

Your Body Belongs to You

3-4 Year Olds

Day 2 of 5

Objectives

To give children permission to say "no" whenever they are touched in ways they don't like, make them feel uncomfortable, or they think is wrong.

To teach them to say "no" effectively and appropriately.

To teach them that they can say "no" to anyone who asks them to do something:

- they feel that person shouldn't do,
- that might hurt them, or
- that their mom or dad wouldn't want them to do.

To teach the No More Secrets Rule.

To clearly distinguish between secrets and surprises.

To role-play and practice application of the No More Secrets Rule—especially about touch.

Introduction for adult

Blind obedience is one of the primary reasons children are so vulnerable to abuses. They grow up being taught to behave, to do what they're told, and they do, even when it includes sexual abuse.

Because we cannot and should not always be available to help children make important choices, they need to have the ability to make those choices for themselves and to know they will be supported when they do. This means changing what we say to children about obeying people in authority. Children need to know that the alone, should be the judge of the appropriateness of any request, especially touching.

This need not undermine teaching children to follow directions and behave appropriately. In fact, using silly examples in the role-plays enables children to learn "no" when they need to, without suggesting that the adults they love and trust might hurt them or do something inappropriate.

The No More Secrets Rule is also an important part of protecting children and should be automatic for children of this age. We know that secrecy is an important part of the offender's effort to keep children from telling about what is happening to them. Children who automatically respond to all requests for secrecy with "No, I'm going to tell" are not as vulnerable.

Surprises are different from secrets. Surprises get told pretty soon and make people happy. This information should be shared with parents and you should try to remember to make this distinction in

your own language as a part of reinforcing the program on a daily basis. For example, projects for Mother's Day are a surprise, not a secret. Children understand that if they tell, it ruins the surprise.

Remember, role-playing is acting out the lessons so children learn the skill, not just the concept.

Introduction for children

Last time we said "your body belongs to you and you can speak up if someone touches you in a way you don't want them to."

But do you think you might get in trouble for saying "no" to a grownup?

Can you say "no" to your teacher?

What about your babysitter?

Can you say "no" to a policeman?

Let's watch the videotape and see what these children think about saying "no."

Watch videotape

<https://www.youtube.com/watch?v=BrE1XVveNmE&list=PLSrCYUKewj4dF58wxBmPx0QayhpO6d34T&index=5>

Role-play

Now what do you think? Can you say "no" to grown-up?

RP: What if you had a babysitter one day and she said "What we're going to do is take our shoes and socks off and go out and play in the snow."

Would you do that?

Would you say no? Why?

It's okay to say "no" if a grownup asks you to do something you know you shouldn't do.

RP: What if your babysitter brought finger paints to our house, rubbed the ink all over her hands and yours and then said, "We are going to paint on the walls."

Would you do that?

Would it be all right to say no to her and then tell me about it?

Show me how you would do that.

RP: What if your dad offers you a big chocolate candy bar, but he doesn't know you've had an upset stomach all day.

Would you say "no?"

What would you say?

RP: What if you're in your front yard with your grandparents? Your ball goes into the street and your grandfather says it's okay to go. When you get to the curb, you see a car coming. What do you do?

Could you tell your grandfather about his mistake?

No More Secrets Rule

Do kids have lots of rules? Tell me some of the rules we have in our house.

I have a new rule. It is called the: No More Secrets Rule.

The new rule says: we're not going to have secrets anymore! If someone asks you to keep a secret, you're going to say, "No, I'm going to tell."

Surprises are okay! Surprises are things that get told pretty soon and usually make people happy.

Do you get surprises for your birthday or holidays?

The rule is: If someone asks you to keep a secret, you will say, "I'm going to tell. I don't keep secrets."

RP: What if your grandfather brings a present for you and wants to show it to you if you'll keep it a secret. Is that a secret or a surprise?

It's a surprise and, you don't tell because it would spoil the surprise.

RP: What if your babysitter wants you to stay up late and eat cake and ice cream, but she tells you that you have keep it a secret? Is that a secret or a surprise?

Show me what you would say and do?

It's a secret, and you would say "no."

RP: What if our next door neighbor wants you to come to his house to play a game, but you can't tell anyone about it. Is that a secret or a surprise?

Show me what you would say and do.

It's a secret, and you should say "no." Plus, would your parents ever want you to go to anyone's house without asking?

RP: What if someone who is taking care of you gives you an extra special good night hug and kiss and asks you to keep it a secret? What would you say and do?

You should say, "no" and then tell me about what happened.

Hugs and kisses should never have to be a secret. If someone asks you to keep hugs or kisses a secret, tell your parents right away.