

# SAFE ENVIRONMENT LESSON PLAN

## Grade: First Grade

All portions of this lesson plan can be completed in one session.

## OBJECTIVES

The First Grade student will

1. Illustrate 3 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. (Review of Kindergarten)
4. Identify up to five adults whom they can trust and turn to in times of need. (Review of Kindergarten)

## MATERIALS NEEDED

### Student needs

- Crayons or markers
- Pencil

### Teacher needs

- Chart paper
- Permanent marker
- “My body is good and holy” chart
- Figures wearing bathing suits (use coloring back page attached at end of the lesson)
- Situation chart
- NO, GO, TELL chart
- Assessment materials
  - Uncomfortable situations (Resource A)
  - NO, GO, TELL (Resource B)
  - My body is good and holy (Resource C)

## CONTENT

### **PART ONE ~ JESUS CREATED US AND LOVES US** (~10 minutes)

God loves us and created us to love God, ourselves, and others. Let’s talk about what it means to be loved.

[Orally review the Who, When, How, Why questions which are a review of Kindergarten. Sample student responses are italicized].

WHO loves you? *mom, dad, sister, brother, grandparent, aunt, uncle, friend, teacher*

HOW do they show their love? *hug, kiss, high five, pat on the back*

WHEN do they show their love? *Always, when we follow the rules, when we don’t fight, when we are good*

WHY do they love us? *Because we are their son or daughter, because we are good, because that is what moms and dads do*

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God loves us more than anything he has created. Let's listen to a story about how much God loves us.

On the fifth day, God said, "Let the waters be full of living creatures, and let birds fly above the earth across the vault of heaven." And so it was. God saw that it was good.

On the sixth day, God said, "Let the earth produce every kind of living creature: cattle, creeping things and animals of all kinds." And so it was. God made all the animals on the earth. God saw that it was good.

On the seventh day, God said, "Let me make man and woman in my own image, in my likeness, and let them be masters of the fish of the sea, the birds of air, the cattle, all the animals and all the creatures that move along the ground." God created man and woman in the image of himself, in the image of God he created him, man and woman he created them. God looked at man and woman and saw that they were very good.

*Adapted from Genesis 1: 20-27*

### **PART TWO ~ MY BODY IS GOOD AND HOLY** (~5 minutes)

God saved the best for last when he made us. He gave us our bodies to be special and like no other animal. Does your body look like a dog or a cow or a fish or a bird? **NO!** God made every part of our body to be good and holy. When I say a body part, you say "good and holy." [Say different body parts, including hands, fingers, eyes, feet, back, head, stomach, behind, toes, and after every part, have the students say "good and holy" out loud]. Let's think about some of the good things that we can do with our bodies. [Ask the students to volunteer ideas of what their bodies can do that are special. Display the chart that says "My body is good and holy. I can do \_\_\_\_\_ with my body." Have each child repeat the sentence and fill in their own answer orally. Make a list of the answers they share.] You came up with some great examples of how our bodies can be used in a good and holy way. They are so special that God wants us to keep them safe. Today, we will learn some rules to keep us safe.

### **PART THREE ~ GOOD & BAD TOUCHES** (~5 minutes)

Before we learn the rules to stay safe, let's talk about the differences between good and bad touches. We can use our bodies to give good touches or bad touches. God wants us to respect others by giving good touches. Good touches show love to those around us. Good touches can be hugs, high fives, kisses, or helping a friend. Good touches make us and those around us feel happy, comfortable, and loved. We can also use our bodies to give bad touches which can hurt those around us. Bad touches are never OK. Bad touches can be punches, kicks, hits, hugging someone until it hurts, hugging someone when you

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shouldn't, and someone touching your private parts when they shouldn't. God does not want us or anyone else to use bad touches. Bad touches make us and those around us feel sad, confused, and uncomfortable. If someone gives you a bad touch like hugging you too long, kissing you when you don't want to be kissed, or touching your private parts when they shouldn't, you should tell a trusted adult right away. It is never your fault if someone gives you a bad touch, even if that person is someone you know.

### **PART FOUR ~ BOUNDARIES WITH OUR BODIES** (~10 minutes)

Let's think about our bodies. Our bodies were made beautiful by God. He designed them to have special private parts. These private parts are covered by a bathing suit. [Display the image of the figures in bathing suits]. These are extra special parts of our bodies which we don't show to everyone. We keep them covered unless we are taking a bath/shower or changing clothes in private. We touch these parts of our bodies to keep them clean and healthy. Sometimes Mom or Dad or a doctor see these private parts and that is OK. Remember that God made every part of our body good and holy. Are our private parts good and holy? Yes. Yes, our private parts are so good and holy and special that God wants us to keep them covered to protect them and keep them safe. God always wants us to be safe and happy.

We know when we are not safe because our bodies feel uncomfortable. Can anyone tell me what uncomfortable means? *Feels yucky or icky, scared, want to get away, stomach feels wiggly.* Our bodies feel uncomfortable when we are not safe and when we feel a bad touch. This is our body's way of saying "something bad is going on." We should listen to our bodies when they tell us something bad is happening. When we feel uncomfortable, I may make my face look like this. [Make a scared/nervous/sad face] Let's think about some situations where we may feel uncomfortable. I am going to show you some pictures, and I want you to come up and circle the smiling face if this a situation that makes you feel good, or circle the frowning face if this is a situation that makes you feel bad or uncomfortable. [Display the situation chart and have students come up one by one to circle the correct face. You can also have all the other students make the face that describes their answer: a smile if it's a good situation or a frown if it's a bad situation. After each correct answer, verbally state the situation and how it makes you feel. For example, "Yes, I feel uncomfortable when a stranger approaches me in a car and wants me to go for a ride." End on a positive situation with the students].

### **PART FIVE ~ NO, GO, TELL SAFETY RULES** (~10 minutes)

Now, We are going to learn some rules of what to do if we feel uncomfortable. Before we start, can someone tell me why we have rules? We have rules in our homes, in our classroom, on the playground. Why do we have rules? *To keep us safe, so no one gets hurt,*

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to protect us. What are some rules we have in our classroom? [Have students volunteer answers of classroom rules]. We have special rules about what to do if someone gives us a bad touch or if we feel uncomfortable. When we feel uncomfortable, that is our body telling us that we need to get help. We follow these rules to get help and to keep us safe. There are 3 special rules called NO, GO, TELL. [Display chart of the NO, GO, TELL plan. Have the students repeat NO, GO, TELL after you]. Let's learn what these three special rules mean:

1. **NO** – We say, “NO, I don't like that!” in a big, loud voice like we would use on the playground outside. Let's practice saying together “NO, I don't like that!” in a big, loud voice [Invite students to say “NO, I don't like that!” loudly together]. Now, we are going to say “NO, I don't like that!” in a big, loud voice AND use our bodies to say “NO.” [Demonstrate standing up, saying “NO, I don't like that!” loudly and, at the same time, stepping back and putting your hands out in a front of you motioning to stop. After you have demonstrated this action, invite the students to stand up in their place with space to extend their arms and do the same action while yelling, “NO, I don't like that!”].
2. **GO** – After we yell, “NO, I don't like that!” and step backwards with our hands up, the next step is to GO away from the person. We want to get away from the person fast, so we would run away to a safe place where we can tell someone we trust.
3. **TELL** – The last step is to tell a trusted adult what happened. When we are in trouble and tell an adult, we are doing the right thing. We are not tattling. Let's think about some adults who we can trust and make a list of them. [Make a list that the children can see of the ideas they brainstorm for trusted adults]. Who are some adults that you know you can trust? *Mom, Dad, Grandma, Grandpa, principal, fire fighter, coach, police officer, priest, nurse.* [If the students list specific people in their lives such as Mr. Jefferson, the school principal, add that name to the list along with his title as principal]. God gave us these adults to keep you safe and they need to know if someone made you feel unsafe. If someone touches your private parts when they are not supposed to, it is not your fault. It is important to not keep secrets about bad touches even if someone made you promise not to tell. Bad touches are not safe for you or for anyone else. You need to tell a trusted adult if someone does a bad touch to you so that you can keep yourself safe and healthy. When you tell a trusted adult, they need to believe you and listen to you. If they don't believe you, go tell another adult.

Let's remember that when we say “NO!” loudly, it is because we respect ourselves and want to stay safe. We have to respect ourselves and those around us. That means that sometimes our friends around us may say “NO!” when they don't like something that we are doing to them. Even if you don't mean to you may upset someone with your touch. For example, our friends may say “NO!” on the playground because they do not like us tagging them as you play tag or they may say “NO!” because they don't want you to sit so close to them during

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circle time. They have the right to say "NO!" if you bother them, and we need to respect them and stop bothering them.

In the end, don't forget that God loves you and watches over you and wants you to be safe. Anytime you feel unsafe, use the NO, GO, TELL plan to get help from a trusted adult.

### CLOSING PRAYER

God the Father is our Creator. All that God made is good. He loves us very much and made us to love Him, ourselves, and others. He wants us to be safe and happy. He gave us our parents, teachers, and friends to help us be safe when we are at school, home, and Church. Thank you God for giving me the gift of my body. Amen.

*Adapted from Diocese of Peoria & Diocese of LaCrosse*

### ASSESSMENT

#### Ask student to:

- Circle the pictures of the situations that make them feel uncomfortable.
- Write the words NO, GO, TELL that match with the corresponding picture.
- Fill in the blank of the sentence "I can \_\_\_\_\_ with my body" with something good they can do using their body and illustrate.

# TEACHER RESOURCE COVER PAGE

- “My body is good and holy”  
chart
  - NO, GO, TELL chart
    - Situations chart

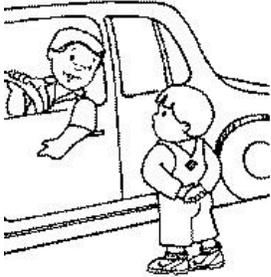
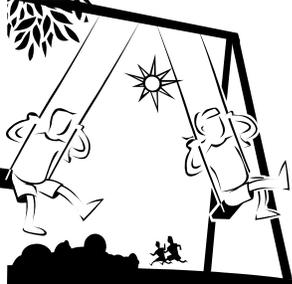
**My body is good and holy.**

**I can \_\_\_\_\_ with my body.**

**NO**

**GO**

**TELL**

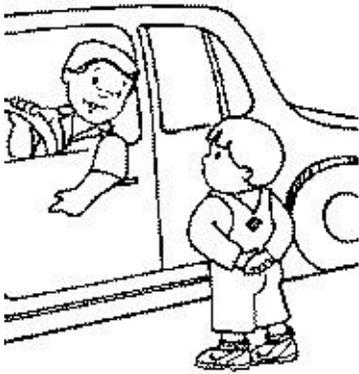
# ASSESSMENT RESOURCE COVER PAGE

- Uncomfortable Situations  
(Resource A)
- NO, GO, TELL (Resource B)
- My body is good and holy  
(Resource C)

Name \_\_\_\_\_

## Uncomfortable Situations

Circle  the pictures of situations that make you feel uncomfortable.



Images from:

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

[www.parentshealthmagazine.com](http://www.parentshealthmagazine.com)

[www.vectorart.com](http://www.vectorart.com)

Name \_\_\_\_\_

## My Action Plan

Write  the words NO, GO, TELL in the boxes that match the picture.

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Name \_\_\_\_\_

# My Body is Good and Holy

Fill in the blank  with something special you can do with your body.

Draw a picture of you doing that action.

I can \_\_\_\_\_  
-----  
\_\_\_\_\_

with my body.

SAFE ENVIRONMENT  
COLORING BOOK PAGES  
ON PAGES TO FOLLOW

CAN BE USED AS  
SUPPORT MATERIALS



WHO CAN YOU TALK TO WHEN SOMETHING GOES WRONG? BECAUSE SOME PEOPLE CHOOSE TO BE SELFISH, BAD THINGS CAN HAPPEN TO YOU.

ONE WAY **GOD** ANSWERS PRAYERS IS BY SENDING **SPECIAL PEOPLE** INTO YOUR LIFE TO REMIND YOU THAT **HE** IS WITH YOU. IF SOMETHING BAD HAPPENS AND YOU TELL **THESE** PEOPLE, THEY CAN HELP YOU AND SHOW YOU TRUE **GOD-LIKE LOVE**. THERE IS ALWAYS **MORE THAN ONE** OF THESE SPECIAL PEOPLE, SO IF SOMEONE YOU TRUSTED HURTS YOU, **TELL SOMEONE ELSE YOU TRUST.**

GOD GAVE ALL GROWN-UPS A **SPECIAL JOB**. THEY ARE SUPPOSED TO HELP CHILDREN GROW UP. MANY ADULTS DEVOTE THEIR LIVES TO THIS CALLING. AND I KNOW THAT THERE ARE SOME ADULTS THAT YOU ESPECIALLY LOVE OR TRUST. YOU SHOULD **NEVER BE AFRAID TO TALK TO THEM**.

THEY CARE FOR YOU AND ARE **ALWAYS READY** TO HELP. IF YOU WANT OR NEED TO **TALK** TO THEM, YOU SHOULD. YOU WILL NEVER GET IN TROUBLE FOR TALKING WITH **SOMEONE YOU TRUST**, ESPECIALLY IF **SOMEONE ELSE** HAS HURT YOU.



YOU KNOW THAT **GOD** CREATED US, YOU ARE **TRULY SPECIAL** TO HIM. HE MADE YOU IN **HIS** IMAGE. HE MADE YOU A **PERSON!** **GOD** IS A PERSON. ANGELS ARE ALSO PERSONS.



YOU ARE MADE IN **GOD'S** IMAGE AS A PERSON. YOU ARE THE ONLY YOU THAT WILL EVER BE. THERE HAS NEVER BEEN ANYONE LIKE YOU. THERE NEVER WILL BE EITHER. ONLY YOU ARE YOU. HOW SPECIAL IS THAT? YOU ARE SPECIAL TO **HIM** TOO, AND **HE** LOVES YOU DEEPLY.

YOUR BODY IS YOURS *ALONE*, AND IT IS SPECIAL TO *GOD*. HE WILL NEVER CREATE ANOTHER LIKE IT. SOME PARTS OF YOUR BODY ARE *OFF LIMITS* TO OTHERS. A GOOD WAY TO KNOW WHICH PARTS OF YOUR BODY ARE YOURS ALONE...

IS TO REMEMBER WHERE YOUR BATHING SUIT WOULD BE. THOSE BODY PARTS ARE COVERED TO KEEP YOU HEALTHY AND SAFE. ONLY *CERTAIN PEOPLE* LIKE *PARENTS AND DOCTORS* GET TO SEE THEM.

IF ANYONE TRIES TO TOUCH YOU WHERE YOUR BATHING SUIT WOULD BE, SAY "*STOP!*" AND *TELL* A TRUSTED ADULT RIGHT AWAY. YOU *WON'T* GET IN TROUBLE FOR TELLING, AND I'LL BE WITH YOU TO HELP YOU TELL.



IF ANYONE TRIES TO SHOW YOU *THEIR* BATHING SUIT PARTS OR TRIES TO GET YOU TO TOUCH THEM THERE, SAY "*NO!*" AND TELL A TRUSTED ADULT *RIGHT AWAY*. YOU *WON'T* GET IN TROUBLE FOR TELLING, AND I'LL BE WITH YOU TO HELP YOU TELL.

**THIS RULE IS VERY IMPORTANT. TELL SOMEONE!**