

Talking about Touching (TAT) Lesson Plans – Grade 1

GRADE 1 – LESSON 1 – Identifying Touches – Safe Touch/Unsafe Touch

Concepts

Safe touch is good for your body and makes you feel cared for, loved, and important
Unsafe touch is not good for your body and hurts your body or your feelings

Objectives –Children will be able to

Identify safe, caring touches
Identify unsafe touches

Safety Rules to Periodically Review

The Touching Rule – No one should touch your private body parts except to keep you clean and healthy.
Your private parts are anything covered by a bathing suit.

The Always Ask First Rule – Always ask your parents or the person in charge first if someone you know wants to give you something.

Always ask your parents or the person in charge first if someone you know asks you to go somewhere with him/her.

Parent Information

Safe touches are positive, caring touches that enrich all of our lives. This lesson will help children who are not used to positive touch learn that touch can be nurturing. Because some children have suffered from abusive touch, be sure to ask permission before giving hugs or other positive touches. You may also need to set clear boundaries regarding how children touch you and each other.

Lesson

Review your family rules about going places with people the child knows or doesn't know and accepting gifts from them.

Talk about touch using the following suggestions

There are different kinds of touch – what are they?

Safe touch – this is touch that is good for your body and makes you feel cared for, loved, and important

Look through magazines or other advertising mail you get at home for pictures of safe touch.

Reflect on the following questions

Does this look like a safe touch?

What are some other kinds of safe touches that show love and caring?

What are some ways children in classrooms or on the playground can give each other safe touches?

Unsafe touches – These are not good for your body. They hurt your body or your feelings.

Look through magazines or other advertising mail you get at home for pictures of unsafe touch.

These could include hitting, kicking, slapping, pinching, pushing, biting, tripping

Reflect on the following questions

Does this look like an unsafe touch? Why?

What are some other kinds of unsafe touches that can hurt?

What are some ways children in classrooms or on the playground give each other unsafe touches?

Practice some safe touches that your child can do at school

hand shakes

high five

fist thump

holding hands for group games

pat on the back

If your child likes to cut and paste, he/she could make a collage by pasting cut pictures of safe touches on paper.

GRADE 1 – LESSON 2 – Dealing with Unsafe Touch

Concepts

Children can develop skills to help them avoid or resist unsafe touches

Objectives –Children will be able to

Recognize unsafe touches and deal with them

Demonstrate assertive behavior

Parent Information

In order for children to live safe and healthy lives, they need to learn the difference between safe touch and unsafe touch. This lesson will help them develop skills and vocabulary to deal with a variety of people and situations. Realistically, young children may not always be able to stop hurtful behavior from older or more powerful children or from adults. For this reason, parents are encouraged to not only support their children in being assertive but also in telling if necessary.

Unsafe touches include touches that hurt our bodies or our feelings. Grabbing is an example of an unsafe touch. Unsafe touches become exploitation when one person bullies another.

Lesson

Use pictures you found of unsafe touches from the previous lesson

Discuss why the touch is unsafe

What are some things that could be done differently to make them a safe touch

What could your child do if this happened to him/her

What could your child do if this happened repeatedly

Role play some of the following examples with your child practicing with them how to say “No”

You be the child and have your child be the one doing the unsafe touches

What would you say if someone pushed in front of you in line?

What would you say if a friend grabbed your coat sleeve and wouldn't let go?

What would you say if someone squeezed your arm too tight?

What would you say if someone took your lunch?

If someone touches you in a way that hurts or that you don't like, you can say, “Stop it! I don't want you to do that.”

GRADE 1 – LESSON 3 – Saying No to Unwanted Touch

Concepts

It is okay for children to say “No” to unwanted touch

Objectives –Children will be able to

Identify unwanted touches

Say “No” to unwanted touches

Parent Information

Children (and adults) ought to be able to say how and by whom they are touched. Often, children get the message that they shouldn't talk about or try to control the touches they receive. If children aren't able to talk about their dislike of kissing Uncle Bill because he smells like a cigar, how can they talk about more exploitive experiences with touch?

Lesson

If someone hurt you, who are some grown ups that you could go to for help?

More practice on saying “No”

Pretend that your uncle or aunt has said to you, “Come here and give me a kiss.” You don't want to. What could you say?

No thank you

Let's shake hands or give high five

Pretend that your babysitter or neighbor wants you to sit on his/her lap. You don't want to. What could you say?

No thank you, I don't want to sit on your lap.