

Speak Up For Yourself

7-8-9 Year Olds

Day 4 of 4

Objectives

To acknowledge that adults have problems.

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

To differentiate between punishment or discipline which is appropriate, and that which is excessive and hurtful.

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

To acknowledge the difficulty of telling when it involves someone they love or want to protect, and give them a way to tell anyway.

To discuss hurt feelings and help children recognize emotional abuse.

To set guidelines and resources for action when emotional abuse occurs.

To make it clear that nonverbal communication of problems rarely works.

To encourage children to tell, and give them 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 children to be able to tell you or someone else they trust and to be able to ask for help.

Introduction for children

We've talked about taking care of yourself and speaking up for yourself whenever someone touches you in a way that is not okay with you, but there are other ways that people make kids feel bad.

Let's watch the videotape once more and see what the kids are learning about.

Watch videotape

<https://www.youtube.com/watch?v=J5FPbk1gSZg&list=PLSrCYUKewj4dF58wxBmPx0QayhpO6d34T&index=7>

Role-play

What if someone says to you, "You're stupid," does that hurt?

What about if they say to you, "You can't do anything right," or, "You're a bad kid," does that hurt?

This directly contradicts the old saying, "Sticks and stones may hurt my bones, but names will never hurt me."

It just isn't true. Words hurt and we need to give our children a way to deal with things that are said to them.

If someone hurts you with their words and it happens a lot, you should tell someone about that.

Who would you tell?

Have each child list resources and write them down on the board or paper.

What if someone hurts your body, like hitting you too hard because they say you were bad? Would you tell someone?

Do you think your mom or dad have problems?

Most children know their parents have problems and have no reluctance about saying so.

Do your mom or dad ever treat you differently because of their problems?

Do they get cranky or mean?

Does that mean you did anything wrong?

Children internalize and think they are to blame for things that happen around them. It is important to make it clear that what is happening in the world of adults can affect them. That doesn't make it their fault.

RP: What if the big sister of one of your friends is always mean to you when you go over to her house? She pinches you so hard she leaves bruises. Show me how you would tell me what is happening so I can help.

Actually go through the process of getting your attention and telling.

RP: What if your dad always comes home from work in a bad mood? He jumps on you for every little thing. You know he is having a hard time at work, but you also want to talk to someone about it. What would you do?

Once again, go through the entire process of getting someone's attention, telling the whole story, and asking for help.

RP: What if your uncle yells at you when you are visiting his house? Who would you tell?

What if you told me and I was not really paying attention?

What if I didn't think it was anything serious and I said, "Oh, he is just that way, ignore him."

If someone hurts you or makes you feel badly about yourself because they are having a bad day, always tell someone!

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

If grownups take their problems out on you, you have to tell and get help!