



Family  
Support  
Line



# Personal Safety for Pre-School and Elementary School

## GOAL:

These sessions will teach children that they own their own body and can say 'no' to touch that makes them feel uncomfortable or bad. Children will be taught to understand appropriate personal boundaries involving touching and non-touching happenings and will practice assertiveness to protect their selves.

## Learning Objectives:

- Know the touching safety rules
- Realize that it is more important to be safe than polite
- Know that they own their body and are in control
- Understand not to keep secrets that feel wrong
- Understand that everyone needs privacy to take care of their own personal body
- Have practice role-playing assertiveness
- Identify adults they trust and can talk to
- Know the importance of telling until some one understands
- Know uncomfortable touch from an adult is never the child's fault

## Benefits:

- Children will gain knowledge and skills to better protect themselves
- Awareness of how to handle uncomfortable boundary breaking both touching and non-touching
- Knowledge of their privacy needs
- Recognize persons (whether they are strangers or people they know) who behave in wrong ways
- Through practice overcoming natural embarrassment
- Understand that there are adults who understand, care, and want to help them

## Topics covered:

- Body ownership
- Importance of privacy
- Secrets to keep/secrets not to keep
- Touching safety rules
- What to do
- Who to tell
- It's never too late to tell
- It's never the younger person's fault
- Practice assertiveness

**We also hope that these sessions will:** Protect children from sexual abuse or in the event of an abuse, children will tell an adult quickly

If you are interested in scheduling one of our programs, please contact Mary Hove, Education and Training Director, at 610-891-5277 or [mary@familysupportline.org](mailto:mary@familysupportline.org)