

## Talking about Touching (TAT) Lesson Plans – Grade 3

### GRADE 3 – LESSON 1 – Physical Abuse – Telling Secrets

#### Concepts

Children should tell a grown up they trust if they are being abused

#### Objectives –Children will be able to

Identify unsafe touches

Identify a grown up to tell if they are being abused

#### 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

Some children may ask if being spanked or slapped by their parents or caregivers is physical abuse. This is a delicate issue as families have their own values, beliefs, and practices regarding discipline. Safe discipline ends and physical abuse begins when a parent or caregiver intentionally causes repeated injury to the child's body, or when the discipline causes extreme pain or has lasting physical effects, such as broken bones, burns, bruises, cuts, or internal damage.

It is never easy to talk about physical abuse, but children need to know that they can seek help if they are being abused.

#### Lesson

Review examples of safe touch, unsafe touch, and unwanted touch

Safe – hand shake, high five, pat on the back

Unsafe – hitting, kicking, slapping

Unwanted – hug or kiss from someone the child doesn't like

Discuss the following example

Julie is babysitting her younger sister Maria. Julie got angry with Maria because she was making too much noise. She slapped Maria across the face so hard that it left a red mark and made her cheek swell. Afterward, Julie told Maria to keep it a secret and not tell anyone what had happened. She threatened to really hurt Maria if she ever told anyone.

What kind of touch was that?

Unsafe – unwanted

Was it okay for Julie to slap Maria's face?

No

How do you think Maria feels?

Hurt, scared, angry

Do you think Maria should keep the slap a secret?

No

Who could Maria tell?

Mom, dad, caregiver, teacher, school counselor, school nurse

If that person doesn't help her, who else could she tell?

It's called abuse or assault when one person slaps or hits another so hard that it leaves a mark. The person who is hit could be seriously hurt. If this happens, it is important to tell a grown up who can help.

Brainstorm and make a list of the trusted adults your child could talk to.

## GRADE 3 – LESSON 2 – Telling Touching Secrets

### 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 people they can turn to for help  
Understand that it is 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. They may have been told to keep it a secret. They may have been threatened with punishment if they tell. Some children are afraid they won't be believed or that their parents won't be able to handle it if they disclose the truth. The cycle of abuse can sometimes be broken if children understand that secrets about touching should not be kept. It is never too late to tell a touching secret, and it is never their fault if someone breaks the Touching Rule.

### 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 swimming suit.

Imagine that Kerry is worried about something that happened to her last week when she spent the night with one of her friends. Her friend's older brother came into the bedroom, put his hand under the covers of the bed Kerry was sleeping in, and touched her private parts. She said, "Stop that!" in an assertive voice. He stopped, but then he told her to keep it a secret. Kerry is wondering what she should do.

How do you think Kerry felt when her friend's brother touched her private parts?

Upset, scared, angry

Was this Kerry's fault? Why not?

No because it's never the child's fault, even if he/she didn't say "No" or get away

Should she keep what happened a secret? Why not?

A grown up should know that her friend's brother broke the Touching Rule. Kerry may need help so she will feel safe. The abuser can also get help that will prevent him/her from doing it to other children.

Sometimes grown ups aren't very good listeners or don't know how to help. That's why it is good to have other grown ups you can tell.

What if Kerry tells a grown up and that person doesn't help her.

She should tell someone else. And she should keep telling until someone helps her.

Is Kerry to blame for what happened? Why not?

No because children are never to blame when someone breaks the Touching Rule.

What should Kerry do if her touching problem happened last year, and she kept it a secret up until now?

She should tell someone. It's never too late to tell.

Sometimes it's not possible to get away. If you can't get away, be sure to tell a grown up as soon as you can. Even if a touching problem happened a long time ago, it's never too late to tell about it and get help.

## **GRADE 3 – LESSON 3 – Learning to be Assertive – Standing Up for Yourself**

### **Concepts**

Children need to respond assertively and safely when they find themselves in uncomfortable or dangerous situations in public

### **Objectives –Children will be able to**

Demonstrate verbal and nonverbal assertiveness skills

### **Parent Information**

Movie theater and other public places can become the setting for uncomfortable or dangerous situations for children. If this happens, children need to know how to protect themselves by being assertive. Explain to children that standing up for yourself means saying “No” in a strong tone of voice, looking right at the other person, and using body language that lets the other person know that you are serious.

### **Lesson**

Discuss the concept of being assertive. Share with your child that they may get into situations where they have to say “No” to people who are bothering them or who want them to do something they don’t want to do. Explain to your child that they should look at them, use a strong voice, and stand tall and say “No”.

Imagine a man sits down behind Marta and Shareese in a movie theater. He puts his arm on the back of Marta’s seat and touches her hair. Then he tells her that her hair is beautiful.

How do you think Marta felt?

Uncomfortable, embarrassed, afraid

How do you think Shareese felt?

Uncomfortable, embarrassed, afraid

If Marta wanted the man to stop what he was doing, how could she let him know in an assertive way?

She could say, “I don’t talk to strangers” or “Stop that!” Her facial expression and body language could also tell the man that she means what she says.

How could she make sure that the man will understand that she means what she says?

She could use a strong tone of voice, stand tall, be confident.

What are some other things Marta could do to stay safe?

She and Shareese could move to different seats where there are more people around.  
They could report the incident to someone who works at the theater.

Give your child some other situations that they might get into and role play saying “no”.