



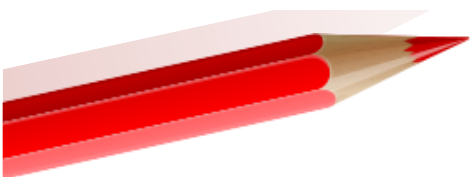
# Second Grade Lessons 1-4

Prevention Department





# Lesson 1



# Introduce Yourself



Introduce WISH

“I work for an agency that helps people to stay safe”

Give Mandatory Report Info

“ 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”

# Safety

## Scenarios Pg 21

- **Riding a bike without a helmet.** (Unsafe. Never-Never Rule: Never ride on wheels without wearing a helmet.)
- **Riding with a seatbelt in the backseat of your mom's car.** (Safe. Never-Never Rule: Never ride in a car without wearing a seatbelt.)
- **Petting a strange dog at the park.** (Unsafe. Never-Never Rule: Never touch a dog without asking the person in charge first.)

- Today we are going to be talking about safety!
- Who keeps you safe at home?  
(Example answers: parents, grandparents, siblings, babysitter)
- Who keeps you safe at school?  
(Example answers: teachers, principal, paras)
- It's an adult's job to keep you safe! They should be watching after you and teaching you how to keep yourself safe.
- Do activity on page 21. Have them give thumbs up or thumbs down. If thumbs down, ask how to make the activity safe.



Show stranger/Safety Video  
<https://youtu.be/SY7RhBszp0k>

# Safe-Unsafe Touches

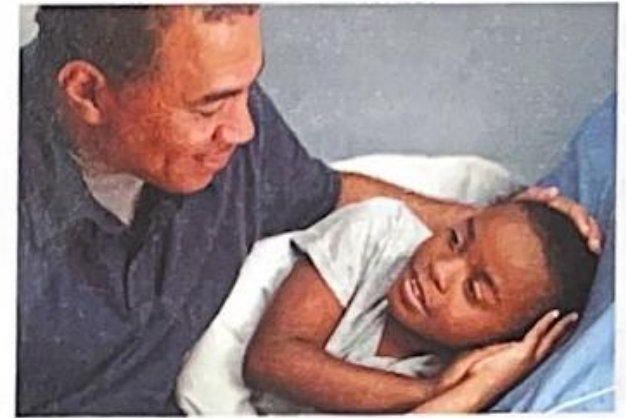
- Explain what a safe touch
  - (safe touches are wanted by both people, they don't hurt, they keep us safe and healthy, they aren't secrets)
- Show Picture 3A from the next page and ask them for safe touches.

Show Photo 3A.

1. This is Dion and his dad. 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. **Dion feels safe and loved when his dad tucks him in at night. 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 or shoulders.)





Picture 3A



Show Photo 3B.

2. This is Kosei and Jordan. Does this show a safe or unsafe touch? (Unsafe: thumbs down.) Comment on the number of thumbs down. **Unsafe touches hurt your body. It is hurting Kosei when Jordan sits on him. Think of some other examples of unsafe touches.** Give think-time. Call on a few students at random. (Pushing. Kicking. Hitting. Pinching. Grabbing.) **Unsafe touches are against our school rules.**



## Safe-Unsafe Touches

- Explain what an unsafe touch is
  - (Unsafe touches hurt our bodies or our feelings, make us feel yucky/mad/sad, are secrets, touch our private parts.)
- Show Picture 3B from the next page.
  - Ask what Kosei could say to get Jordan to stop the unsafe touching.
  - Ask for unsafe examples.
- Explain that they can always say no to unsafe touching and if they can't get the unsafe touch to stop, tell an adult.



Picture 3B

- Ask for examples of unsafe touches
  - Pushing
  - Punching
  - Touching body private parts
  - Pulling hair



# Lesson 2



The background features a large orange trapezoidal shape on the right side. In the top left, there is a blue banner with white text. Two pencils are visible: an orange one at the top center pointing down, and a red one at the bottom left pointing right. A green banner with the number 11 is in the bottom right corner.

# Introduce Yourself

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# Recap

- Ask what we talked about yesterday.
  - Recap Safe and Unsafe touch
    - ✦ Ask: What is a safe touch?
    - ✦ Safe touches are wanted by both people, they don't hurt, they keep us safe and healthy, they aren't secrets.
    - ✦ Ask for examples of safe touches
    - ✦ Ask: What is an unsafe touch?
    - ✦ Unsafe touches hurt our bodies or our feelings, make us feel yucky/mad/sad, are secrets, touch our private parts.
    - ✦ Ask for examples.



# Story and Discussion

Show picture 3C and follow story and questions on page 38.  
After story practice scenarios with the class.

## Show Photo 3C

This is Iman and her uncle. Iman's uncle babysits her almost every week. Whenever Iman's uncle comes



over, he sneaks up really close behind Iman, puts his hands over Iman's eyes, and says, "Guess who?" Iman used to think her uncle's game was fun and exciting. But today she feels really uncomfortable about it.

2. Is this a safe game? (Yes.) This touch is not hurting Iman's body, but it's still okay to say words that mean no to touches you don't want—even when they don't hurt—because your body belongs to you.

3. Think about what words Iman can use to refuse this unwanted touch. Give think-time. Turn and tell your partner your ideas. Call on a few students at random. (Please stop. Please don't touch me. I don't want to play that game.)

Iman 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 her uncle, and says in a strong, respectful voice, "Please stop. I don't want to play that game anymore."

Then Iman's uncle says, "I guess you're getting too old for it. It's okay to say no. We can think of another fun way to greet each other when I come over." Iman suggests they come up with a secret handshake. Her uncle likes the idea, so they practice a secret handshake they can use every time they see each other. Iman feels proud about saying no to the unwanted touch.

## Scenarios:

### Unwanted Touch Scenarios Pretend this is...

- A student in your class, who is putting an arm around your shoulder when you don't want him to
- Your older sister, who is messing up your hair when you don't want her to
- Your grandpa, who wants to give you a kiss when you don't want one

### Unsafe Touch Scenarios Pretend this is...

- Your older sister, who is kicking you under the table
- Your grandma, who is mad that you took a cookie, and she's slapping you hard on the hand
- An older boy, who is pulling you down the hall by the arm



# The Touching Rule!!



Show Picture 4A and introduce the touching rule from page 45-46.

- Their bathing suits cover their body private parts.
- They are private parts because they are not to be seen or touched by others.

- THE TOUCHING RULE IS

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

And you should never touch anyone else's body private parts.

Amelia and Rafael are at a swimming lesson. Their bathing suits cover their private body parts. They are private because they are not to be seen or touched by others.



# Wrap UP

- Recap the touching rule
- Ask what do you do if someone breaks the touching rule?
- Who can you report?
- Have them fill out a paper with their own trusted adults at home. Form is on basecamp.



- Show video safe/unsafe touches to end the presentation.
  - <https://youtu.be/zNTUMNKSNowk>



Protect yourself rule: Safe/Unsafe Touch



# *Lesson 3*





# Introduce Yourself

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# Recap



## Review pg 45-46

- What rule we learned yesterday?
- The Touching Rule: A person should never touch your body private parts except to keep you healthy.  
And you should never touch anyone else private body parts.

# Secrets

- ☐ Today we are going to talk about secrets! We are going to talk about Safe Secrets and Unsafe secrets.
- ☐ A safe secret is just for a little while. Like planning a surprise party, waiting to give someone a present or waiting to tell someone about a new baby.
- ☐ An unsafe secret is a secret someone asks you to keep secret forever. It makes you feel bad, yucky, weird, or uncomfortable. It can make other people upset.
- ☐ Touches should never be a secret! No one should ever ask you to keep a touch a secret.



## Story and Discussion

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

### Show Photo 5.

This is Andrea and her babysitter. The babysitter has been taking care of Andrea and her younger



brother since they were really little. When her little brother naps, Andrea and her babysitter have their "special quiet time." They lie down and snuggle on the sofa to read books or magazines. Andrea's babysitter brings a new magazine or book every time she comes over. Today Andrea's babysitter started touching Andrea's private body parts, then asked Andrea to touch hers. She said it could be a secret game they play during their special quiet time.

do the actions for each as you mention it. Andrea recognized the babysitter was breaking the Touching Rule. She refused assertively. She stood up straight, faced her babysitter, and said in a strong, respectful voice, "Stop. Don't touch me. It's not okay to touch my private body parts, or for me to touch yours." Then the babysitter said, "Let's keep this a secret. If you tell, we won't get to have special quiet time anymore."

2. Is it okay to keep a secret about touching? (No.)  
What's the rule about keeping secrets? Give think-

Andrea goes to her room. She doesn't know what to do! Her babysitter has been coming over for so long, and she's always enjoyed their time together. But now the thought of her babysitter touching her makes her feel uncomfortable. She knows she needs to report that her babysitter broke the Touching Rule.

Andrea waits until her parents get home. After the babysitter leaves, she asks to talk to them about a problem. They say they're busy, so Andrea says, "It's important. Can we talk later?" Her mom says they can talk once they put the groceries away.

After the groceries are put away, Andrea reports to her parents that the babysitter broke the Touching Rule. Her mom says, "I'm glad you told me, Andrea. I will have to find you a new babysitter and make sure she knows about the Touching Rule." Andrea feels safe and protected by her parents.

- Do activity on Pg 54
- After the story Show :
  - No to secrets video. Link below and video on next page.



Say "NO" to secrets video



# *Lesson 4*



The background features a large orange trapezoidal shape on the right side. In the top left, there is a blue banner with white text. Two pencils are visible: an orange one at the top center and a red one at the bottom left. The page number '26' is in a green box at the bottom right.

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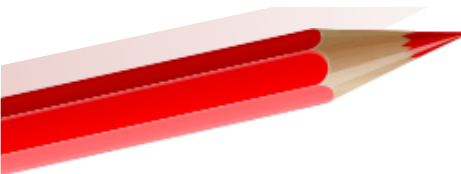


# Recap

Ask what we learned in the last lesson:

- What is a safe secret?
- What is an unsafe secret?

Scenarios: Game or safe and unsafe secrets.

- 
- Someone tells you to keep a secret about: A surprise party.
  - Someone tells you to keep a secret about: Them touching your private parts.
  - Someone tells you to keep a secret about: Watching a grown-up movie.
  - Someone tells you to keep a secret about: A present they gave you.
  - Someone tells you to keep a secret about: Flowers for your teacher.
  - Someone tells you to keep a secret about: A present they gave you.



## Recap briefly all the lessons:

What is a safe touch?

What if an unsafe touch?

Should anyone ever touch your body private parts?

Remind them body private parts are the ones that covers your bathing suit.

When is ok for someone to touch your body private parts?

When someone is keeping you healthy: like the doctor or helping you in the bathroom

What you should do if someone breaks the touching rule?

Tell them no!

Who can you report to?

Wrap up the lesson reading the story Uncle Willy's Tickles or Rissie no Kissies

# 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](mailto:jd.m@wishak.org) for more information

