

Diocese of Fort Wayne—South Bend

Good Boundaries *Script*

Safe Environment Presentation Text: Preschool - Third Grade

*(*Presenter's note: This is the basic presentation to be given to younger grade school children. It is for the presenter to make the necessary pedagogical adjustments according to age level. However, the presenter should avoid any audio-visual materials that portray abusive behaviors — such as inappropriate touching.)*

Sirens. Just like a fire truck has a siren to warn us that it is coming and to get out of the way, God has given us different kinds of sirens to help us know when we may be in danger. While we all have sirens, not everyone's are exactly the same. Some people have one in their **stomach**. When they feel unsafe, their stomach will hurt, get tight or feel queasy. Some people will feel it in their **shoulders** and **back**. (*Demonstrate how people may tense up their shoulders and pull them tight up against their ears.*) When they are feeling unsafe their **shoulders** and **back** will get tense and tight and sometimes start to ache. Many just experience sirens in their **heads** and their **hearts**. Their heart will start to beat very fast and a voice will say to them: "Something is not right; something is not right; I feel scared; I feel scared." You may even have all these sirens go off at the same time. You might not know exactly why or how you are unsafe, but these sirens will warn you that you are in danger.

ALWAYS LISTEN TO YOUR SIRENS!!! God gave you these sirens and it is important to listen to them.

Have the children think of times or places when their sirens may go off, such as around strangers, in a public bathroom, at the mall, in a park or when they are alone. Tell them things that adults do to keep them safe at school, such as making sure that visitors have visitor passes, always making sure an adult is with you or near by, keeping doors locked, etc... Adults protect children by watching them. That is why it is important to stay where adults can see you and to let them know where you are going.

Respecting each other's body and personal space. Ask them to tell you what they think this means. This may be a new concept for them, particularly the concept of personal space. Explain to them that personal space is the space that is around your body. Have them stand up and put their arms out and turn around in a circle. Explain to them that the circle they just made around them is their personal space. Give examples such as when you are standing in line, or sitting in a circle you should give the person enough personal space.

Respecting each other's body and personal space is an important part of respecting someone. To respect people means to treat them in a kind and gentle way, in a way that makes them feel that you care for them. This is the way God wants us to treat each other. Since nobody likes to be treated in a way that is not loving or respectful, you should always respect each other's body and personal space.

Point out that when you hit or push others, you are not respecting their bodies and so you are not respecting them. If someone hits or pushes you, you need to tell them to stop and that they are not respecting your body. It is not okay to hit or push them back in order to get back at them — that would not be respecting their bodies; but you can push them back and even hit them if that is the

ONLY way to protect yourself. Have them define and give examples of “protecting yourself” — pushing or hitting back to get away and avoid further harm.

“Some of you may wonder when and where it is okay to touch someone.” Tell them that anywhere your bathing suit covers is off limits. No one at anytime should touch those places. The **ONLY** person that can check those places is a doctor or someone who is caring for your health.

Point out that you also need to respect the personal space of those around you. Sometimes even friends are never comfortable having people closer than an arms length away. (*Raise your arm to show them again.*) Have them think of times when it is okay to be closer, such as when you hug someone, when you shake someone’s hand, when you are sitting next to your parents on the couch watching TV or reading a book. Make the point that if you feel uncomfortable with how close someone is, you can and should ask them to move further away. Another activity for younger children is to have them stand about 6 feet apart from one another and then have one of them very slowly walk toward the other person. When the person standing wants the person to stop they put up their hand. Have them notice how far apart they are. Then have them switch.

IF AT ANY TIME, YOU FEEL THAT YOU ARE IN DANGER BECAUSE SOMEONE IS NOT RESPECTING YOUR BODY OR YOUR PERSONAL SPACE, YELL FOR HELP AND RUN TO A TRUSTED ADULT IF POSSIBLE.

You can also talk about respecting property and personal items. Remind them that they need to respect other people’s property and that, even if it is a friend, they need to ask permission to use or borrow something. They also need to accept “no” as an answer. Your personal items are also something that you can protect. It is okay to share, but someone needs to ask permission to touch your toys, or go into your desk or backpack.

Adults are here to protect you. You all have your sirens to tell you when you are in danger, but you need to ask an adult to help you avoid more danger or find ways to safety. **ALWAYS LISTEN TO YOUR SIRENS!!! ALWAYS ASK AN ADULT FOR HELP!!!** (*Have them repeat this after you.*)

1. Listen to your sirens
2. Do not be afraid to resist people and to tell them to stop.
3. Ask for help from an adult

Diocese of Fort Wayne+South Bend
***Good Boundaries* Script – Safe Environment Education**

Outline for preschool – grade 3

Note: The content below is the same as that in the text version above. Either may be used to present to the children. The presenter will have to make some adjustments in language according to the age of the children.

CONTENT	SKILL/EXERCISE
Today we are going to talk about some important personal safety information for you.	Have children in circle or other comfortable arrangement to listen.
RESPECTING OUR BODY	
Each of us was given a wonderful gift the day we were born. We were each given the gift of our body. God gave us this gift because God loves us very much. We are children of God.	
Since we were given such an amazing gift, we should take care of ourselves. When we love and respect our bodies and ourselves, God is happy and we feel good.	How can you love and care for yourself?
I can do all kinds of things with my body. Many of these are good and make me feel happy.	How do you feel when you hug your mom or dad? When you hold your favorite stuffed animal or blanket? What other things make you feel good?
All of these things are safe touches.	
PERSONAL SPACE	Let's stand and hold our arms out making a big circle around us, like we have a hula hoop.
This space inside the circle is our personal space. We respect ourselves and others when we are careful with each other's personal space.	Ex. How do we treat each other when we are walking in line? When we are on the playground? When we sit in a circle?
Jesus taught us a rule about how we treat each other and care for others. The Golden Rule – We care for others (do to others) as we would want them to care for us (do to us). We treat them in a kind and gentle way and want them to do the same for us.	Ex. Stand 8 ft. apart and have one child walk toward other. Have the still child put up arms and say stop when she/he wants the person to stop. Notice how far apart you are.
There are other times when people touch us that are not safe.	How do you feel when someone pushes you or hits you? We ask them to stop. What are other ways you protect yourself?

Some parts of our body are private. These are the parts of my body that are covered by a swimsuit. Only a doctor or nurse may touch or examine my private parts during my check-up.	If anyone ever touches you in a way that feels bad or is in your private parts, say, "NO". Can you say NO!
If someone touches or hurts you, it is never your fault. No matter what the person says to you. Do not keep this secret even if told to do this. This is not a good secret. Tell an adult you trust and keep telling until someone believes you and helps you.	Who are some people who you could tell and could help you?
SIRENS, RECOGNIZING DANGER	
When someone hurts us or we may be in danger, we have sirens or warning signs. Some sometimes when we feel unsafe our body hurts.	Has your stomach ever felt sick or hurt? Your shoulders back or head?
You may not know exactly what is wrong, but if your warning bells or sirens are telling you something is not right.....LISTEN TO THEM. God gave you your sirens to tell you something.	When might your sirens go off?
If you ever feel that you are in danger because someone is not respecting you, your personal space, or your private parts, get away, get to a trusted adult and ask for help.	
Remember that many adults in your life are doing things to keep you safe and protect you. God put adults in your life to love you, care for you, protect you, and keep you safe.	Who are some of the adults who help you feel safe? What do they do to help you feel safe?
So what did we learn today?	<ol style="list-style-type: none"> 1. God made us and loves us. God made our bodies. 2. We each have personal space. 3. We should treat ourselves and others with respect and care (golden rule). 4. Some touches are safe, some are not safe. 5. We have warning signs when we are in danger. 6. If ever in danger, not being respected, being touched in a unsafe way, get away. 7. Get help from an adult. Keep telling and asking until you get the help you need. 8. There are adults in your life to care and protect you.