

---

**Ages 5-7 (Grades K-2)**

**Objective:** To help children distinguish the difference between good and bad (appropriate or inappropriate) touch. To affirm a child's right to say no to an adult who makes them feel uncomfortable.

**Opening Prayer:**

Use a short prayer or song with gestures that speaks of God's love for all God's creation, especially children.

For example Matthew 19:13-15: "Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these."

Sing: "He's Got the Whole World in His Hands"

**Presentation and Process: *Kinds of Touch and a Child's Right to Privacy*  
(5 minutes)**

- Begin by saying "God loves us so much. God created us to be happy. He gave us our bodies. What are some happy things we do with our bodies?" (run, jump, sing, laugh, smell flowers, pet puppies, hug our parents, play, see new faces...)
- Touching is something we do with our hands. We give and receive touches. What are some good kinds of touches? Good touches make us happy and comfortable.
- What about bad kinds of touches that make us feel sad, confused or uncomfortable? Can you name some of those? (When someone touches you in the private areas of your body.)
- Review the private areas of our bodies by describing them as those covered by a bathing suit. It is always advisable to use proper names for body parts if necessary, but you should not need to teach the children what all these parts are. Point out that no one should ever touch those private parts of our bodies. There are exceptions, like when the doctor has to examine us when there is something wrong, or when we need to ask our parents to help us with something. We should try to take care of our own bodies as best we can by ourselves.

**Presentation: *Learning the Skills to Avoid Bad Touching* (10 minutes)**

- Your bodies belong to YOU. Whenever a person bothers you with a bad, "not OK" touch, you can say "NO." Even if it is an adult or someone who is bigger than you. Let's hear you all say "NO" in a big loud voice. (Have children all say "NO" together.)
- Now ask the children to stand up and this time, say "NO" with their voices and their bodies. Show them how to move back and hold up their hand in a stop motion. (Now have all children say "NO" with a hand up and move back.)
- After we say "NO" in a big, loud voice and hand motion, "GET AWAY" from that person and "TELL SOMEONE YOU TRUST".
- Who are some people you can trust? Name them (parents, catechist, teacher, principal, pastor, nurse, police officer, doctor, etc.).
- Sometimes a bad touch is scary and you might feel scared to tell someone, but it is important to do that. Remember you can't get into trouble when you tell someone the truth about a bad touch. When someone touches you in a bad way, it is NEVER your fault. Adults are supposed to keep you safe and need to know when someone made you feel unsafe.

As an **alternative** you might want children to practice saying “NO” and “GET AWAY” and “TELL SOMEONE YOU TRUST” in the following scenarios:

- Your brother/sister tickles you so hard, they makes you cry. They think it is fun, but you don’t.
  - Say, “NO” and “GET AWAY” and “TELL SOMEONE YOU TRUST”
- A person holds you on their lap and squeezes you so tight that you feel uncomfortable, and doesn’t let you down when you try to get down.
  - Say, “NO” and “GET AWAY” and “TELL SOMEONE YOU TRUST”
- An adult helped you get a wet bathing suit off. It made you feel scared and uncomfortable.
  - Say, “NO” and “GET AWAY” and “TELL SOMEONE YOU TRUST”

#### **Tricks/Lures used by “bad people”**

1. **Bad News Trick** – The stranger tells a child that something bad happened (sickness or death of a parent, fire...) and that the stranger was asked to pick up the child and bring them home.
2. **Help Me Trick** – The stranger may ask for help from a child such as asking for directions, finding a lost pet, to carry heavy packages.
3. **Bribe Trick** – The stranger offers something special that the child may want, and then asks for some favors in return.
4. **Game Trick** – Wrestling, tickling, accidental or deliberate contact with “private parts” as part of the rules to play a game with a child.

#### **Closing: (5 minutes)**

End with a prayer about God’s love and protection of us. Make the sign of the cross on each child’s forehead, “May God bless you and always keep you safe, in the name of the Father, and of the Son and of the Holy Spirit. Amen.”

### **APPENDIX**

#### **I. TRICKS/LURES USED BY SEXUAL PREDATORS**

Below are a list of the most common tricks used by sexual predators to lure children into an abusive relationship. After each description is the ages group(s) that are most susceptible to that lure/trick.

**Bad News Trick** – The predator tells a child that something bad happened (sickness or death of a parent, fire...) and that the predator was asked to pick up the child and bring them home. **(Ages 5-7, 8-10)**

**Bribe Trick** – The predator offers something special that the child may want, then ask for sexual favors in return. **(Ages 5-7, 8-10)**

**Can I Help You Trick** – The predator may give assistance to a child when needed or may offer to help the family of the child by offering rides, or babysitting. This puts the predator in a position of trust for future abuse. **(Ages 5-7, 8-10, 11-13)**

**Drug and Alcohol Trick** – Drugs and or alcohol can be given to a child to make it easier to take advantage of the child. **(Ages 11-13, 14-17)**

**Game Trick** – Wrestling, tickling, accidental or deliberate contact with genitalia as part of the rule to a game played with a child. **(Ages 5-7, 8-10)**

**Help Me Trick** – The predator may ask for help from a child such as asking for directions, finding a lost pet, to carry heavy packages. **(Ages 5-7, 8-10, 11-13)**

**Internet Trick** – Predators will try to get personal information from the child. The predator may act as though they are the same age as the child to establish a friendship. They will often send the child sexual material, and will try to set up a meeting with the child. (Ages 11-13, 14-17)

**Position of Power or Authority Trick** – A predator may be in a position of authority such as a coach, police officer, priest or teacher and use this position to get children to be obedient to their request. (Ages 5-7, 8-10, 11-13)

**“You Are Special” Trick** – The predator gives special attention or favor to a child to gain trust and for future sexual abuse. (Ages 8-10, 11-13, 14, 17)

## II. INTERNET SAFETY

Technology has been a wonderful gift to expand the horizons of learning for children, teens and adults. But this same technology can expose children and teens to dangers. Sexual predators will often use the Internet to sexually exploit children and teens. They will often spend a great deal of time gradually seducing minors by establishing trust – they listen to children’s stories, connect with their interests, give advice. Then they may slowly introduce sexual subjects into the conversation or lure the child/teen into a face-to-face meeting.

Since some children and teens are curious about sex and sexually explicit material, going onto the Internet is an easy way for sex offenders to take advantage of the opportunity to exploit them. Predators may gradually desensitize children/teens in order to lift inhibitions around talking about sex.

Here are some simple rules for online safety:

### **Keep your identity private.**

Never give your name, address, phone number, school name, birthday, photograph or any other personal information to someone online. Predators will do anything to gain access to your information and may use lures to do so. For example, they may say that you need to give them some information in order to gain access to a chat room or a site they are recommending to you! Don’t fall for that! Or, they are astute in getting information from your screen name. Often people use a birth date in their screen name. This is a giveaway that you are a child or teen, which attracts the attention of the predator.

Realize that people are not always who they say they are! You may think you are speaking to a peer, when in fact, it is a predator in disguise, all the time gaining information from you they will use later. This is particularly true of “teen only” chat rooms - it’s impossible to tell who is a real teen!

### **Never respond to an e-mail, instant message, chat comments or newsgroup messages that are hostile, inappropriate or in any way make you feel uncomfortable.**

The best response is to simply get away from the site and make an adult aware of it. In public chat rooms, there is usually a monitor who will screen the comments, but not so in private chat rooms. Be wary when someone asks you to leave the public chat to join them in a private chat room. A private chat room gives a predator free rein to say whatever they want to you.

Never open a spam e-mail message as this may automatically get you into a database for future inappropriate messages. Always know your sender.

Be wary of those who try to isolate you by turning you against friends and family. This is a common lure to get children/teens to turn their allegiance to the predator.

**Never, ever, arrange to meet someone you meet online without parental permission and supervision.**

Always let a parent know of any invitation to meet someone. If your parent is assured that this might be a peer who wants to make a friend, meet the person in a public place accompanied by your parent. Never meet someone alone!!! If your parents say no, trust them. It's NO!

**Always talk with your parents to establish rules and expectations for going online.**

For your own safety, parents need to be able to monitor a child/teen's Internet activity. The computer should always be in a public place in the house. Parents may use some sort of chip or filter to deny access to certain types of material. Parents may put limits on the amount of time a child/teen is online, as well as for what reasons a child/teen can be online.

**Warning Signs for Parents!!!**

- Is your child spending large amounts of time online, especially at night?
- Is your child using an online account that belongs to someone else?
- Does your child quickly change the screen or turn the computer off when you come into the room?
- Does your child make phone calls to someone you don't know, receive mail or gifts from someone you don't know?
- Do you find pornography or inappropriate material on the computer?
- Is your child becoming increasingly isolated from the family and being drawn to the computer instead of interacting with friends?

Parents, learn everything you can about the Internet, and teach your children appropriate "netiquette"!

For more on Internet safety see:

[www.missingkids.com](http://www.missingkids.com)

[www.safekids.com](http://www.safekids.com)

[www.safeteens.com](http://www.safeteens.com)

N.B. The original sexual abuse awareness lesson plans were developed by the staff of the Diocese of Albany. We thank them for sharing their curriculum with us.