

Protecting Kids – It's Up To Us - Body Safety Lessons – Resources and Activities Grades K-6

Counselor's Conference - March 3, 2020

The following resources will assist you in teaching body safety lessons. Please note that presenting information on body safety can bring up questions, complex discussions and a full range of reactions that require more than just being knowledgeable on the subject content. You will need to be prepared to respond in appropriate ways to handle disclosures of victimization, when needed, where to go for resources and how best to provide help that is needed.



Jayneen Sanders through Educate2Empower specializes in children's books on BODY SAFETY, CONSENT, GENDER EQUALITY, RESPECTFUL RELATIONSHIPS, and SOCIAL and EMOTIONAL INTELLIGENCE.

<i>Let's Talk about Body Boundaries Consent & Respect</i>	Jayneen Sanders Illustrated by Sarah Jennings	Educators and Parents For Children 4-10	This book explores these concepts with children in a child-friendly and easily-understood manner, providing familiar scenarios for children to engage with and discuss	Educate2Empower Publishing Available to purchase https://shop.e2epublishing.info/collections/all
<i>My Body! What I Say Goes!</i>	Jayneen Sanders Illustrated by Anna Hancock 2016	Parents, Caregivers, Teachers and Healthcare Professionals for children aged 3 to 10 years.	The crucial skills taught in this book will help children to protect their bodies from inappropriate touch. This book teaches children to identify safe and unsafe feelings • recognize early warning signs • develop a safety network • use the correct names for private parts • understand the difference safe and unsafe touch • understand the difference between secrets and surprises • respect body boundaries	Educate2Empower Publishing Available to purchase https://shop.e2epublishing.info/collections/all
<i>Some Secrets Should Never Be Kept</i>	Jayneen Sanders Illustrated by Craig Smith 2015	Parents, Caregivers, Teachers and Healthcare Professionals for children aged 3 to 12 years.	'Some Secrets Should Never Be Kept' sensitively broaches the subject of keeping children safe from inappropriate touch in a non-threatening and age-appropriate way.	Educate2Empower Publishing Available to purchase https://shop.e2epublishing.info/collections/all



Body Safety and Consent-US_letter.p

Other Resources To Empower Children - You Tube Clips

A collection of videos freely available to help teach body safety, empower children and educate communities. Find them here.

<https://e2epublishing.info/videos>

1. 7 Key Body Safety Messages – 2:02

7 things you can do to empower your children and keep them safe

<https://www.youtube.com/channel/UCobPKJFOhF9TtGt0pDy32Lw>

2. My Body Safety Rules – 2:38

5 things every child should know animation for children - <https://www.youtube.com/watch?v=fFmwQxx-ras>

3. Some Secrets Should Never Be Kept – 8:21

Debra Byrne reads the story – *Some Secrets Should Never Be Kept*. - <https://www.youtube.com/watch?v=4YjJ1MreZqs>

4. No Means No!

Jayneen Sanders reads the story – No Means No! - <https://e2epublishing.info/video-reading-of-no-means-no>

Body Safety Poster

The following poster was made available from Educate2Empower. WV was given permission to add our WV hotline number.



MyBodySafetyRules
Poster-WV Revision:

Recommendations for Books to Teach Body Safety

Here is a collection of recommendations for resources to assist you in teaching body safety education.



Recommendations-
Books for Body Safe

Curriculum

Child Protection Unit – Second Steps – Grades K-5th grade.

This is a research based curriculum that includes clear, rules-based scripted lessons to make it easy to teach children personal safety skills. It provides staff training as well as family materials to build a community working to prevent abuse. It is available for purchase at:

<https://www.secondstep.org/child-protection>

Rights. Respect. Responsibility is a K-12 Sexual Education curriculum that was informed by both the [National Teacher Preparation Standards in Sexuality Education](#) and fully meets the [National Sexuality Education Standards](#). It is designed to be used as a sequential curriculum, or in parts, according to the needs of the educator. Educators may decide when a lesson or series of lessons might fit into their pre-existing curriculum. Educators may use one grade level, one topic strand or an individual lesson to supplement their existing materials as needed. Lessons are 40 minutes in K-5 and 50 minutes in Grades 6-12. There are family homework activities for most lessons in Grades K-9 to facilitate a way for students and their parents/care-givers to have important conversations together. To download all lesson plans in one PDF, please visit <https://3rs.org/3rs-curriculum/download-3rs/>

KidSmartz

KidSmartz™ is a child safety program that educates families around preventing abduction and empowering kids in grades K-5 to practice safer behaviors. They now have lessons on uncomfortable touch and surprises vs. secrets. Materials utilize the four rules of personal safety using tips, printable activities, quizzes, articles, videos and more.

www.kidsmartz.org

Toolkit- WV Task Force for the Prevention of Child Sexual Abuse – Erin’s Law

Body Safety Education Toolkit

The Body Safety Toolkit was designed for county school systems to assist school staff in providing children in grades K-12 developmentally appropriate body safety education.

Available to download at: <https://wvde.us/wp-content/uploads/2019/07/BodySafetyToolkit-v9.pdf>

Body Safety Lessons

Body Safety lessons and activities were developed to support body safety education for Erin Meryn’s Law in grades K-12.

Available to be downloaded at: <https://www.dropbox.com/sh/a36ytyaaxv9udk2/AACQGD53NDHxhK8x371ZHR-7a?dl=0>

School Personnel Training Videos

As a result of Erin Meryn’s law, West Virginia school personnel will be required to complete four hours of child sexual abuse education and prevention training. Through a grant from the Benedum Foundation, 3 training modules for were developed to help school personnel and adults working in youth-serving organizations to better understand the importance of preventing child sexual abuse, recognizing and understanding what happens following a child’s disclosure of abuse, as well as recognizing and avoiding boundary violation behaviors.

Online Training Videos available at:

--Child Sexual Abuse Prevention Intro & Overview: [Module 1](#)

--Child Sexual Abuse Recognition & Response: [Module 2](#)

--Child Sexual Abuse Preventative & Protective Factors: [Module 3](#)

WV Sexual Violence Training and Prevention Resource Toolkit for Working with School-Aged Children and Youth

The development of the toolkit standardizes the core knowledge of individuals who plan to educate students, their parents and caregivers and school staff about sexual violence and its prevention. The repository of basic information provided focuses on developing and presenting educational sessions, initiating dialogue, coordinating trainings and otherwise engaging and mobilizing schools.

<http://www.fris.org/Resources/Toolkit-Children.html>

**Resources and Activities
Grades 7-12**

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BOUNDARIES

Teaching Body Boundaries

- Have students move around the room as music plays. Students will pair up after each instruction and are to get a new partner each time and follow the instructions.
 - ✓ Make a group of three; put the toes of your shoes together
 - ✓ Find a partner and stand side-to-side, shoulder to shoulder
 - ✓ Make a group of four and put your hands together
 - ✓ Stand back to back with a partner
- Observe student's differences in distance then ask the following questions:
 - ✓ How did you feel each time you were given a new instruction?
 - ✓ Did any of the situations make you feel uncomfortable? Which one(s) and why?

CONSENT

The Consent Campaign Guidebook

The Guidebook contains lesson plans and helpful materials and resources for middle and high school educators teaching consent and sexual violence. Available here: <https://vtnetwork.org/consent-campaign/>

Consent Activities

1. Candy Consent

-Introduce the activity: It's important to understand the importance of consent and how it works in relationships. This activity will give a chance for students to practice putting consent into action.

-Activity Directions - Give each student a cup of candy and a consent candy card. No one is allowed to eat the candy until after the activity is over. When the activity gets started, everyone will need to get up, find a partner and follow the direction on their card. Give 30 seconds for partners to talk. When the timer goes off, students are to find another person to interact with, following the directions on their card. Do this at least 4 more times. Signal when the activity has stopped.

-Process the activity with these questions:

- Who ended up with less candy than when they started?
- Who ended up with more candy?
- Who ended up with the same amount?
- If you have less candy, how do you feel?
- More candy?
- What words were used that told you consent was given?
- Tell me about words you heard when consent wasn't given? What did the "no" sound like?
- What did you notice about the way others interacted with you when consent was given?
- Anyone think about not following the card directions?
- Ask students to identify words that mean consent has been given.....*It's a yes; absolutely, I want to! I would love to.....* Add - *There is no coercion or fear, both people are excited and willing, there is equal power, and both partners understand what's happening.*

- What about words you heard that sounded like pressure and coercion? *But I thought you wanted to; you know you do; if you loved me you would, if you cared about me you would, you're just trying to play me;*
- What did you see when no consent was given.....*Silence; I don't know; I guess; Looking away; Pushing someone away; please stop; I'm not ready*
- Can body language send a message?
- Anyone tell me what they think the purpose of this activity was all about?
 - To demonstrate the dynamics/behaviors involved in consent; what it feels like to have consent ignored or respected

-Write a group definition for consent.

CONSENT - Freely given verbal or nonverbal communication with a feeling of willingness to engage in an activity. For high school students – define sexual consent as engaging in a sexual activity.

- Make these points about consent:
 - > Consent is part of many interactions with other; not just in sexual activities.
 - > It's important to know when you are getting pressured into doing things you don't want to do. It's important to know how to respond.
 - > Everyone has the right to give make their own decision when consent is involved.

2. Let's Have Pizza- Authentic Consent Activity

https://sfusdhealtheducation.org/download/MS/ms-growth-dev/healthy_me_healthy_us/Lesson-03-Authentic-Consent.pdf- Page 6

Your team's goal:

Make a pizza you'll both enjoy.

- Take turns asking yes-or-no questions.
- Ask verbally.
- Reply nonverbally, using two gestures you make up.
- One means YES and one will means NO.
- Use gestures that aren't obvious.
- If you get stuck, you can start over.

3. Talking About Consent

https://www.familyequality.org/resources/talking-with-our-children-about-consent/?gclid=EAAlaIQobChMI8Gwy9H35wIVgZOzCh25ZALDEAAYASAAEgLObPD_BwE

This resources and tips from the Family Equality Council making navigating conversations about consent with children of all ages much easier to do.

4. Videos on Consent

- Consent for Kids – <https://www.youtube.com/watch?v=h3nhM9UIJjc>
- Can I Wear Your Hat - <https://www.youtube.com/watch?v=xAgD1yfgUuk> (High School)
- Tea Consent (clean) <https://www.youtube.com/watch?v=fGoWLS4-kU>



WV FRIS is the state sexual assault coalition working with rape crisis centers across the state.

Prevention Education Specialist are available in each of the rape crisis centers to provide sexual violence prevention programming and training for staff on a variety of evidence-informed materials.

Contact Debra Lopez Bonasso at dlbonasso@fris.org for additional information.