FIFTH GRADE
LESSON VII
PERSONAL SAFETY

Objectives
Students will
• Discuss the need for and practice communication, trust, honesty, and assertiveness
• Explain good and bad touches and sexual abuse
• Identify sources of help from abuse

Concepts
Definition: Sexual Abuse is when one is forced, tricked, or confused into touching or looking at parts of the body that would be covered by a swimsuit. Or it could be sexual mistreatment of another person.

Materials
• Video Break the Silence: Kids Against Child Abuse (30 minutes)
• Question box
• “I think – I feel – I do” worksheet

Activity Choices
1. Discuss the human need to be touched. Caring and respectful touching help people feel good. Ask students to identify good touches, (hugs, holding hands, pat on back).
3. Each individual has the right to privacy with his/her own body.
4. Show video Break the Silence, review film and answer questions.
5. Ask students for ways to protect themselves. Be sure to include:
   A. Getting away from the person
   B. Go to public place
   C. Make noise
   D. Tell someone who is trusted.
6. Have students do “I think – I feel – I do” worksheet. Discuss with class. Identify people to tell when personal safety has been threatened (parents, friend, teacher, school nurse, principal).
7. End lesson by emphasizing following:
   A. It is your body
   B. If YOU feel like something is wrong, you are right
   C. It is always better to tell a trusted person and keep telling until something is done
8. Exceptional Education Inclusion Activity - Have students make a poster of ways to protect themselves
“I THINK – I FEEL – I DO”

The temperature is 106 degrees, and you are trying to keep cool. Your neighbor, Mr. Frank, invites you to go swimming in his pool. When you get there, he says you don’t need a swim suit.
You think_______________________________________________________________

You feel_______________________________________________________________

What would you do?_____________________________________________________

Your sixteen-year old cousin comes to visit for two weeks. One day when your parents are out, he shows pictures of naked people touching each other. He says he will give them to you.
You think_______________________________________________________________

You feel_______________________________________________________________

What should you do?____________________________________________________