



## Grade One Safe Environment Lesson

### Concepts Taught: The difference between good touches and bad touches.

- **Opening Prayer:** *Leader reads psalm line slowly to children and asks them to repeat it.*  
We praise You, so wonderfully You have made us! (Psalm 139:14)
- **Scripture:** *Show the children a picture or statue of “Jesus and the Children” and tell or read the story found in Matthew 19:13-15.*

### Leader:

Jesus was very busy, teaching and healing people in the crowd. A group of parents came toward Jesus bringing their children so Jesus could talk with them and bless them. The disciples stopped the parents and children and said, “Don’t bother Jesus with the children; He is very busy.” But Jesus heard what the disciples said and called the parents back and said, “Let the children come to me and I will be glad to talk to them and bless them.”

Jesus loves all children and wants them to be safe. Our parents and family members love us and want us to be safe too. Our family shows us in many ways how they love us: by hugging, kissing, praising, and taking care of us. Our family also teaches us rules about how to be safe. What are some of them?

- Look both ways before crossing the street.
- Don’t talk to people we don’t know unless our parents are with us.
- Don’t take gifts or candy from people we don’t know.
- Don’t get into cars with people we don’t know

Today we’re going to talk about some other rules that will make us safer.



## **PART I (15 Minutes):**

**Feelings:** What does your face look like when you are:

- Sad
- Angry
- Embarrassed
- Afraid
- Ashamed (For example when you've broken something that doesn't belong to you and you didn't tell what you did.)

Who can tell me what ashamed means? Feeling bad about yourself. For Example: Like when you break a valuable dinner plate by accident and you don't tell.

## **Touches:**

Good touch for me is \_\_\_\_\_ (touch on a shoulder, etc.) What about for you? (Have class name four touches, e.g. kiss, hug, handshake, etc.)

Bad touch for me is \_\_\_\_\_ (when someone shoves me). What about you? (Have class name four touches; e.g. hit, pinched, slapped, being touched where you are not supposed to be touched.)

How many of us like hugs and kisses and touches from people we know and love and trust. Can those be good touches? **Yes**

How about those same kinds of touches from people we don't know or don't like or don't trust. Could those be bad touches? **Yes**

When we get touches we get feelings inside. Good touches give us good feelings, bad touches give us feelings that make us feel bad or uncomfortable.

Let's talk about tickling. Let's think about good touches as thumbs up and bad touches as thumbs down. Can everyone put their thumbs up?



DIOCESE OF SYRACUSE

## Touches, continued

For those of us who like being tickled—tickling can start out as lots of fun. But what if it starts to hurt (start moving your thumbs down), and we start to cry (thumbs continue to go down), or it gets hard to breath (thumbs all the way down). What happened to that touch? **It turned into a bad touch.** It's important that we know that sometimes a touch can start out as a good touch but then it can turn into a bad touch. Who gets to say if a touch is a good touch or a bad touch? **Answer: The person getting the touch—EVEN IF THE PERSON GIVING THE TOUCH SAYS IT'S OKAY, OR IT'S FUN.**

If you get a touch you don't like, what is it? **Answer: A bad touch.**

## **PART II: (10 Minutes): Learning the Skills to Avoid Bad Touching**

Your bodies belong to YOU. Whenever a person bothers you with a bad, “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 the children say “NO” with a hand up and by moving back.)

After we say “NO” in a big loud voice and hand motion and by stepping back, what do you think you should do then? (Answer: Go tell an adult you trust.)

### **Telling:**

Who could you tell if someone tried to break a touching rule with you? (Have students identify trusted adults they could tell. This could include mom, dad, grandma, grandpa, etc., also teachers, pastor, nurse, police officer.)



*Review the information presented with the children and ask if they have any questions.*

You have been good listeners. Give yourself a pat on the back. (A good touch.)

➤ **Closing Prayer:** *Leader reads prayer slowly to children.*

Dear Jesus,

When You walked this earth, You showed that You love little children.

We know that You love us as Your own children.

It's hard for us to hear that some people don't treat children the way You did and hurt children by their words and actions.

Help us to learn how to protect ourselves, and others, from harm.

Help us to forgive those who have harmed children in the past.

Bless all those who teach us and work to keep us safe. Amen.