

PARENT OVERVIEW OF SAFE ENVIRONMENT LESSON PLAN

Grade: First Grade

OBJECTIVES

The First Grade student will

1. Illustrate 3 ways that they bodies are good and holy.
2. Describe situations that make them feel uncomfortable.
3. Recite NO, GO, TELL as action plan for staying safe. (Review of Kindergarten)
4. Identify up to five adults who they can trust and turn to in times of need. (Review of Kindergarten)

OVERVIEW OF CONTENT

PART ONE ~ JESUS CREATED US AND LOVES US

This section of the lesson addresses ideas such as:

- God's unconditional love for us
- Who, when, how, and why we feel loved
- God loves us more than anything else he created – story of creation (Genesis 1: 20-27)

PART TWO~ MY BODY IS GOOD AND HOLY

This section of the lesson addresses ideas such as:

- God made our bodies good and holy
- There are lots of good things we can do with our bodies – how we use our bodies to be good and holy

PART THREE~ GOOD & BAD TOUCHES

This section of the lesson addresses ideas such as:

- Difference between good and bad touches
 - good touches - smiles, hugs, high fives, kisses, or helping a friend
 - bad touches - punches, kicks, hits, hugging someone until it hurts, hugging someone when you shouldn't, and someone touching your private parts when they shouldn't
- Bad touches make us and those around us feel sad, confused, and uncomfortable.
- If someone gives you a bad touch, you should tell a trusted adult right away.

PART FOUR ~ BOUNDARIES WITH OUR BODIES

This section of the lesson addresses ideas such as:

- Our bodies were made beautiful by God, designed with special private parts which are covered by a bathing suit.
- These are extra special parts of our bodies which we don't show to everyone. 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.
- 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.
- Definition of the word "uncomfortable" - 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".

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PART FIVE ~ NO, GO, TELL SAFETY RULES

This section of the lesson addresses ideas such as:

- NO, GO, TELL action plan of what to do when we feel uncomfortable – and practicing the action plan
- When we feel uncomfortable, that is our body telling us that we need to get help.
- Make a list of trusted adults – God gave us these adults to keep us safe
- 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.
- God loves you and watches over you and wants you to be safe.

ASSESSMENT MATERIALS

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.