

SAFE ENVIRONMENT CHILDREN'S CURRICULUM

First Grade

Overview

This lesson helps first grade students recognize that God created them in His image, loves them deeply, and made their bodies good and holy. Students will reflect on how their bodies are special gifts from God and how they can use them in good and loving ways. They will learn the difference between good touches and bad touches, practice identifying when a situation makes them feel uncomfortable, and understand that God wants them to listen to those feelings as signals to stay safe.

Students will also review the **NO, GO, TELL** action plan as a way to protect themselves and seek help if they ever feel unsafe. They will identify trusted adults in their lives—parents, teachers, relatives, and community helpers—who can keep them safe and support them when needed. Through discussion, activities, and prayer, students are encouraged to honor the gift of their bodies, respect others, and remember that God is always with them, keeping them safe and loved.

Objectives

By the end of this lesson, the first grade student will be able to:

1. Illustrate three ways that their bodies are good and holy.
2. Describe situations that make them feel uncomfortable.
3. Recite **NO, GO, TELL** as an action plan for staying safe.
4. Identify up to five trusted adults they can turn to in times of need.

Part One: Jesus Created Us and Loves Us

God loves us and created us to love Him, ourselves, and others. We know what love feels like because people in our lives show it to us. Parents, grandparents, siblings, teachers, and friends remind us we are loved in many ways—through hugs, smiles, kind words, or by helping us when we need it. They show love always, not just when we are good, because love is about who we are, not just what we do.

God's love is even greater than this. The Bible tells us that God created the world and everything in it—the fish in the sea, the birds in the sky, and the animals on the land. When God made people in His own image, He saw that we were *very good*. That means you are unique, special, and loved more than anything else He created.

Because God made us in His image, He calls us to love in return: to love Him, to love ourselves, and to love others. Remembering this helps us know that we are never alone—God is always watching over us, and His love keeps us safe and strong.

Part Two: My Body is Good and Holy

God saved the very best part of creation for last—He made *us*. Our bodies are not like animals; we are made in God's image, which makes us special. Every part of our body is good and holy because God made it with love.

When we think of our hands, feet, eyes, or even our toes, we can remember that God made them good and holy. We use our hands to help, our feet to run and play, our eyes to see beauty, and our mouths to sing and pray. Each part of us has a purpose.

Let's practice together: when I name a body part, you will say, "good and holy." This reminds us that every part of us is a gift from God. Afterward, we can share some of the amazing things our bodies can do—like dancing, hugging, drawing, or playing sports.

Because our bodies are so special, God asks us to protect them. Learning rules about safety helps us take care of this gift. When we respect our bodies and keep them safe, we honor God who created us.

Part Three: Good and Bad Touches

God gave us our bodies to love and respect others, and the way we touch people shows what is in our hearts. Some touches are good and help people feel safe and loved. Other touches are bad and can hurt people or make them feel uncomfortable.

Good touches are the ones that show kindness and respect. These might be a hug when someone is sad, a high-five when a friend does a good job, or helping a classmate who has fallen. Good touches make us and others feel happy, cared for, and safe.

Bad touches are never okay. These include hitting, kicking, pushing, hugging someone until it hurts, or touching someone when they don't want to be touched. Bad touches can also be when someone touches your private parts when they shouldn't. Bad touches make us or others feel sad, confused, or uncomfortable.

If someone ever gives you a bad touch, even if it's someone you know, it is *never your fault*. God wants you to respect yourself enough to tell a trusted adult right away. Trusted adults—like parents, teachers, or grandparents—can help you stay safe and make sure the bad touch does not happen again.

Part Four: Boundaries with Our Bodies

God made you with a smart brain so you can think before you act. One way to stay safe is by using God made our bodies beautiful and holy, and He gave each of us special private parts. These private parts are the parts of our body covered by a bathing suit. They are extra special because God wants us to keep them safe and protected. We only show them when it is necessary—like when taking a bath, changing clothes, or during a doctor's visit with a parent present.

Yes, our private parts are good and holy too! God made every part of our body to be good, and He asks us to protect these parts in a special way. Keeping them covered and safe is one way we honor the gift of our bodies.

Sometimes, our bodies will tell us when something is not safe. We might feel "uncomfortable"—that means feeling yucky, icky, nervous, scared, or like we want to get away. Our stomach might feel wiggly, our face might look worried, or we might feel like crying. This is our body's way of warning us: *something is wrong*.

When we feel uncomfortable, it's important to notice it, listen to it, and act. We can talk with trusted adults and explain what made us feel that way. Practicing this helps us be ready to make good choices.

Part Five: NO, GO, TELL Safety Rules

Rules are important because they keep us safe. Just like rules at home, in the classroom, or on the God loves us and wants us to be safe. One way He helps us stay safe is by giving us rules. We have rules at home, in school, and on the playground. Rules keep us safe, help us know what is right, and protect us from getting hurt.

We also have special safety rules for what to do if someone gives us a bad touch or if we ever feel uncomfortable. When our body feels uncomfortable, that's God's way of telling us to get help. To stay safe, we follow three important rules called **NO, GO, TELL**.

1. **NO** – If someone gives us a bad touch, we say in a big, loud voice: *“NO, I don't like that!”* We can also use our bodies to show NO by stepping back and putting our hands out in front of us. Saying NO strongly shows we respect ourselves and want to be safe.
2. **GO** – After saying NO, the next step is to GO. We move away quickly and get to a safe place where the person cannot hurt us.
3. **TELL** – Finally, we TELL a trusted adult what happened. This is not tattling—it is the right thing to do. God gave us trusted adults like parents, grandparents, teachers, principals, coaches, police officers, firefighters, priests, and nurses so that we can always have someone to turn to. If one adult doesn't believe us, we keep telling until someone listens.

It's important to remember: if someone touches our private parts or gives us a bad touch, it is never our fault. We must never keep secrets about bad touches, even if someone asks us to.

We also respect others by listening when *they* say NO. If a friend says “NO!” because they don't like being hugged, tagged too hard, or crowded, we stop right away. Just as God asks us to respect ourselves, He asks us to respect others too.

God is always with us. He loves us, protects us, and wants us to use the NO, GO, TELL plan whenever we feel unsafe, so we can stay happy, healthy, and holy.

Closing Prayer

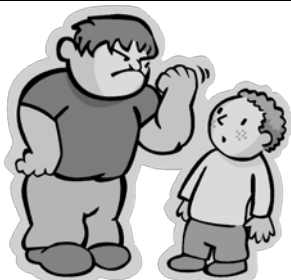
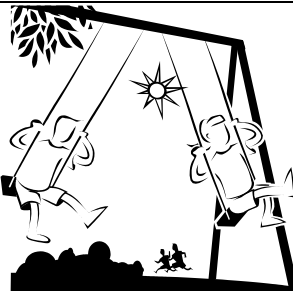
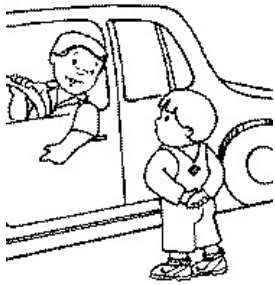
God our Father, You are our Creator. Everything You made is good. You love us very much and made us to love You, ourselves, and others. You want us to be safe and happy. Thank You for giving us parents, teachers, and friends to help us stay safe at home, at school, and at church. Thank You for the wonderful gift of my body, which You made good and holy.

Amen.

NO

GO

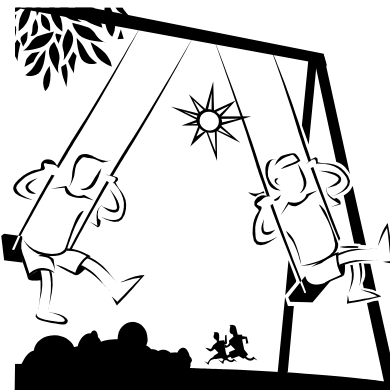
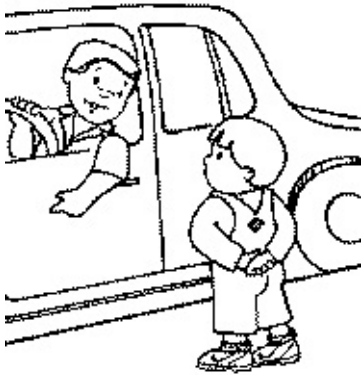
TELL



Name _____

Uncomfortable Situations

Circle  the pictures of situations that make you feel uncomfortable.



Images from:

<http://www.stocktongov.com/government/departments/police/famKStrange.html>

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