

Talking about Touching (TAT) Lesson Plans – Grade 2

GRADE 2 – LESSON 1 – The Always Ask First Rule

Concepts

Children always need to ask their parents or the person in charge first before going somewhere with them, or accepting a gift from someone they know

Objectives –Children will be able to

Identify two ways to apply 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

Describe appropriate responses to being offered gifts

Describe appropriate responses to being asked to go somewhere with someone

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

Parents and caregivers need to know who is spending time with their children and what their children are doing. Teaching children to get permission first is a way of monitoring their safety.

Adults may unknowingly ask children to break family safety rules. In the following story, the adult neighbor makes an innocent request. Explain to your child that many families have safety rules like the one in this lesson because it's not always easy for children to tell whether a situation is safe or not. Following family safety rules keep children safe.

Lesson

Imagine a neighbor asks Winthrop and his friend to come into his house to play some video games. Winthrop's family has a rule that he should not go into anybody's house unless he asks his parents first, and they say it's okay. Winthrop tells his neighbor, "I have to ask my mom first."

Do you think Winthrop and his friend would like to play the video games?

What should Winthrop do? Why?

First ask his mom, dad, or the person in charge if it's okay because they have a rule about this.

Why do you think they have this family rule?

To keep Winthrop safe and so they'll know where he is

What if his neighbor acts disappointed because Winthrop won't come inside?

Winthrop should still say he has to ask his mom or dad first

What if Winthrop's parents gave him permission to go inside his neighbor's house yesterday? Should he ask again today? Why?

If he goes without asking, the person in charge won't know where he is and may worry about him

If Winthrop's neighbor offers to take him to the park, what should Winthrop do?

Ask first

If someone Winthrop doesn't know offers to take him to the store and buy him an ice cream bar, what should Winthrop do?

Ask first

Other pretend situations to practice

Pretend I am the older brother of a friend and ask you to come to my house and see my new TV

Pretend that I am your neighbor and offer you a box of markers or crayons

Pretend that I am a neighbor you know and offer you a cookie

Pretend that I am the nice lady who lives up the street and I'm walking my dog. I ask you to come walk with me.

GRADE 2 – LESSON 2 – 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

Parent Information

This lesson helps children identify different kinds of touch. Safe touches such as hugging, holding hands, and pats on the back are presented as positive, caring touches that enrich our lives. For children who aren't used to positive touch, this lesson will help them learn that touch can be nurturing. Because many children have received abusive touch, be sure to always ask permission before giving hugs and other touches. It may take time for some children to realize that touch can be positive. You may also need to set clear boundaries for the way children touch you and each other. Let them know if they touch you in a way that you don't like or that makes you feel uncomfortable.

Lesson

Explain:

Everyone needs to be touched sometimes. Some touches can feel good and are safe. We call these safe touches. Safe touches are good for your body and make you feel cared for, loved, and important.

Example

Imagine that every night Marcy gets tucked into bed by her dad. Usually they read a story or talk about the day, then they end with a hug.

How do you think Marcy feels when her father tucks her into bed?

Safe, loved, close to her father

What kind of touch is this?

Safe touch

How can you tell it's safe?

Feels good, not scary, doesn't hurt

What are some touches that feel good and make you happy?

Hugs, holding hands, shaking hands, giving high fives

What are some touches that hurt or cause us to feel bad?

Hitting, slapping, kicking, pinching

Touches that are not good for your body and that hurt your body or your feelings are called unsafe touches.

GRADE 2 – LESSON 3 – 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 touches they don’t want

Parent Information

Children (and adults) should be able to say how and by whom they are touched. If children aren’t able to talk about their dislike of certain kinds of touch, how can they speak of more exploitive experiences with touch?

Children can develop skills and a vocabulary to help them avoid unwanted touches. This lesson helps children learn how to say “No” to touches they don’t want, whether they’re safe or not.

Lesson

Imagine two boys – Benjamin and his older brother Shawn. Shawn has a friend named Chris who likes to tease Benjamin by messing up his hair.

How do you think Benjamin feels about Chris messing up his hair?

Embarrassed, angry

Would it be okay for Benjamin to say, “No” or “Stop that” to Chris? Why?

Yes because it’s okay to say no to unwanted touch

What are some other examples of unwanted touch?

Hug from someone you don’t know

Handshake when someone squeezes too hard

Pretend situations to practice

Your uncle wants to tickle you. What would you say?

Your grandfather with bad breath wants to put his arm around you. What would you say?

I’m going to put my hands over your eyes to scare you. What would you say?

GRADE 2 – LESSON 4 – Secrets about Touching – Telling a Grown Up

Concepts

Children should not keep secrets about touching
It is never too late to tell about touching that breaks the Touching Rule

Objectives –Children will be able to

Tell about touching secrets
Identify a variety of grown ups they can tell about touching secrets
Understand that it's never too late to tell touching secrets

Parent Information

There are a variety of reasons why children often do not disclose that they are being sexually molested or abused. One reason is that they don't recognize what's being done to them – especially if they love and trust the abuser and the abuser rewards their participation in the sexual encounters.

In other cases, the victims have been told by the abusers to keep it a secret and have been threatened with punishment if they tell.

Finally, some children are afraid that their parents won't believe them or won't be able to handle it if they disclose the truth.

Lesson

Review the Touching Rule

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

Remind your child that if someone does this to them, they are to say "No", get away from the person, and tell a trusted grown up what happened.

Imagine the following example

Ian is worried because he has a problem, and he is trying to decide whether to tell someone about it. Last week, his mom's boyfriend came to Ian's room when Ian was getting ready for bed. He started to give Ian a hug, and then he put his hand inside the back of Ian's pajama bottoms. He warned Ian not to tell his mom about what happened. He said they should keep it a secret.

Was the touch safe or unsafe?

Unsafe

Was it Ian's fault? Why not?

No because it's never a child's fault, even if the child doesn't say "No"

What could Ian have said?

No, that's wrong. Don't touch me like that. I don't like that.

Do you think Ian should keep the touching a secret? Why not?

No because his mom's boyfriend broke the Touching Rule. Ian deserves to be safe.

Who could Ian tell?

Mom, teacher, school nurse, another trusted adult

If that person didn't help him, who else could he tell?

Grandmother, school counselor, another teacher

Sometimes grown ups aren't very good listeners or don't know how to help. That's why it's good to have several different grown ups you can go to. If you tell a grown up about a touching secret, and he/she doesn't help you, keep telling until someone does help you.

Even if the touching problem happened a long time ago, it's never too late to tell about it and get help.

Brainstorm with your child and create a list of trusted adults that your child can go to.