**West Virginia Body Safety, Empowerment, & Education Sample Lesson**

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| **Grade level:** K-2 |
| **Title of Lesson:** Be Empowered |
| **Summary:*** Students will know how to say “no.”
* Students will know to go to a trusted adult for help.
* Students will identify trusted adults to go to for help when someone is being mistreated, harassed, abused, or exploited.
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| **WV CCR Student Success Standards:**DSS.K-2.5*Protect Emotional and Physical Safety** Exhibit respect for physical boundaries, rights, and personal privacy in relation to personal safety.
* Express needs, wants, and feelings appropriately.
* Demonstrate appropriate use of 911 and knowledge of parents’/guardians’ names, phone number, and address
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| **WV CCR Wellness Education Standards**WE.K.12Explain that all people, including children, have the right to tell others not to touch their body.WE.K.13Identify adults to notify when uncomfortable with certain touches. |
| **Materials & Resources:**“Your Bee Hive” [handout](file:///C%3A%5CUsers%5Cdlambert%5CAppData%5CLocal%5CPackages%5CMicrosoft.MicrosoftEdge_8wekyb3d8bbwe%5CTempState%5CDownloads%5C-%20https%3A%5Cwvde.us%5Cwp-content%5Cuploads%5C2019%5C03%5C16764_3rdGradeBeeHive-v1-1.pdf)[Shaky bee](https://wvde.us/wp-content/uploads/2019/03/16763_ShakyBee-V1.pdf) |
| **Learning Plan:***Activate Prior Knowledge*Ask students to think of and discuss times when they have said “no.” Explain feelings that you may get when you are feeling uneasy. *Introduction* Have the students play “Show Me.”* Tell them “Show me how your heart beats fast using your hand on your chest.”
* Tell them “Show me how you feel when your stomach hurts.”
* Tell them “Show me shaky hands.”
* Discuss “gut feeling” Refer to [shaky bee handout.](https://wvde.us/wp-content/uploads/2019/03/16763_ShakyBee-V1.pdf)

*Activity 1*Tell students it is important to find trusted adults that you can tell important information to. Explain to the students that trusted adults are grown-ups who keep you safe and take care of you. You may love your dog but it is not a trusted adult. Give students “Your Bee Hive” [handout](file:///C%3A%5CUsers%5Cdlambert%5CAppData%5CLocal%5CPackages%5CMicrosoft.MicrosoftEdge_8wekyb3d8bbwe%5CTempState%5CDownloads%5C-%20https%3A%5Cwvde.us%5Cwp-content%5Cuploads%5C2019%5C03%5C16764_3rdGradeBeeHive-v1-1.pdf). Have them draw one trusted adult in each space. *Activity 2* You can use hand motions for explaining the “No, Go, Tell” method. Example* No- Hands out and say no in a strong serious voice
* Go- Point to the door
* Tell- Mimic talking with your hand

Explain that when you are feeling uneasy, put your hands out and say “no” (strong, serious voice). Then, they will go find a trusted adult and tell them. Discuss with students that there may be times when you see a friend or someone else being mistreated, harassed, or abused (explain these words if needed). You can be a good friend by doing the “No, Go, Tell” for them. (If needed you can review tattling vs. no, go, tell. *Closing Activity*Review gut feelings and your trusted adults |
| **Accomodations:*** Provide pictures or photographs of possible trusted adults
* For children using augmentative communication devices ensure that appropriate terminology has been preprogrammed
* Simplified instructions
* Social Stories
* Warnings prior to transition to next activity
* Provide extra time to complete activities if necessary
* Follow any IEP/504 modifications and/or accommodations
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