

# It's Your Body

## 5-6 Year Olds

### Day 5 of 5

## Objectives

To acknowledge that adults have problems.

To acknowledge that they sometimes take their problems out on their children.

To give permission to tell someone when they're being hurt.

To introduce the concept of words that hurt.

To teach children how to tell effectively.

To encourage children to tell and list resources for telling.

## Introduction for adult

As much as we hope it is not true, children are sometimes treated harshly when parents are not around. You want your child to be able to tell you or someone else they trust and to be able to ask for help.

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

## Introduction for children

Let's watch the videotape and see what the kids are learning today.

## Watch videotape

<https://www.youtube.com/watchv=a6rBYuEQeYk&list=PLSrCYUKewj4dF58wxBmPx0QayhpO6d34T&index=11>

## Role-play

There are lots of people who can help you if you have a problem.

Who loves you and cares about you?

*List the people.*

**RP:** What would you do if one of your friends at school always hits you? Who would you tell?

What if you tried to tell me and I was too busy and didn't understand?

Is there anyone else you could tell?

Whenever you have something you need to talk about, a problem that you need help with, if the first person you tell doesn't believe you, you need to keep telling until someone does.

**RP:** What if the big brother of one of your friends is always mean to you when you go over to his house? He pinches you and leaves bruises. You want to tell me.

What would you say and do if I was reading a book?

*Role-play the child getting attention and telling.*

Can your mom and dad help with things that happen at other people's houses?

Of course they can if you tell them.

## **Review**

So, who does your body belong to?

If someone touches you in a way that's not okay with you, what do you say and do?

If they don't stop, what do you say and do?

Do you tell?

Who do you tell?

With all the things we've talked about, watching the videotapes and playing the "What if..." game, what have you learned about who's taking care of you and keeping you safe?