**Kindergarten – 2nd Grade: “Can I Touch You” and “No, Go, Tell” Lessons**

**Notes:** 20-30 minute lesson

**Introduction**

Introduce yourself

Today we’re going to talk about love, how we can show other people that we love them (and how they can show us that they love us) and about who gets to touch our bodies and do things like give us hugs and kisses.

Do you all have any classroom rules I should know about so I can follow them? If not, we should use:

1. One person talk at a time
2. Ask questions, but please raise your hands first
3. Treat others kindly
4. Follow Directions

**Different Kinds of Love**

Family

Ask: ***What is family for?*** (Show us love, take care of each other, how to do things, support, teach stuff, values)

Friends

Ask: ***What is a friend for?*** (Not lonely, to play with, etc.)

Ask: ***What are some things that a good friend does?*** (They listen, play together, come to my house, trade snacks, help with stuff, etc.)

Ask: ***What about bad friends? If someone is being a bad friend, what are some things they might do?*** (Calls names, lie, mean, does things we don’t like, etc.)

Ask: ***Do people love their families?*** (Most kids will say, “Yes.”).

Ask: ***Do people love their friends?*** (Most kids will say, “Yes,” but even if they say “No,” you can ask if they *like*their friends and proceed with the lesson adding “Like or love” to each of the following questions:

Ask: ***How do we show love with our words?*** They’ll likely say something along the lines of:

1. “I love you.”
2. “You are the best.”
3. “I like your shirt.”

Put them with a partner and ask them to practice showing someone they care about them using their words.

Ask: ***How can we show our love with our actions?*** They’ll likely say things along the lines of:

1. Helping pick up toys
2. Helping with homework
3. Helping with chores

Ask: ***Has anyone ever bought you a gift to show you that they loved you? If so, what? And have you ever bought someone else a gift to show them you love them? Maybe on their birthday or Mother’s Day?*** (Flowers, pictures, candy, rings, t-shirt, toys, etc.)

Ask: ***Are there things that people like to do together to show someone that they love them?*** They’ll likely answer along the lines of:

1. Watching a movie
2. Going on walks
3. Playing at recess together

Ask: ***Are there ways that we touch each other to show someone that we love them?*** They’ll likely answer along the lines of:

1. Hugs
2. Kisses
3. High fives
4. Holding hands

Ask: ***What if someone hits you? Is this love?***

Ask: ***How does it feel to get loving touches, such as hugs and kisses from your family?*** (Warm, snug, loved)

Ask: ***Raise your hand if you***:

1. ***Like to hug your parents?***
2. ***Like to hug your friends?***
3. ***Like to hug your teachers?***
4. ***Like to hug people in the grocery store that you’ve never met?*** (On this one kids usually tell you, “You shouldn’t do that!” but whether they do or not, let them know that they shouldn’t touch people they don’t know and people they don’t know shouldn’t touch them either).

Say: ***Some people like to touch more than other people. But we shouldn’t touch people if they don’t want to be touched. This includes hugging, kissing, holding hands or touching them anywhere else that makes them feel bad or uncomfortable. If an adult wants to hold your hand to keep you safe, such as when crossing the street, that’s different. It’s always important to be safe.***

***Also, we don’t have to let other people touch us if we don’t want them to! Your body belongs to you and each of you gets to decide who you want to hug, kiss, and so on. And we shouldn’t be touching each other in ways that hurt such as hitting, kicking, etc.***

Ask: ***How do we know if someone wants to be touched?*** (We ask!)

**Practice**

Have students pick a partner or put them in partners. Tell them they will be practicing asking for permission to touch someone, and if you are uncomfortable, you can say, “No, please don’t touch me.” The other person **should not touch them** unless they say it’s ok.

One body part at a time, instruct them to ask the other student if they can touch their:

* Hand
* Elbow
* Knee
* Shoulder
* Hair
* Face
* Give the other person a hug

Ask: ***Raise your hand if you said yes to all the places? Why?***

Say: ***Some of you said “No” to being touched in at least one place. Why? What places did you not like to be touched?***

Important points to make:

1. It is always ok to say no – even if you said it was ok until they touched you and then you realized it made you uncomfortable after all and you wanted them to stop.
2. Your friends might tell you that they think it is ok, but the only person who knows if you are comfortable being touched, and where, is you. So, for example, just because one of your friends like to give hugs, doesn’t mean you have to hug them.
3. You should only touch someone else if they say it is alright. And if they say, “No,” you need to listen to them.

**NO, GO, TELL**

Say: ***We’re going to talk about what you can do if someone wants to touch you but you don’t want them to. Or what you can do if they touch you in a way that hurts, like slapping or kicking. Remember, your body belongs to you and you have the right to decide who can touch you.***

On the white board, write the following words in bolded green as you talk to the group about them:

**No**

Ask: ***What if someone who is bigger than you hits you? What do you say?*** (No) Write No on the board and you can ask the kids to help you spell it.

Ask: ***What if someone keeps touching you in ways you don’t like? What do you say?*** (NO)

Ask: ***Some parts of our bodies are private – the parts of your body that your swimsuit covers. For boys that’s their bottom and genitals (indicate the area on yourself with your hands). For girls, that’s their chest, bottom and genitals***. What do you say if someone touch you where your swimsuit covers your body? (NO )

Say: ***No one should touch you where your swimsuit covers your body, unless they are taking care of you because you are hurt or sick, like if you fell on the playground and hurt your bottom and the doctor had to look at it or if your bottom itches a lot. This doesn’t happen very often though so for most of us, no one should ever touch you in those private areas where your swimsuit covers your body.*** (You can add: And of course people sometimes have to touch babies on their bottoms and genitals when they change their diapers, but I think you’re all too old to need that!)

**Go**

Say: ***So now we know what to say if someone touches us in a way that hurts, or a place we don’t want them to, or is part of our body that our swimsuit covers. After we say, “No,” what do we do?*** (Go, Get Away, Leave). Write “Go” on the board, and can ask kids how you spell it.

**Tell**

Ask: ***Then what do you do after you go away?*** (Tell) Write “Tell” on the board.

Ask:

1. ***Who should we tell?*** (An adult!).
2. ***When should we tell them?*** (As soon as possible)
3. ***What if the person who touched us told us not to tell?*** (Tell anyway!)
4. ***What if the person we tell doesn’t believe us?*** (Tell someone else!) This is often a tricky one for kids to answer as they can’t imagine an adult not believing them, but it does happen, especially if the adult doesn’t quite understand what they are being told.

Say: ***Remember that it’s not your fault if someone is touching you in a way you don’t like or that hurts. And you need to tell even if the person touching you is someone in your family or at school or on the bus or another kid or an adult or a teen. It doesn’t matter who it is! And you need to tell someone even if you didn’t say, “No,” but you wanted to. An adult will help you decide what to do next.***

You should run through a couple more scenarios just to solidify what you taught them, pointing to each of the steps you wrote on the board after the group says it for you.

Say: ***So let’s try all of this a couple more times! What do you say if someone pushes you down and kicks you?*** (No) ***Then what do you do next?*** (Go) ***And after that?*** (Tell!) ***And who do you tell?*** (An adult)

***What about if one of your friends says, “I want a hug,” you tell them “No,” and they hug you anyway? What do you say?*** (No) ***Then what do you do?*** (Go) ***And after you’ve gone away?*** (Tell) ***What if you forgot to tell them “No?” Can you still “Go” and “Tell?”*** (Yes)

***What about if an older kid who is maybe 12 years old touches your bottom and says, “Don’t tell anyone!” What do you say?*** (No) ***After that what do you do?*** (Go) ***And then what do you do?*** (Tell) ***But this kids said not to tell!*** (Tell anyway)

Let’s talk about who you can tell if someone is touching you in a way you don’t like. Ask each child to list at least one person. Examples include:

1. Parents
2. Grandparents
3. Teachers

**Summary**

We each have our own body. No one else should touch our bodies, even to shake our hands or hug us, without asking. If someone does, we should “NO, GO, TELL.”

It’s fun (but not required) to end by going up to each student at the end and asking them if you can give them a kiss (a Hershey’s kiss). Wait for them to say, “Yes or No,” before giving it to them.

It can also be quite beneficial to send a note home to parents about what was discussed so they can build on it/continue the discussion!