

# Your Body Belongs to You

## 3-4 Year Olds

### Day 4 of 5

## Objectives

To teach children how to tell effectively.

To practice assertiveness with a variety of responses to "I'm going to tell."

- bribery,
- no one will believe you, special friend,
- I don't care, and
- you'll be in trouble, and threats.

To discuss situations when telling is important.

To develop a list of resources for your child.

To teach children to tell - and tell again - if they aren't helped.

## Introduction for adult

Children don't always communicate effectively and adults don't always listen very well, but children need to know that it's their job to keep telling until someone helps them.

Telling should be like a reflex. Children should feel that they can always tell someone they trust about what has happened to them and that they will be listened to and believed. This reflex is instilled through previous experience and constant reinforcement. Each time we listen, we teach them that their feelings and questions are important and will be taken seriously.

It is essential that you never tell children who they can trust. An abuser can be anyone. Children need to make their own decisions about who they trust. At the same time, they need to understand that adults have their own problems and worries, that they don't always listen well and that sometimes they can't help. When this happens, children need to know who else to go to. The primary message is: Keep telling until someone listens and helps you with your problem.

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

## Introduction for children

Last time we talked about saying, "I'm going to tell," if someone doesn't stop touching you when you ask them to. Let's see what might happen next.

## Watch videotape

<https://www.youtube.com/watch?v=3ilySFHFLO8&list=PLSrCYUKewj4dF58wxBmPx0QayhpO6d34T&index=2>

## Role-play

**RP:** What if your babysitter was tickling you and put her hand up your shirt? Would that be okay with you? What would you say and do?

What if you say, "Stop it" and your babysitter says "Oh, I didn't mean to upset you, let's go get some ice cream and forget all about it."

Would you go?

What would you say and do?

Would you tell me about what happened? Absolutely. I would always want to know.

**RP:** What if a friend of mine is taking care of you. Every time she gets close to you she pinches you on the bottom. You ask her to stop, but she keeps doing it. What would you say and do?

What if when you say, "I'm going to tell." She says, "I am so sorry, I won't do it again, but please don't tell." Would you tell me?

What if she says, "Please don't tell and I'll take you to get some ice cream. Okay?" What would you say and do?

Would you tell me?

**RP:** What if the dad of one of your friends picks you up and throws you over his head every time you visit? You want him to stop, but he does it again. What would you say and do?

What if you say, "I'm going to tell," and he says, "When you're in my house you do things my way. If you don't like it, you'll have to find another friend." What would you say and do?

Would you tell me about what happened?

**RP:** What if you were taking gymnastics and the man who teaches the class always scratches your face with his beard? You ask him to stop but he keeps doing it. What would you say and do?

What if when you say, "I'm going to tell," he says, "Go ahead and tell, I don't care." What would you do?

Would you tell me about what happened?

**RP:** What if I wasn't home. Who else could you tell?

You should always keep telling until someone does help you.

Everybody makes mistakes sometimes. If a grownup asks you to do something that you know you shouldn't do, or that you feel funny about, or that you know mom or dad would not want you to do, you can always say "no" and then tell someone what happened.