trusted adult before sharing information like my name, address and phone number.
- 3** NOT meet face-to-face with anyone from the Internet.
- 4** Always use good netiquette and not be rude or mean online.



**Thank
You!**



Prevention and Education Department

All lessons are from the "Safe Touch" and "Second Step" curriculums and comply with the Alaska Safe Children's Act standards.

Contact: jd.m@wishak.org for more information

