

Your Body Belongs to You

3-4 Year Olds

Day 3 of 5

Objectives

To continue to reinforce elements of communication and comfort with speaking up.

To continue to encourage and validate touch which is positive and healthy.

To establish and reinforce permission to tell.

To give children practice in resisting the common forms of coercion, including:

- like me /love me, bribery,
- special friend, and
- teaching about being grownup.

To practice telling through role-play and to further develop communication skills.

Introduction for adult

"I'm going to tell" is the second step for children to extricate themselves from a difficult situation or to avoid abuse. Children who refuse to participate or to keep quiet about what is happening to them are less likely to be victimized.

Since 85-90% of abusers are known to the child, teaching children to resist emotional coercion and secrecy play an important part in prevention of abuse. Children who do not acquiesce when pressured emotionally, and who refuse to keep secrets, stand a better chance of resisting abuse. Offenders want the child's participation and often will not move ahead without some assurance that they will not be revealed.

It is believed that "I'm going to tell" does not increase the risk of violence against a child. Remember, abusers are looking for a warm, nonjudgmental, affectionate relationship. They don't want or need rejection, and it's easier for them to find another child than to risk discovery by hurting a child who resists.

In all cases, children must know that it's okay to tell their parents or someone they trust whenever they have to say, "I'm going to tell" in order to get someone to stop touching them.

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

Introduction for children

Do people always listen when you ask them to stop what they're doing? Today we're going to learn what to do if you ask someone to stop touching you and they don't stop.

Watch videotape

<https://www.youtube.com/watch?v=AcFZU2D0BUY&list=PLSrCYUKewj4dF58wxBmPx0QayhpO6d34T&index=4>

Role-play

RP: What if your babysitter always wants you to sit on her lap when you're watching television? You've told her you want to sit on the floor, but the sitter keeps pulling you up on her lap. What would you say and do?

I want you to say, "I'm going to tell." Is that being a tattletale?

No. Being a tattletale (or tattling) is when you tell on someone so you can get them in trouble.

What if the sitter says to you, "Don't you like me?"

What would you say and do?

Say, "I'm going to tell."

RP: What if a friend of your mom or dad comes to your house and puts you on his lap? When you tell him you want to get down, he says, "Oh, you're my special friend, I came over here just to see you. Don't you like me? If you liked me, you'd stay here with me." What would you say and do?

Get down and say, "I'm going to tell." Then tell mom or dad about what happened.

RP: What if a man at the grocery store where we shop always has candy in his pocket. He tells you he'll give you a piece for a hug. What do you say and do?

Say, "No," unless you want to **and** mom or dad say it's okay.

What if he asks you to keep it a secret? Say, "No, I'm going to tell."

RP: What if your sitter crawls under the covers with you after reading a story?
Does the sitter belong in your bed? No. What would you say and do?

What if the sitter says something like, "Oh, it's okay for me to be here with you. We're special friends."

Does that make it okay?

No, and you need to say to the sitter, "I'm going to tell."

Show me how you would do that.

Do you think you would remember to tell me in the morning?

If someone touches you or asks you to touch them in a way that is not okay with you, tell them to stop.
And if they don't stop, the next thing you say is, "I'm going to tell" and then tell me about what happened.