



Third Grade Lesson 1

Second Step Curriculum

Prevention Department

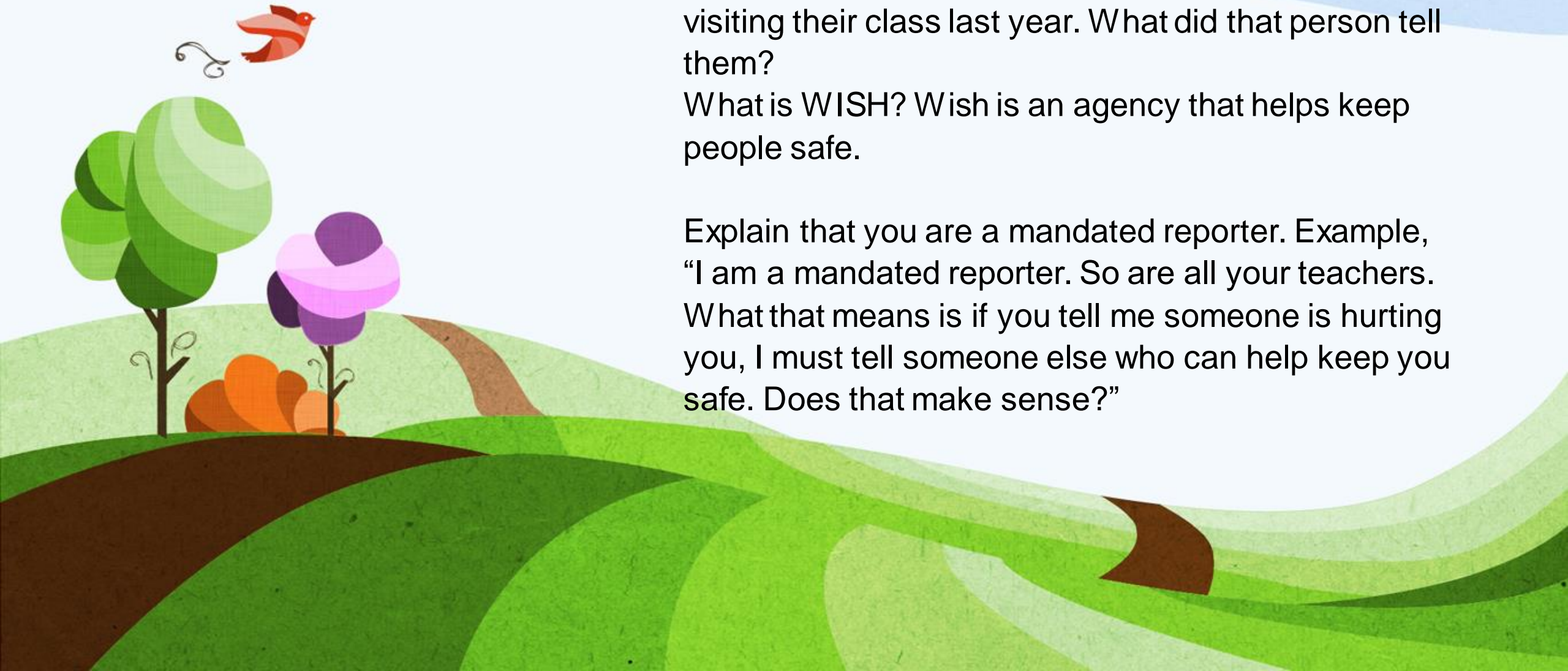
Introduction

- **Introduce yourself:**

Ask the class if they remember someone from WISH visiting their class last year. What did that person tell them?

What is WISH? Wish is an agency that helps keep people safe.

Explain that you are a mandated reporter. Example, "I am a mandated reporter. So are all your teachers. What that means is if you tell me someone is hurting you, I must tell someone else who can help keep you safe. Does that make sense?"



Safety

- What is the opposite of safe?
- Talk through scenarios on Pg. 21
- Ask who keeps you safe at home? Who keeps you safe at school?
- Facilitator Note: Don't use the never-never rule language.

Scenarios

Pg 21

- **Playing in a river with your dad.** (Safe. Never-Never Rule: Never go in water without an older person watching you.)
- **Petting a strange dog tied up outside of a store.** (Unsafe. Never-Never Rule: Never touch a dog without asking the person in charge.)
- **Riding a skateboard without a helmet.** (Unsafe. Never-Never Rule: Never ride on wheels without wearing a helmet.)
- **Looking all ways at a crosswalk and then crossing the street when there's no traffic.** (Safe. Never-Never Rule: Never cross the street without checking all ways for traffic.)
- **Riding in a car without a seatbelt.** (Unsafe. Never-Never Rule: Never ride in a car without wearing a seatbelt.)

You know a lot of ways to make situations safer! Who helps keep you safe at home and at school? (Mom. Dad. Older sibling. Teacher. Self.) It is the adults' job to take care of you. They help keep you safe by watching after you and teaching you rules. Refer to Never-Never Rules poster. You keep yourself safe by following the rules.

Safe and Unsafe Touches Pg. 37

Show Photo 3A.

1. This is Erica and her grandfather. Erica's soccer team just lost a game, and Erica's grandfather is comforting her by putting his arm around her shoulder. Does this show a safe or unsafe touch? (Safe: thumbs up.) Comment on the number of thumbs up. **Safe touches** help you feel cared for and loved. They're good for your body. Erica feels loved and cared for when her grandfather puts his arm around her. Think of some other examples of **safe touches**. Give think-time. Call on a few students at random. (Hugs. Holding hands. Locking elbows. Pats on back, shoulders.)



Show Photo 3B.

2. This is Sarah and Nancy. Does this show a safe or unsafe touch? (Unsafe: thumbs



down.) Comment on the number of thumbs down. **Unsafe touches** hurt your body. Nancy is pushing Sarah out of the way so she can get to the slide first. It's hurting Sarah's body. Think of some other examples of **unsafe touches**. Give think-time. Call on a few students at random. (Kicking. Hitting. Pinching. Grabbing. Slapping.)

Safe and Unsafe Touches Pg. 37



Explain what is a safe touch.

Ask for examples.

- Wanted by both people
- Feels good
- Feels safe like a hug
- A kiss
- A High-Five



*Explain what is
an unsafe touch.*

Ask for examples.

- Hurts our body, like a punch, push, etc.
- Hurts our feelings
- Make us feel bad, angry, sad, upset

Unwanted Touches



Story and Discussion Pg. 38

Story and Discussion

Here's a story about another kind of touch: *unwanted touches*. You can say words that mean no to any touch you don't want.

Show Photo 3C.

This is Sarina and her older brother's friend, Josh. Josh comes over almost every day. He likes to put his arm around Sarina and stroke her hair. He tells her that she has pretty hair and he likes to touch it.



Sarina used to like the special attention she'd get from Josh. But today she feels really uncomfortable about it.

2. Is it okay for someone to put an arm around someone else and stroke his or her hair? (Yes.) This touch is not hurting Sarina's body, but today it's

making her feel uncomfortable. It's important to say words that mean no to touches you don't want. Sarina remembers from her safety lesson that she can be assertive and say no to unwanted touches. She stands up straight with her shoulders back, faces Josh, and says in a strong, respectful voice "Please stop. I don't want you to put your arm around me."

Then Josh says, "Fine. I guess I'll go play video games with your brother." Later Sarina tells her mom about how she said no to Josh's unwanted touch.

Sarina's mom says, "It's okay to say no to touches you don't want. I'm proud of you for being assertive!" Sarina feels proud, too. She knows she can say no to touches she doesn't want—even if they don't hurt—because her body belongs to her.

Assertive Refusal

- What does assertive mean? How might you assertively say “No?”
 - Stand up straight, face the person you’re refusing, and use a strong, respectful voice.
 - Say, “Stop, that hurts me.” or “Please stop. I don’t want you to touch me.”
- After saying no in an assertive manner, which adults can you go tell?
- What can you do if your caregiver is busy?
- What if the adult you tell doesn’t take you seriously? What should you do?

Wrap up

We learned about different kind of touches. How each touch makes you feel:

- Safe touch- makes you feel cared and love.
 - Hugs-holding hands-pats on the back
- Unsafe touches-
 - hurt your body
 - What to do? Use your assertive skills and say:
 - Stand up straight, face the person you're refusing, and use a strong, respectful voice.
 - Stop, that hurts me, that's not safe.
- You can also refuse unwanted touches using your assertive skills;
 - Stand up straight, face the person you're refusing and use a strong, respectful voice.
Please stop, I don't want you to touch me.
 - Sometimes you can't stop the unsafe or unwanted touches by yourself, is important to tell an adult you trust.
- Be available for a few minutes after class to speak to students.

Lesson #2

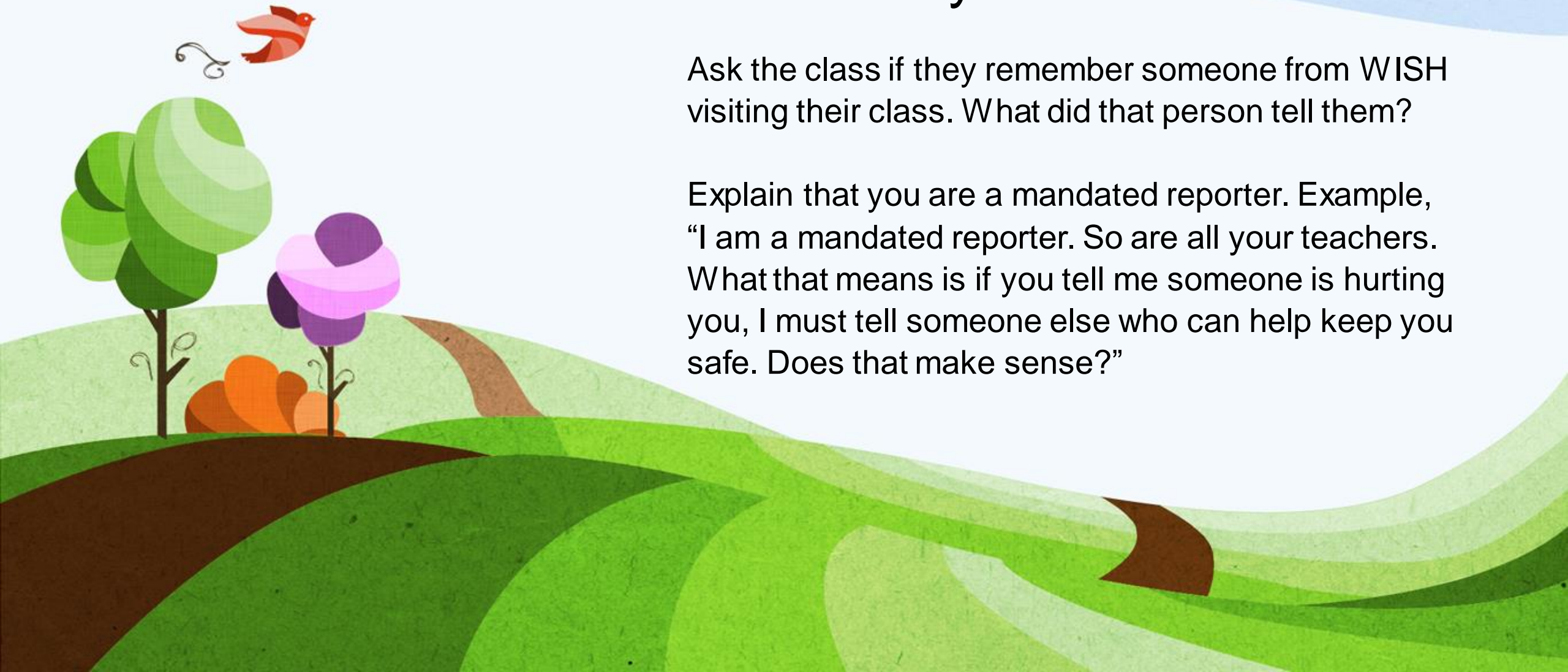


Introduction

- **Introduce yourself:**

Ask the class if they remember someone from WISH visiting their class. What did that person tell them?

Explain that you are a mandated reporter. Example, “I am a mandated reporter. So are all your teachers. What that means is if you tell me someone is hurting you, I must tell someone else who can help keep you safe. Does that make sense?”



Recap from lesson 1

- What is a safe touch?
- What is an unsafe touch?
- What is an unwanted touch?
- Discuss Sarina's story:
 - What happened in the story
 - What did Sarina do?



Practice Assertive Refusal

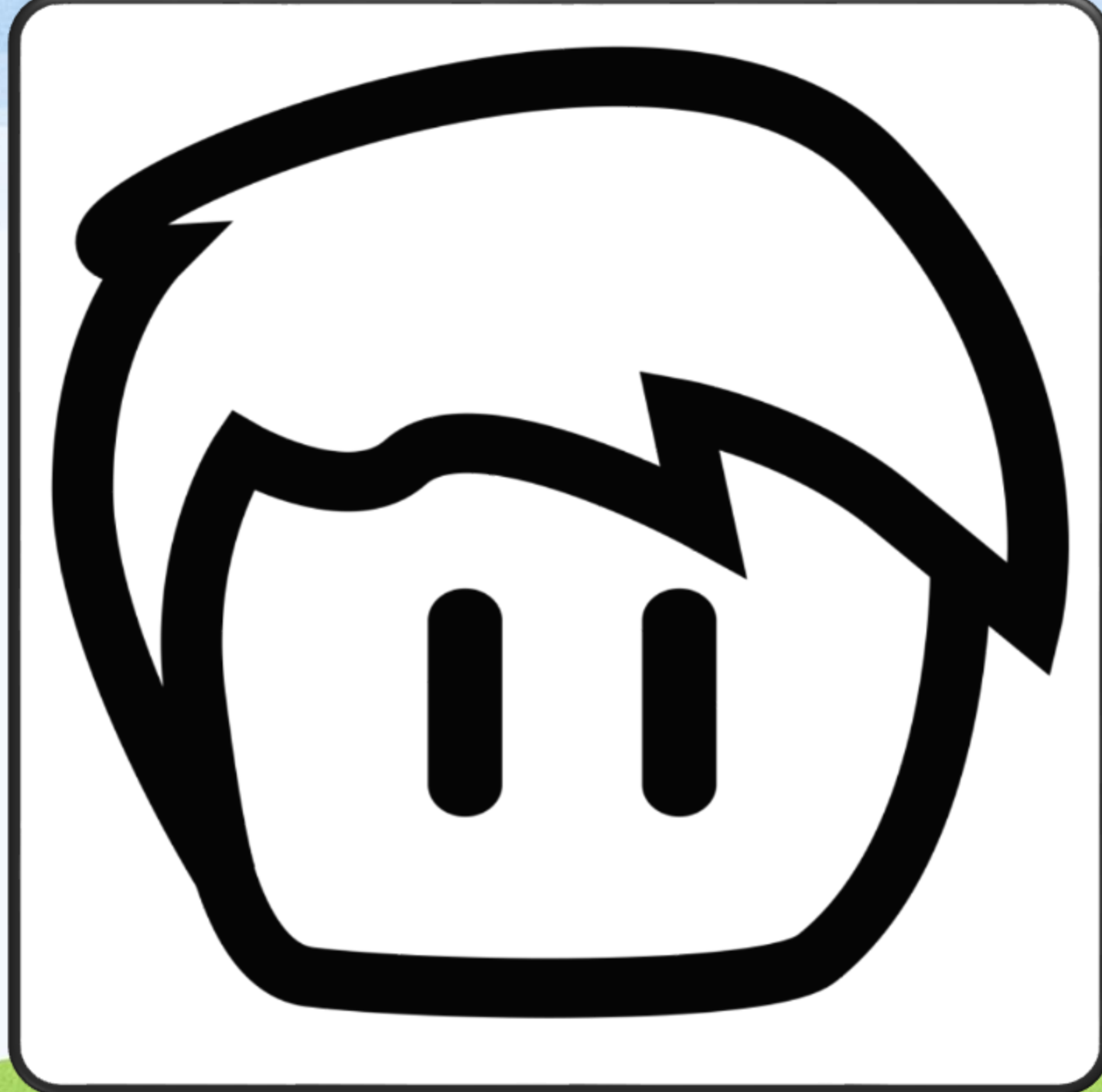
- How to refuse unsafe-unwanted touch.
 - Be assertive. Stand up straight, face the person you're refusing, and use a strong, respectful voice.
- Practice refusing touches with face on next page.

It is never your fault if someone touch you in an unsafe way it is always the fault of the person who made the bad decision.

Unwanted Touch Scenarios	Unsafe Touch scenarios
Your grandma is trying to give you a kiss when you don't want one.	A boy sitting on the floor behind you during the school assembly kicking your back.
Your uncle inviting you to sit on his lap when you don't want to.	Your babysitter pushing you into the car because she is in a hurry and upset about you being late to school.
Your dad offering a piggyback ride when you don't want to.	Your uncle shaking you by the shoulders because he is mad that you drank all the orange juice.
Your older cousin putting his arm around you during a movie when you don't want him to.	Another student tripping you on purpose during the kickball game.

These are from
pg. 39 in the
second step
curriculum

What adults can you tell and what do you do if the adult doesn't take you seriously??



Face to practice
assertive refusal with

Rourke and Clara



Private Body Parts:

-The body parts that the bathing suit covers.

-They are covered because they are not to be seen or touched by others.

Pic 4A

The Touching Rule

Pg. 45-46

- A person should never touch your private parts except to keep you healthy.
- You should never touch anyone else's private body parts.

Rourke and Clara

Rourke and Clara are cousins. Today they've gone for a picnic at the lake with their family. They're wearing bathing suits.

What body parts are covered by their bathing suits? (Private body parts.) They are *private body parts* because they're not to be seen or touched by others.

Why are the parts covered by their bathing suits called private? (Because they're not to be seen or touched by others.)

Here is the Touching Rule:

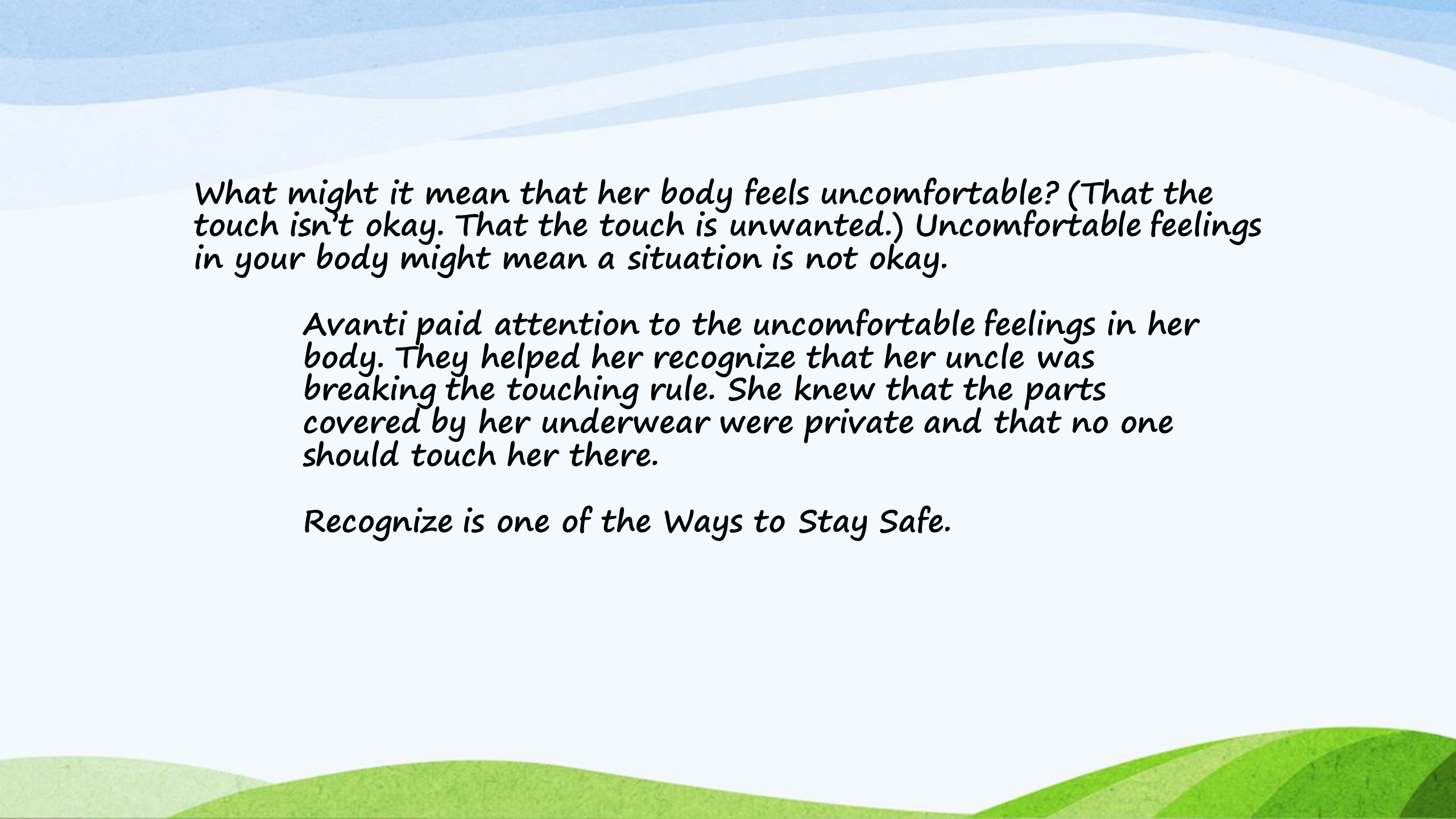
- A person should never touch your private body parts except to keep you healthy.
- Have students repeat the rule.
- And you should never touch anyone else's private body parts.



Show Photo 4B.

This is Avanti. Avanti's uncle lives down the street, so he's over at her house a lot. Sometimes her uncle takes her fun places. He says he likes it when it's just the two of them. He tells Avanti she's his favorite niece. Yesterday he took her to see a movie in the afternoon. Avanti was so excited. She'd been wanting to see the movie since it came out. But during the movie, Avanti's uncle started touching her legs all over. Avanti could feel her heart start to beat faster. She felt really uncomfortable. The feelings in her body got worse when her uncle put his hand up her skirt and touched her private body parts through her underwear.

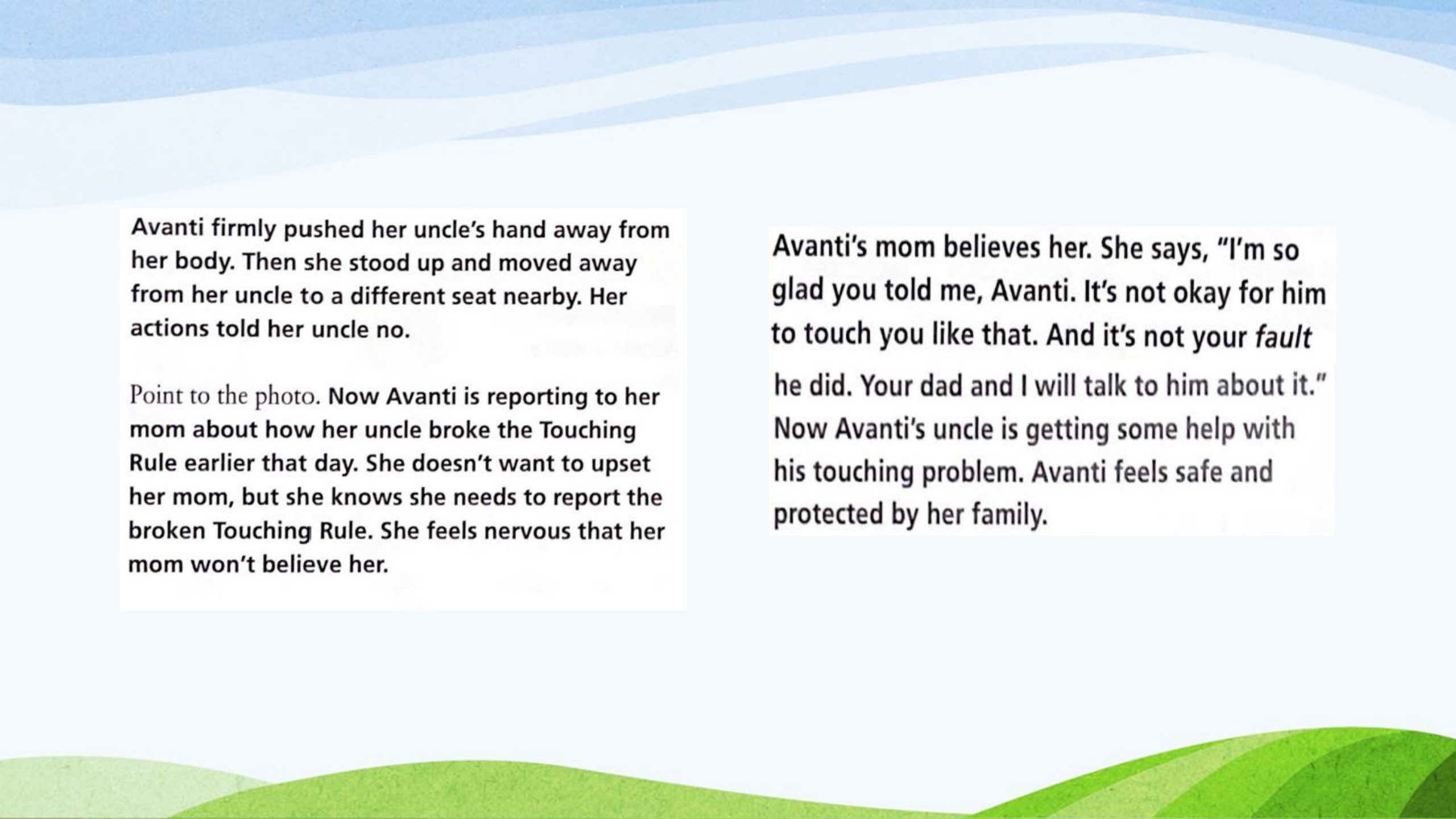




What might it mean that her body feels uncomfortable? (That the touch isn't okay. That the touch is unwanted.) Uncomfortable feelings in your body might mean a situation is not okay.

Avanti paid attention to the uncomfortable feelings in her body. They helped her recognize that her uncle was breaking the touching rule. She knew that the parts covered by her underwear were private and that no one should touch her there.

Recognize is one of the Ways to Stay Safe.



Avanti firmly pushed her uncle's hand away from her body. Then she stood up and moved away from her uncle to a different seat nearby. Her actions told her uncle no.

Point to the photo. Now Avanti is reporting to her mom about how her uncle broke the Touching Rule earlier that day. She doesn't want to upset her mom, but she knows she needs to report the broken Touching Rule. She feels nervous that her mom won't believe her.

Avanti's mom believes her. She says, "I'm so glad you told me, Avanti. It's not okay for him to touch you like that. And it's not your *fault* he did. Your dad and I will talk to him about it." Now Avanti's uncle is getting some help with his touching problem. Avanti feels safe and protected by her family.

WAYS to Stay Safe



Recognize
Is it safe?
What's the rule?

Report
Tell an adult



Refuse
Say words that
mean no

Scenarios

Practice reporting someone that broke the touching rule.

•Your uncle touched your private body parts while you were watching a movie last night. You're reporting to your mom.

•A student touched your private body parts while you were riding the bus on a field trip. You're reporting to your teacher.

•Your brother has been sneaking into your room at night when everyone is asleep and touching your back and bottom. You're reporting to your dad.

•Your babysitter touched your private body parts while you were sitting on his lap. You're reporting to your older sister.

•A library volunteer who always chats with you when you go to the library sat down beside you when you were reading a book and touched your private body parts. You're reporting to the librarian.

What we learned today?

I need to report a broken touching rule.

How to Refuse

Stop!
Don't touch me

Touching rule

A person should never touch your private body parts except to keep you healthy!

To Report

Report to someone you trust.

How to refused

Refuse
Report

Lesson #3

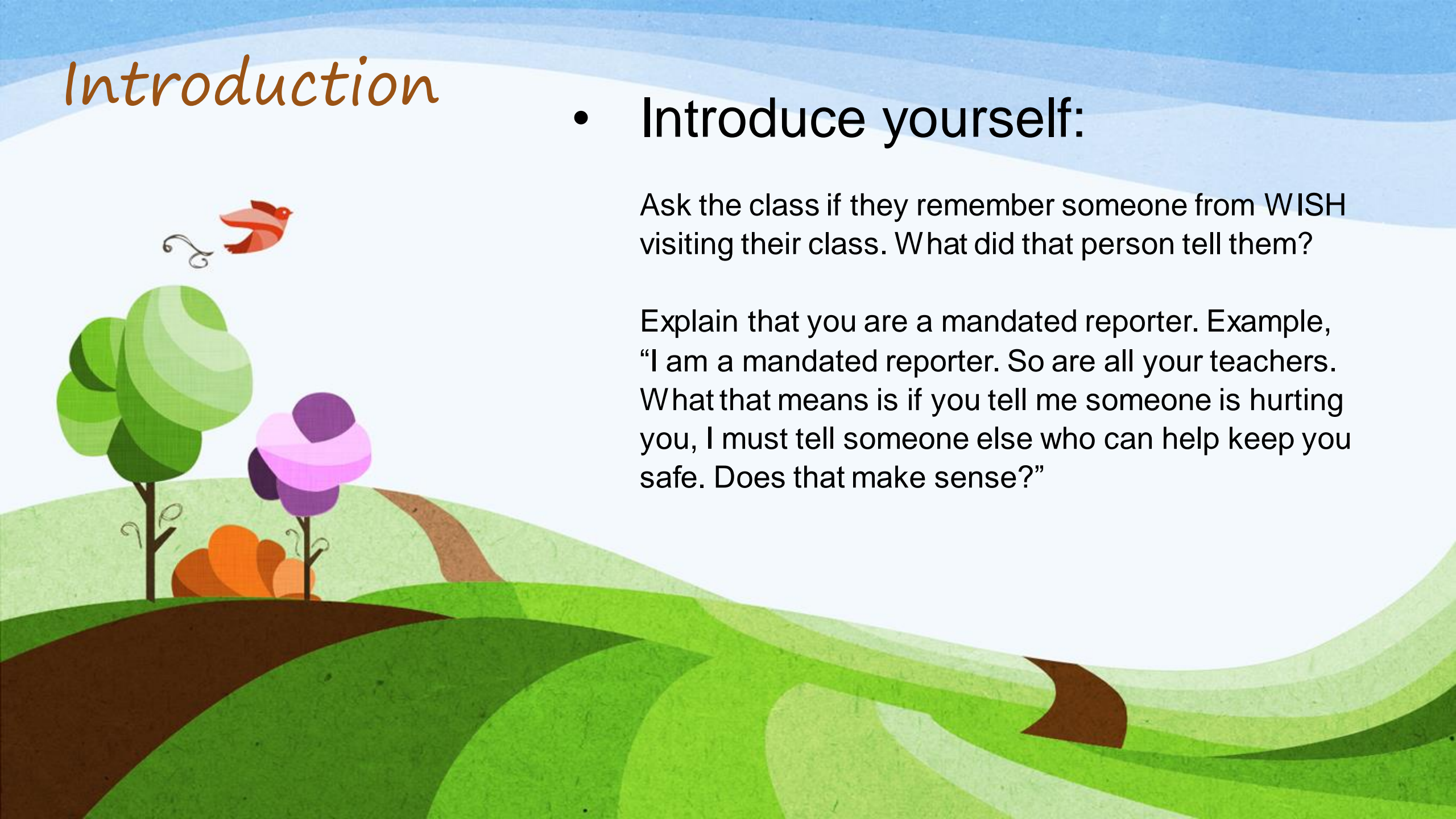


Introduction

- **Introduce yourself:**

Ask the class if they remember someone from WISH visiting their class. What did that person tell them?

Explain that you are a mandated reporter. Example, “I am a mandated reporter. So are all your teachers. What that means is if you tell me someone is hurting you, I must tell someone else who can help keep you safe. Does that make sense?”



Recap

Private body parts are the ones the bathing suit covers. They are covered because they are not to be seen or touched by others.

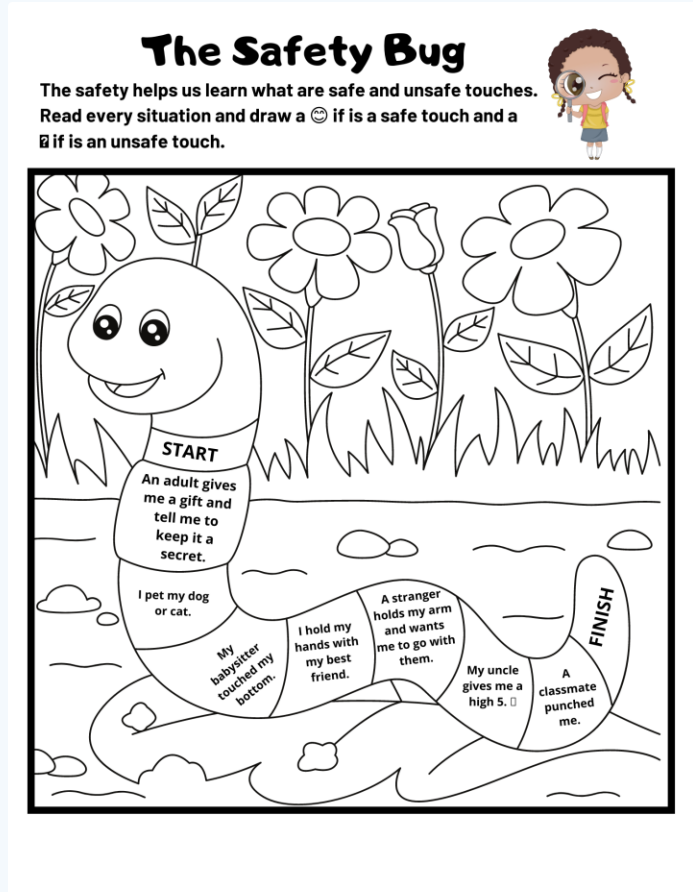
- Private body parts are the ones the bathing suit covers. They are covered because they are not to be seen or touched by others.

The touching rule

- A person should never touch your private body parts except to keep you healthy.
- And you should never touch anyone else's private body parts.

Do The safety Bug Activity with the class.

Printable page on basecamp



Instructions:

- The safety bug helps us learn what are safe and unsafe touches. Read every situation and draw a 😊 happy face if it is a safe touch and a ☹️ sad face if it is an unsafe touch.

Story and Discussion

Here's a story about someone breaking the Touching Rule and the Never Keep Secrets Rule.

Show Photo 5A.

This is Amar. Lately he's been noticing some of the older kids going into the woods by the playground at recess. They say there's a boy back there who used to go to their school. He lets kids who visit him drink beer and play games on his smartphone. They say he's really funny. Today at recess, the older kids dare Amar to go back there to visit the older boy. The boy is funny! He offers Amar some beer. Amar tries a sip. It tastes yucky! Then the boy asks Amar to sit down next to him and look at some pictures in magazines. He says they could play a game where they touch each other's private body parts like the people are doing in the pictures. He tells Amar if he does it, he'll let him drink more beer and play some video games.

1. Is it okay for Amar and this boy to touch each other's private body parts? (No.) If you think this breaks the Touching Rule, raise your hand. Comment on the number of hands raised. Let's say the Touching Rule together: A person should never touch your private body parts except to keep you healthy.



Show Photo 5B.

Now he's assertively refusing the older boy. He's standing up straight, facing



the older boy, and saying in a strong, respectful voice, "Stop. Don't touch me. It's not okay to touch private body parts."

The older boy seems mad. He says, "Well you'd better not tell anyone. If you do, I'll tell your parents you were drinking beer and made up all the other stuff."

2. Is it okay to keep secrets about touching? (No.) What's the rule about keeping secrets? Give think-time. Call on a few students at random. (Never keep secrets about touching.)

Amar leaves the woods and goes back to the playground. He's confused about what to do. He doesn't want to get in trouble for drinking beer, but he knows it's not okay to keep secrets about touching. He has to tell an adult! He feels guilty about accepting the dare and going into the woods to visit the boy. It didn't turn out to be so cool after all.

Amar worries about what to do all day. Near the end of the day, he sees the school counselor, Ms. Thomson, sitting at the desk in her office. She's talking to some other kids. Amar pokes his head in the door and asks if he can talk to her right now, but she says she's busy with some other students. Amar says, "I really need to talk to you about something important. Can we talk soon?" Ms. Thomson tells him to wait outside her door

Do You Have a Secret?

Jennifer Moore-Mallinos
Illustrations: Marta Fábrega



Time to read a Story

Read the story "Do you have a
secret"

Wrap Up:



- Never Keep unsafe secrets.
- If someone tries to touch you in a way you don't like who do you report??
 - A trusted adult
 - Keep reporting until someone believes you.

Lesson #4



What we will talk about today:

- Who you can talk to about safe and unsafe touches
- How to be safe with computers and the Internet
 - Go to Netsmartz for Internet Safety presentation.



Be Safer Online with NetSmartz!

An Online Safety Presentation for
Children in Grades K-2



NetSmartz® Workshop

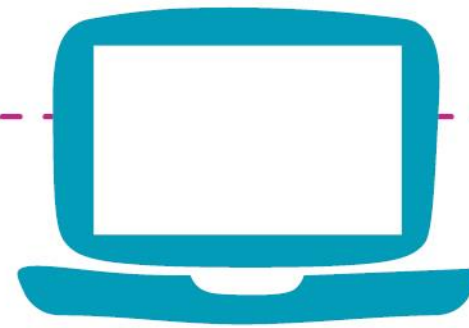
A program of the

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

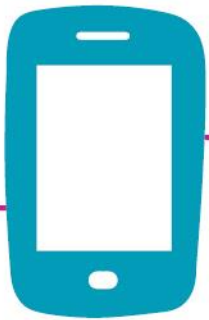
How Do You Go Online?



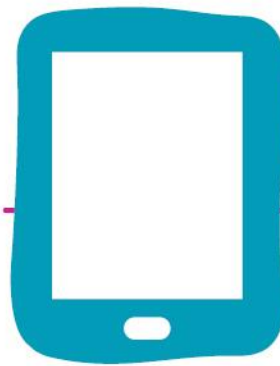
COMPUTER



LAPTOP



CELL PHONE



TABLET



GAME SYSTEM

What Can You Do Online?





RULE #1

I will tell a trusted adult
if anything online
makes me feel sad,
scared or confused.



My Favorite Browser



www.NetSmartzKids.org



It's Not Your Fault!





RULE #2

I will ask
my parent or guardian
before sharing
personal information.



**What Does
“Personal” Mean?**

That's Personal!



AGE



ADDRESS



SCHOOL

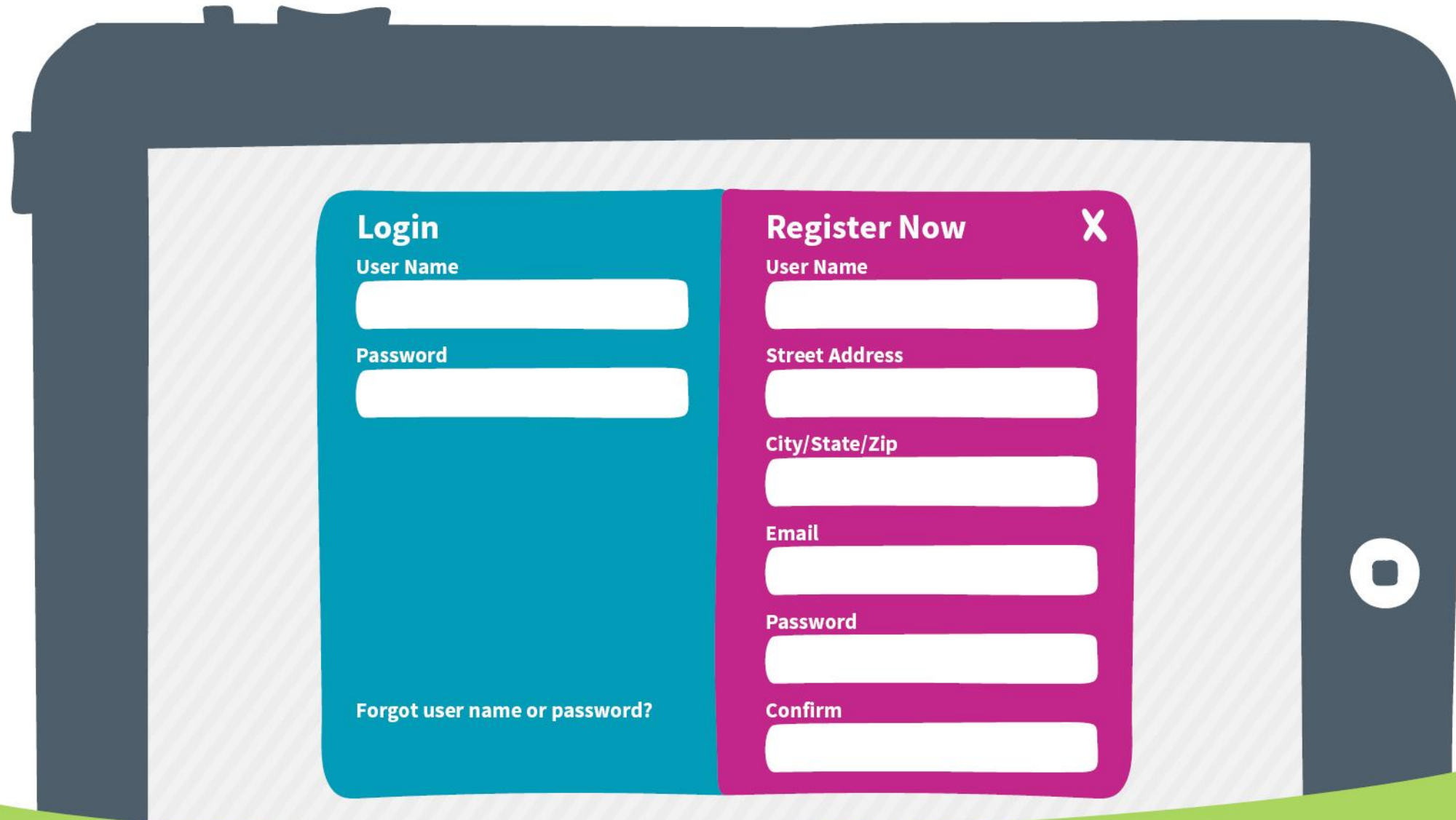


EMAIL ADDRESS

What Could Happen?



Sign-up Forms



The image shows a stylized illustration of a tablet with a dark grey frame. On the screen, there are two overlapping form panels. The left panel is teal and titled 'Login'. It contains two input fields for 'User Name' and 'Password', and a link at the bottom that says 'Forgot user name or password?'. The right panel is magenta and titled 'Register Now' with a close button 'X' in the top right corner. It contains five input fields for 'User Name', 'Street Address', 'City/State/Zip', 'Email', and 'Password', followed by a 'Confirm' label and another input field. The background of the screen has a light grey diagonal line pattern. The tablet is set against a light green background with a white rounded rectangle behind it.

Login

User Name

Password

[Forgot user name or password?](#)

Register Now

X

User Name

Street Address

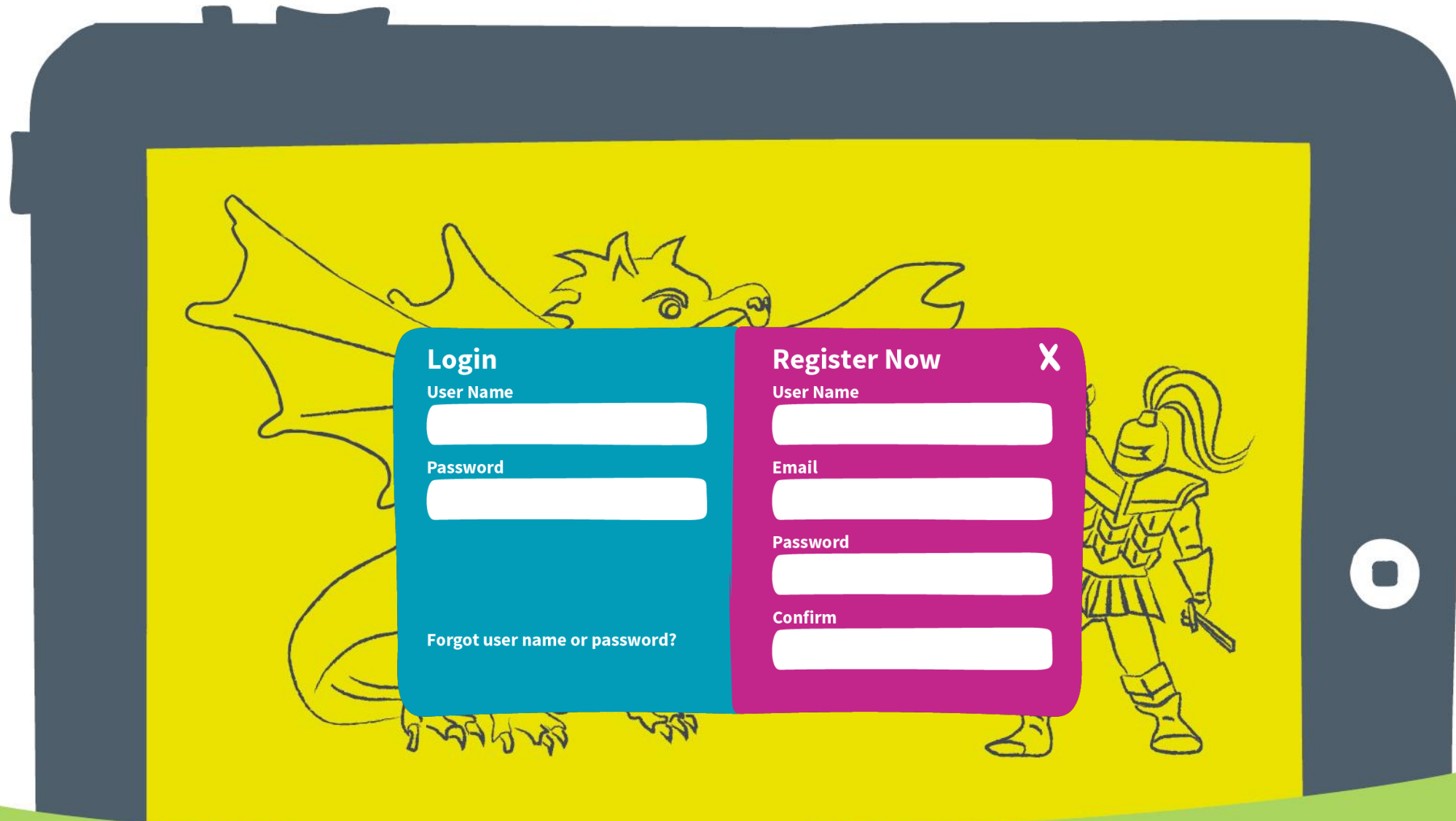
City/State/Zip

Email

Password

Confirm

Pop-ups



Talking Online



What Would You Do?



**CONGRATULATIONS!
YOU WON A PUPPY!**

Name:

Full Name

Address:

Street

City/State/Zip

Send me my prize!

NetSmartz Contest Permission Slip

Child's Name: _____ Grade: _____

Parent's or Legal Guardian Name: _____

Street Address: _____

City: _____ Zip: _____

Phone: _____

Email: _____

Parent or Legal Guardian Signature: _____ Date: _____



What school
do you go to?





It's Yours!





RULE #3

I won't meet
face-to-face
with anyone
from the Internet.



You Don't Really Know People Online









RULE #4

I will always
use good netiquette
and not be rude
or mean online.

Netiquette



nice

MEAN





Happy



Mad



Sad

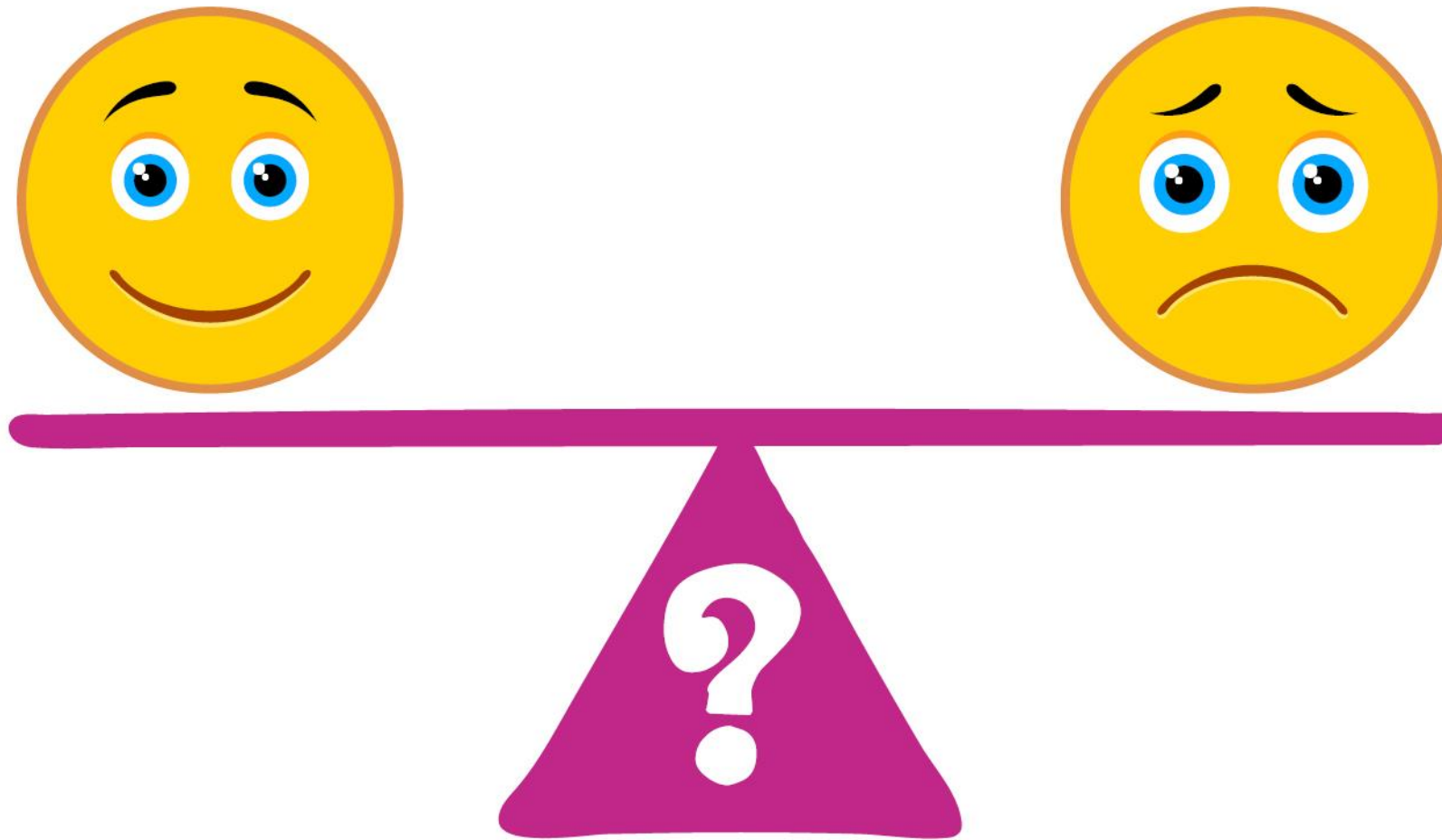
**If Someone Is
Mean to You**



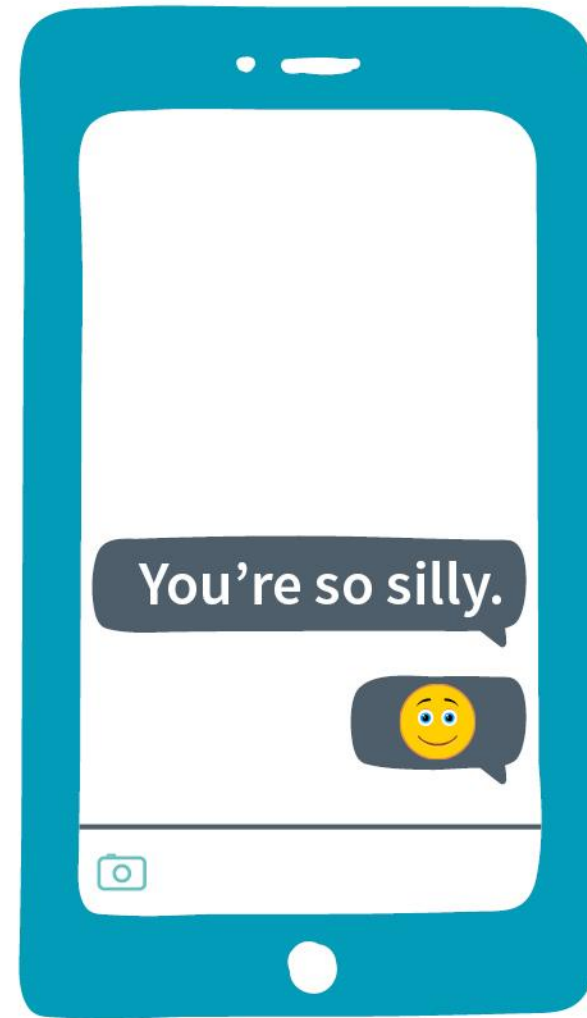
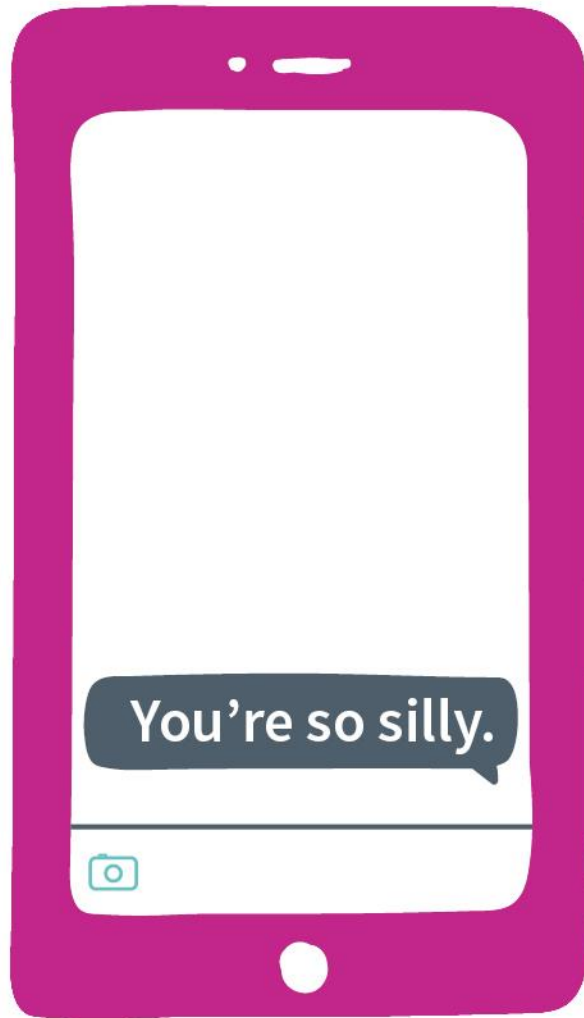
Make It Nice

I don't know

What Would You Do?



Make It Nice



Keep It Fun



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

