**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. |
| **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 |
| **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:\Users\dlambert\AppData\Local\Packages\Microsoft.MicrosoftEdge_8wekyb3d8bbwe\TempState\Downloads\-%20https:\wvde.us\wp-content\uploads\2019\03\16764_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:\Users\dlambert\AppData\Local\Packages\Microsoft.MicrosoftEdge_8wekyb3d8bbwe\TempState\Downloads\-%20https:\wvde.us\wp-content\uploads\2019\03\16764_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 |