**Grades 2-3: No, Go, Tell and Target Activity**

**Notes:** 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

**Simon Says**

Play for 2-3 minutes.

Afterward the game, ask: ***In the game we just played I told you exactly what to do. Are there other times that people tell you what to do?*** (Parents, teachers, friends, etc.)

Ask: ***What sorts of things do your parents tell you to do?*** (clean your room, do your homework, finish your dinner, etc.)

Ask: ***Is this good or bad?*** (Our parents usually have our best interests in mind. They help us learn right from wrong and to make the best decisions for ourselves)

Ask: ***What sorts of things do teachers tell you to do?*** (pay attention, please get out your history books)

Ask: ***Is this good or bad?*** (Our teachers also usually just want what is best for us)

Ask: ***What sorts of things do our friends tell us to do?*** (May tell you not to talk to someone they don’t like or tell you what the two of you are going to do together without asking what you want to do)

Ask: ***Do your peers sometimes influence you to do things you don’t want to?*** (Maybe sometimes)

Ask: ***Who gets into trouble if you do something your friend tells you to do?*** (We do because we still made the decision to do something)

It is important to stress that sometimes friends influence us to do good things and sometimes bad things. It is our own responsibility to make good decisions.

Ask: ***How do we show our friends and family that we love them?*** (They’ll shout out all kinds of things, but you can direct them by asking more specific questions, such as those below).

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.***

**Target**

 Have them fill out the target with the names **no more than** two people they feel comfortable smiling at, saying hello to, “High-fiving,” etc. After everyone has filled it out, come back together to discuss who put what names into each space. Note that people will have different answers. Most of us are comfortable smiling at strangers, but some people will say they like to kiss their grandparents and friends and others will say that they don’t like to kiss anyone and that is OK!



Ask: ***Sometimes people touch other people without asking. Or they might touch other people in a way that hurts, like slapping or kicking. Is this ok?*** (No) ***Your body belongs to you and you have the right to decide who can touch you, and it definitely shouldn’t hurt!*** On the board, walk through the following:

On the white board, write the following words in bolded purple 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.

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, under “No.”

**Tell**

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

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**

Say: ***Sometimes our parents tell us what to do because they care about us and want to help us be our best selves. However, if other people pressure us to do things, we need to remember that we’re in charge of our own decisions and need to make up our minds. We need to respect each other and each other’s decisions. What does this mean?*** (Listen to each other when we say no and not try to get someone to change their mind)

Say: ***We each have our own body. No one should touch us in ways that hurts or touch us when we don’t want them to or on those parts of our body covered by our swimsuit. If they do, what do we do?*** (No, Go, Tell)

 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!