

# Speak Up For Yourself

## 7-8-9 Year Olds

### Day 2 of 4

## Objectives

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

- like me /love me,
- special friend,
- won't be friend, and
- Bribery.

To continue to reinforce elements of communication and comfort with saying no to grownups.

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

To clearly distinguish between secrets and surprises.

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

## Introduction for adult

The role-plays in this lesson prepare children to recognize and resist the common emotional ploys used by offenders to get them to go along in abusive situations. Since the vast majority of abusers (85-90%) are known to the child, and seeming "compliance" on the part of the child is necessary for the successful completion of the offense, straightforward refusal to participate is a powerful prevention tool.

Resisting emotional coercion and requests for secrecy are also an essential part of the prevention of abuse. Children who do not acquiesce when pressured emotionally, and who refuse to keep secrets, stand a better chance of resisting abuse because the offender wants the child's participation, and often will not move ahead without some assurance that s/he will not be revealed.

The No More Secrets Rule 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. 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.

## Introduction for children

Do people always listen when you ask them to stop what they're doing?

Let's see what happens when the kids in the videotape say "no" to a grownup.

## Watch videotape

<https://www.youtube.com/watch?v=3o29FRj5XdQ&list=PLSrCYUKewj4dF58wxBmPx0QayhpO6d34T&index=9>

## Role-play

All these boys and girls learned that it can sometimes be hard to say "no," especially to people you like. You may not want to hurt their feelings, but you need to speak up for yourself.

**RP:** What if your sitter always wants you to sit really close to you when you're watching tv or playing a video game? You've told him that you want to sit by yourself, but he keeps pulling you over.

What do you say and do?

What if the sitter says to you, "Don't you like me?" What would you say and do?

**RP:** What if a friend of your mom or dad takes you to the movies and puts his arm around you on the back of the chair? When you tell him it is making you uncomfortable, he says, "Oh, you're my special friend. Don't you like me? If you liked me, you'd show me." What would you say and do?

*Move over and say "no" clearly. Then tell your mom or dad about what happened when you get home.*

**RP:** What if you're visiting a friend whose big sister wants to "play doctor"? She tells you and your friend to take off all your clothes so she can examine you? What do you say and do?

*Say "no" using words, eye contact and body language (step back). Then go tell an adult or call someone to come and get you.*

**RP:** What if the swimming teacher is putting sunscreen on your back? You feel uncomfortable and ask him to stop, he says "Oh, it's all right. I'm just trying to protect you." What would you say and do?

*Use your body language, words, and eye contact.*

**RP:** What if the big brother of one of your friends is wrestling with you. He is touching you all over and makes you feel really uncomfortable. When you ask him to stop, he says he's, "teaching you how big kids play." What would you say and do?

*Say "no" with your words and body language and go back to play with your friend or go home.*

Would you also tell your parents when you get home?

**RP:** What if a grownup you know tries to kiss you on the lips and you don't like it? What would you say and do?

What if when you ask them to stop, they say, "It's all right. This is just my way of showing you how much I love you."

If it's not okay with you, is it okay for the grownup to do that?

Who would you tell about what happened?

### **No More Secrets Rule**

Kids have lots of rules. Tell me some of the rules we have at home.

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

The rule is: we're not going to have secrets. If someone asks you to keep a secret, you're going to say, "I'm going to tell."

Surprises are okay. You get surprises for your birthday, holidays... dessert.

But our rule is: If someone asks you to keep a secret, you say, "No, I'm going to tell. I don't keep secrets."

**RP:** What if your sitter wants you to take a bath with her and tells you not to say anything to anyone?

Is that a secret or a surprise?

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

**RP:** What if a neighbor wants you to come over to the house to see her new game room, but she tells you that you can't tell anyone about it? Is that a secret or a surprise?

It's a secret and you should say "no."

Plus, do you go to anyone's house without asking permission first?

**RP:** What if your dad's boss comes to visit and gives you money, but tells you not to tell your dad?

What would you say and do?

*Say "no" and tell your parents.*

**RP:** What if I say I'll give you a new video game if you keep it a secret?

What about new sneakers, a new bike, or a new pet?

Is there anything I could give you to get you to keep a secret?

If someone tries to get you to keep a secret by offering you special treats, are you going to tell?

Who would you tell?

**RP:** What if the babysitter breaks something that belongs to your parents and tries to get you to keep it a secret? What would you say?

What if the babysitter says she'll tell your mom or dad it if you don't keep the secret?

What do you do?

If someone is touching you, tell them to stop.

If the person says, "don't you like me?" or "I'm teaching you about being grownup," tell them to stop.

You decide for yourself what touch is okay and not okay with you.