

Speak Up For Yourself

7-8-9 Year Olds

Day 3 of 4

Objectives

To teach children how to use the "I'm going to tell" response effectively.

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

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

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

To acknowledge the difficulty of telling when it involves someone the child may want to protect.

Introduction for adult

"I'm going to tell" is the second step for children to extricate themselves from a difficult situation and to avoid sexual abuse. Most perpetrators want the seeming "cooperation" of the child. They also require secrecy. Children who refuse to participate, or to keep quiet about what is happening to them, are less likely to be victimized.

"I'm going to tell" does not increase the risk of violence to the child. Abusers who are known to the child are not usually motivated by violence. They are looking for a warm, nonjudgmental, affectionate relationship. They don't want or need rejection. It's easier for them to find another child than to risk discovery by hurting a child who refuses to go along.

Saying, "I'm going to tell," and then telling should be like a reflex. This reflex is instilled through previous experience and constant reinforcement. Each time we listen, we teach children that their feelings and questions are welcome and will be taken seriously. It is also essential that we not tell children specifically who they can or cannot trust. An abuser can be anyone. Children need to make their own decisions about who they trust.

Finally, children 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

problems.

Remember, role-playing is acting out each scenario 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? Let's see what you should do if you ask someone to stop touching you and they don't stop.

Watch videotape

https://www.youtube.com/watch?v=eedNkfnW_Qw&list=PLSrCYUKewj4dF58wxBmPx0QayhpO6d34T&index=8

Okay. If you ask someone to stop touching you and stop, then 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 the same age as you so you can get them in trouble.

Role-play

RP: What if you're at a friend's house and the big brother wants you to sit really close to him while you're watching television? You've told him you're uncomfortable and you want to sit on the floor, but he keeps bothering you. What would you say and do?

You want to create an absolutely clear progress here for children.

First, they say "no," including appropriate body language.

Then, they say "I'm going to tell."

Then, they tell.

What if he says to you, "Don't you like me? If you liked me, you'd sit here with me." What would you say and do?

RP: What if you were taking gymnastics and the man who teaches the class always tickles your face with his mustache?

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 say and do?

Do you think your mom or dad or teacher would care?

RP: What if a close friend of your mom or dad is taking care of you and every time she gets close to you she sticks her hand up your shirt? 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, "Oh, I'm sorry, I won't do it again, but please don't tell." What would you say and do?

The child should say, "I'll still tell."

What if she says, "Please don't tell and I'll buy you whatever you want."

Would that be okay?

Talk about bribery. It is never okay to accept goodies in exchange for touching.

RP: What if the dad of one of your friends comes into the bathroom with you whenever you go to visit? You ask him to stop, but he does it again. What do 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 do?

RP: What if your babysitter gives you an extra special good night hug and kiss and asks you to keep it a secret? What should you do?

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

Would it be hard to tell?

Would you tell anyway?

RP: What if someone said to you, "If you tell, I'll hurt you or someone in your family"?

This is a threat and you should never try to take care of something like this by yourself.

No matter how scared you are, you need to tell a grownup who can help you.

If the first person you tell doesn't help, keep telling until someone does help you.

Would it be scary if someone said something like that to you?

What would you do? That's right, you'd tell someone.

What if the person you told said something like, "Oh, they don't mean any harm." Then what would you do?

That's right, you'd tell someone else!

Whenever you have a problem, tell an adult and keep telling until someone helps you.