

## SAFE ENVIRONMENT LESSON PLAN

### Grade: Kindergarten

All portions of this lesson plan can be completed in one session.

### OBJECTIVES

The Kindergarten student will

1. Identify up to five adults who they can trust and turn to in times of need.
2. Demonstrate good touches.
3. Recite NO, GO, TELL as an action plan for staying safe.

### MATERIALS NEEDED

#### Student needs

- Crayons or markers
- Scissors
- Glue

#### Teacher needs

- Who, How, When, Why Chart
- Permanent marker
- Body language flashcards for charades
- Figures wearing bathing suits (use coloring book page one attached at the back of the lesson)
- Stuffed teddy bear with arms
- Assessment materials
  - NO, GO, TELL (Resource A)
  - Trusted adults (Resource B)

### CONTENT

#### **PART ONE ~ JESUS LOVES US** (~10 minutes)

God loves us and created us to love God, ourselves, and others. Let's talk about what it means to be loved.

[Make a chart on the board with the headings Who, How, When, Why so that all students can see it. Ask the students the following questions and write their responses on the chart. Sample student responses are italicized.]

WHO loves you? *mom, dad, sister, brother, grandparent, aunt, uncle, friend, teacher*

HOW do they show their love? *hug, kiss, high five, pat on the back*

WHEN do they show their love? *always, when we follow the rules, when we don't fight, when we are good*

WHY do they love us? *because we are their son or daughter, because we are good, because that is what moms and dads do*

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God loves us no matter what we do, but he wants us to do what is right and use our bodies to respect all. God made our bodies very special and holy because He made us in His image. God gave us these special bodies to show love to others. Sometimes we can use our bodies to show how we feel without even using words. Let's play a game to show how our bodies can tell others how we feel without using words.

[Play a game of charades using the body language flashcards. Invite volunteers to come up one by one, pick a flashcard, and have you tell them an emotion to act out for the students without talking. When students know what emotion they are showing, they should raise their hands and wait to be called on to guess the emotion. Sample emotions include are: happy, sad, angry, confused, scared, nervous, excited.]

### **PART TWO~ GOOD & BAD TOUCHES** (~5 minutes)

Our bodies can tell others a lot about us even before we say anything. We can use our bodies to give good touches or bad touches. God wants us to respect others by giving good touches. Good touches show love to those around us. Good touches can be smiles, hugs, high fives, kisses, or helping a friend. Good touches make us and those around us feel happy, comfortable, and loved. We can also use our bodies to give bad touches which can hurt those around us. Bad touches can be punches, kicks, hits, hugging someone until it hurts, hugging someone when you shouldn't, and someone touching your private parts when they shouldn't. God does not want us or anyone else to use bad touches. Bad touches make us and those around us feel sad, confused, and uncomfortable. Let's stand up and use our bodies to demonstrate some good touches.

[Ask students to stand up in their place with space to move their arms and legs without interfering with other students. Have someone volunteer an example of a good touch. Then have students act out that good touch by themselves. For example, have them high five the air, hug themselves, pretend to pick up something a friend dropped, etc.]

### **PART THREE ~ BOUNDARIES WITH OUR BODIES** (~15 minutes)

God made our bodies beautiful. He designed them to have special private parts. These private parts are covered by a bathing suit. [Display the image of the figures in bathing suits]. These are extra special parts of our bodies that we don't show to everyone. We keep them covered unless we are taking a bath/shower or changing clothes in private. We touch these parts of our bodies to keep them healthy and clean. Sometimes Mom or Dad or a doctor can see or touch these private parts to make sure they are healthy and clean, and that is OK. It is not OK if someone touches your private parts when they shouldn't.

Now we are going to learn a special action plan to use if someone tries to touch these extra

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special parts of our bodies when they shouldn't. This plan is called NO, GO, TELL. [Have the students repeat NO, GO, TELL after you.] Let's learn what the three steps of our action plan are:

1. **NO** – We say “NO!” in a big, loud voice like we would use on the playground outside. Let's practice together saying “NO!” in a big, loud voice [Invite students to say “NO” loudly together.] Now, we are going to say “NO!” in a big, loud voice AND use our bodies to say “NO.” [Demonstrate standing up, saying “NO” loudly and, at the same time, stepping back and putting your hands out in a front of you signaling to stop. After you have demonstrated this action, invite the students to stand up in their place with space to extend their arms, and do the same action while yelling “NO!”].
2. **GO** – When we feel unsafe, after we yell “NO!” and step backwards with our hands up, the next step is to GO away from the person. We want to get away from the person fast, so we can run to a safe place and tell someone we trust.
3. **TELL** – The last step is telling a trusted adult what happened. Let's think about some adults whom we can trust. [Ask the children to brainstorm ideas of trusted adults, and make a list they can see.] Who are some adults that you know you can trust? *Mom, Dad, Grandma, Grandpa, Principal, fire fighter, Coach, police officer, priest, nurse* [If the students list off specific people in their lives such as Mr. Jefferson, the school principal, add that name to the list along with his title as principal]. God gave us these adults to keep you safe and they need to know if someone made you feel unsafe. It is important to not keep secrets about bad touches even if someone made you promise not to tell. Bad touches are not safe for you or for anyone else. You need to tell a trusted adult if someone does a bad touch to you so that you can keep yourself safe.

Before we practice these steps together, let's remember that when we say “NO!” loudly, it is because we respect ourselves and want to stay safe. We have to respect ourselves and those around us. That means that sometimes our friends may say “NO!” when they don't like something that we are doing to them. Even if you don't mean to, you may upset someone with your touch. For example, our friends may say “NO!” on the playground because they do not like us tagging them as you play tag or they may say “NO!” because they don't want you to sit so close to them during circle time. They have the right to say “NO!” if you bother them. We need to respect them and stop.

Now that we learned the three steps for NO, GO, TELL, let's practice them together. I have a friend named Teddy the Bear, and we are going to teach Teddy how to practice our rules. I am going to ask a volunteer to come up and help Teddy to use the NO, GO, TELL plan when he is unsafe. [Read the following scenarios to the students and have a volunteer use the teddy bear to act out saying “NO!” loudly, putting up his arms and moving back, and running to tell a trusted adult. After the students pretend to make use the NO, GO, TELL plan, ask the students what adult they would go tell].

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- Scenario #1 – Teddy's friend grabs him at recess and gives him a hug and won't let go. *Run and tell teacher, principal, priest, Coach, Mom, Dad*
- Scenario #2 – Teddy is at the pool and someone tries to pull down his bathing suit in the pool. *Run and tell Mom, Dad, family member they are with, lifeguard*
- Scenario #3 – Teddy is on the playground and gets tackled to the ground. *Run and tell teacher, principal, priest, coach, Mom, Dad*

Let's always remember that God loves you and watches over you and wants you to be safe. Anytime you feel unsafe, use the NO, GO, TELL plan to get help from a trusted adult.

### CLOSING PRAYER

God the Father is our Creator. All that God made is good. He loves us very much and made us to love Him, ourselves, and others. He wants us to be safe and happy. He gave us our parents, teachers, and friends to help us be safe when we are at school, home, and Church. Thank you God for giving me the gift of my body. Amen.

*Adapted from Diocese of Peoria & Diocese of LaCrosse*

### ASSESSMENT

#### Ask student to

- Draw 3 trusted adults.
- Demonstrate good touches (observe individually during charades or ask during independent work).
- Match the words of the NO, GO, TELL action plan to the pictures and words that match.

# TEACHER RESOURCE COVER PAGE

- Body language flashcards  
for charades

happy

sad

angry

scared

excited




nervous

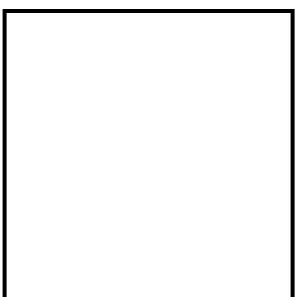
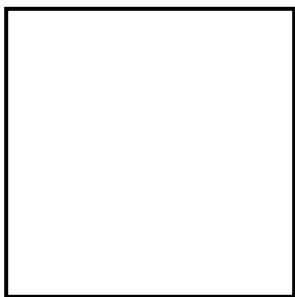
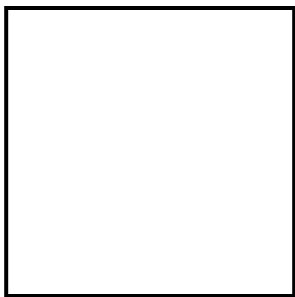
# ASSESSMENT RESOURCE COVER PAGE

- NO, GO, TELL (Resource A)
- Trusted adults (Resource B)

Name \_\_\_\_\_

## My Action Plan

Trace  the words below. Cut   
and paste  the words to match the  
pictures.



NO

GO

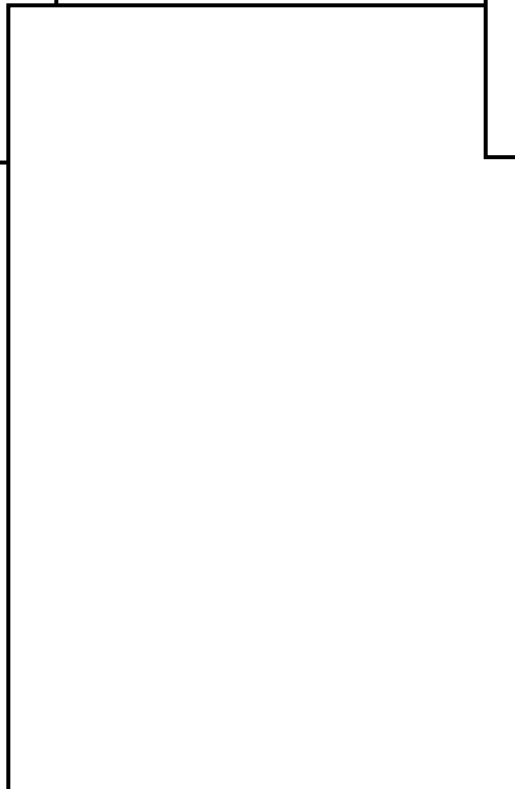
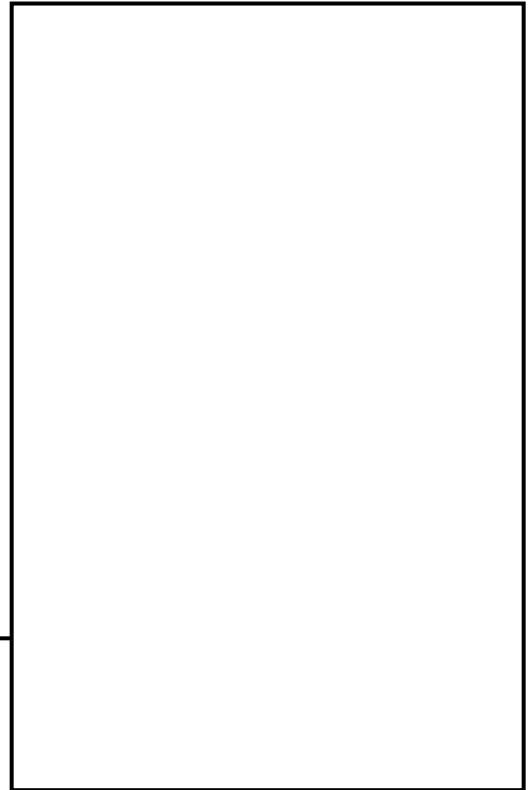
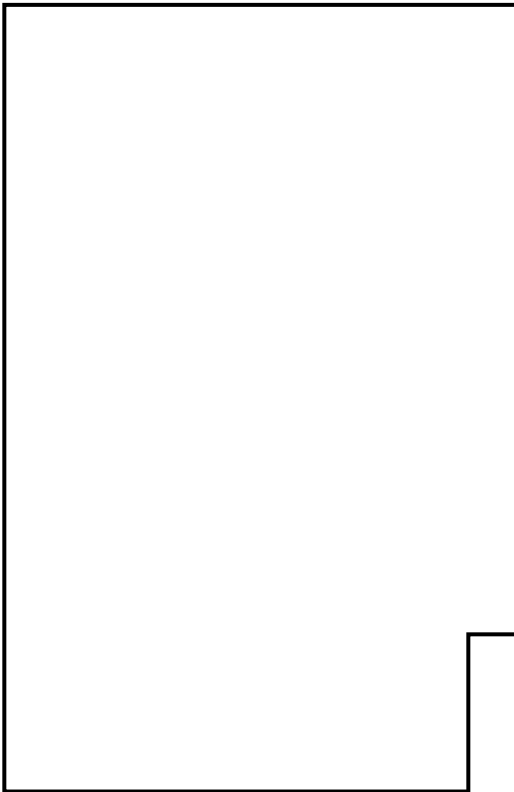
TELL



Name \_\_\_\_\_

# Trusted Adults

Draw and color 3 pictures of adults that you can trust if you feel unsafe.



SAFE ENVIRONMENT  
COLORING BOOK PAGES  
ON PAGES TO FOLLOW

CAN BE USED AS  
SUPPORT MATERIALS

YOUR BODY IS YOURS *ALONE*, AND IT IS SPECIAL TO *GOD*. HE WILL NEVER CREATE ANOTHER LIKE IT. SOME PARTS OF YOUR BODY ARE *OFF LIMITS* TO OTHERS. A GOOD WAY TO KNOW WHICH PARTS OF YOUR BODY ARE YOURS ALONE...

IS TO REMEMBER WHERE YOUR BATHING SUIT WOULD BE. THOSE BODY PARTS ARE COVERED TO KEEP YOU HEALTHY AND SAFE. ONLY *CERTAIN PEOPLE* LIKE *PARENTS AND DOCTORS* GET TO SEE THEM.

IF ANYONE TRIES TO TOUCH YOU WHERE YOUR BATHING SUIT WOULD BE, SAY "*STOP!*" AND *TELL* A TRUSTED ADULT RIGHT AWAY. YOU *WON'T* GET IN TROUBLE FOR TELLING, AND I'LL BE WITH YOU TO HELP YOU TELL.



IF ANYONE TRIES TO SHOW YOU *THEIR* BATHING SUIT PARTS OR TRIES TO GET YOU TO TOUCH THEM THERE, SAY "*NO!*" AND TELL A TRUSTED ADULT *RIGHT AWAY*. YOU *WON'T* GET IN TROUBLE FOR TELLING, AND I'LL BE WITH YOU TO HELP YOU TELL.

**THIS RULE IS VERY IMPORTANT. TELL SOMEONE!**

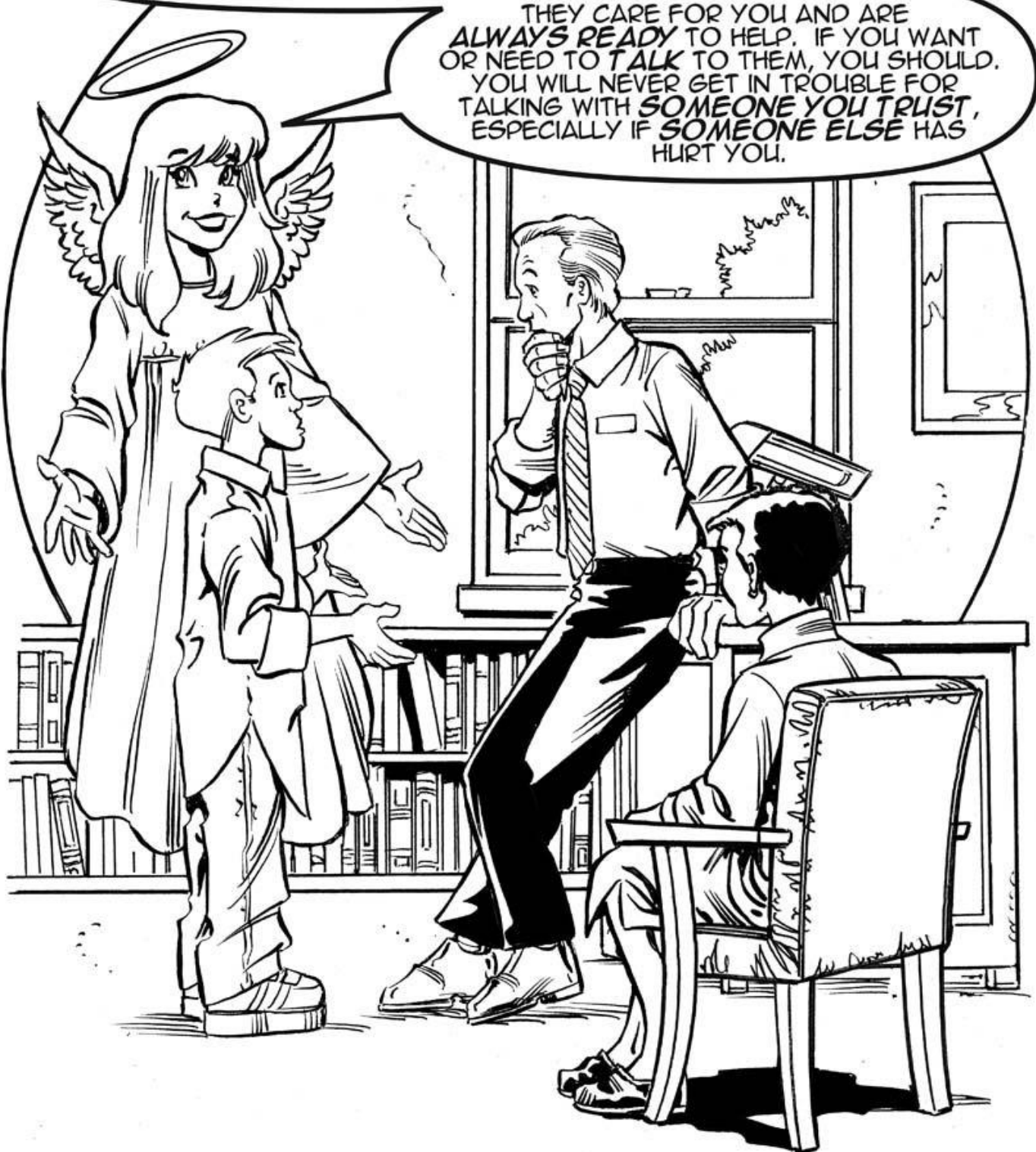


WHO CAN YOU TALK TO WHEN SOMETHING GOES WRONG? BECAUSE SOME PEOPLE CHOOSE TO BE SELFISH, BAD THINGS CAN HAPPEN TO YOU.

ONE WAY **GOD** ANSWERS PRAYERS IS BY SENDING **SPECIAL PEOPLE** INTO YOUR LIFE TO REMIND YOU THAT **HE** IS WITH YOU. IF SOMETHING BAD HAPPENS AND YOU TELL **THESE** PEOPLE, THEY CAN HELP YOU AND SHOW YOU TRUE **GOD-LIKE LOVE**. THERE IS ALWAYS **MORE THAN ONE** OF THESE SPECIAL PEOPLE, SO IF SOMEONE YOU TRUSTED HURTS YOU, **TELL SOMEONE ELSE** YOU TRUST.

GOD GAVE ALL GROWN-UPS A **SPECIAL JOB**. THEY ARE SUPPOSED TO HELP CHILDREN GROW UP. MANY ADULTS DEVOTE THEIR LIVES TO THIS CALLING. AND I KNOW THAT THERE ARE SOME ADULTS THAT YOU ESPECIALLY LOVE OR TRUST. YOU SHOULD **NEVER BE AFRAID TO TALK TO THEM.**

THEY CARE FOR YOU AND ARE **ALWAYS READY** TO HELP. IF YOU WANT OR NEED TO **TALK** TO THEM, YOU SHOULD. YOU WILL NEVER GET IN TROUBLE FOR TALKING WITH **SOMEONE YOU TRUST**, ESPECIALLY IF **SOMEONE ELSE** HAS HURT YOU.





REAL FRIENDSHIP IS TRULY **SELFLESS**.  
TRUE FRIENDSHIP IS A TYPE OF LOVE  
THAT IS **GOD-LIKE**. THE GREAT THING  
ABOUT FRIENDSHIP IS THAT YOU WILL  
**ALWAYS** HAVE TRUE FRIENDS IN YOUR  
LIFE.

THEY'LL BE THERE IN **FUN TIMES** AND  
IN **BAD TIMES** TOO. ISN'T IT GOOD  
TO KNOW THAT YOU COME CLOSER  
TO **GOD** JUST BY BEING FRIENDLY?

