

Ages 5-7

Objective: To help children distinguish the difference between good and inappropriate or confusing touch. To affirm a child's right to say no to an adult who makes them feel uncomfortable.

Opening Prayer: Use a short prayer or song with gestures that speaks of God's love for all his creation, especially children. Have the children make a large circle, and take turns moving to the center of the circle – with each move, remind the children that we are always in the circle of God's love.

Part I (10 min) – Kinds of Touch and A Child's Right to Privacy

Introduce by saying, "God loves us so much. God created us to be happy. He gave us our bodies. What are some happy things we do with our bodies?" (run, jump, sing, laugh, smell flowers, pet puppies, hug our parents, play, see new faces...)

Touching is something we do with our hands. We give and receive touches. What are some good kinds of touches? Good touches make us happy and comfortable and loved.

What about the kinds of touches that make us feel sad, confused or uncomfortable? Can you name some of those? (When someone forces you to kiss or touch them, when someone tickles you too much even when you have said "stop", when someone touches you in the private areas of your body.)

(Review the private areas of our bodies --- those covered by a bathing suit. Point out that no one should ever touch those private parts of our bodies. There are exceptions, like when the doctor has to examine us when there is something wrong, or when we need to ask our parents to help us with something. But we should try to take care of our own bodies as best we can by ourselves.)

Part II (10 min)– Learning the Skills to Avoid Inappropriate Touching

Your bodies belong to YOU. Whenever a person bothers you with a "not OK" touch, you can say "NO". Even if it is an adult or someone who is bigger than you, or someone you even love and know well. Let's hear you all say "NO" in a big loud voice. (Have children all say "NO" together).

Now ask them to stand up and this time, say "no" with their voices and their bodies. Show them how to move back and hold up their hand in a stop motion. (Now have all children say "NO" with a hand up and move back)

"After we say "NO" in a big, loud voice and hand motion, what do you think you should do then?"

Answer: Go tell an adult that you trust.

Who are some people you can trust? Name them (parents, catechist, teacher, principal, pastor, nurse, police officer, etc.).

Sometimes an inappropriate touch is scary and you might feel scared to tell someone, but it is important to do that. Remember, you can't get into trouble when you tell someone the truth about a "not ok" touch. When someone touches you that way, it is NEVER your fault. Adults are supposed to keep you safe and need to know when someone made you feel unsafe. Remember, even if an adult doesn't believe you or does not listen to you, keep on telling until someone does listen.

[As an alternative you might want them to practice saying no in the following scenarios:

Your older brother tickles you so hard, he makes you cry. He thinks it is fun, but you don't.

Your grandpa holds you on his lap and squeezes you so tight that you feel uncomfortable, and doesn't let you down when you try to get down.

Your mom's friend helped you get a wet bathing suit off, and stopped to touch your private area. It made you feel scared and uncomfortable.]

End with a prayer about God's love and protection of us, and make the sign of the cross in blessing on each child's forehead.