

## ***Better Safe Than Sorry Presentations***



### **Pre-School and Kindergarten:**

#### *“It’s My Body”*

This program is aimed at children between the ages of 3-5 years old and is based on the book *It’s My Body* by Lori Freeman. The book and the program have been written to help adults and young children talk about sexual abuse in a way which minimizes embarrassment and fear but emphasizes self-reliance and open communication. The children are taught Body Safety rules: Say No, Get Away, Tell Someone. The program lasts approximately 20-30 minutes.

### **First Grade:**

#### *“Talking About Touching”*

This program is aimed at children in the first grade. The program utilizes the Committee for Children’s “Talking About Touching” curriculum to address sexual abuse prevention techniques with children. The same Body Safety rules of Say No, Get Away and Tell Someone are emphasized. Oversized picture-cards featuring touching situations allow children to decide and decipher good touches from bad touches. Stranger rules are also addressed. The program lasts approximately 30-45 minutes.

### **Second Grade:**

#### *“Talking About Touching II”*

This program is aimed at children in the second grade and is designed to help students fully understand and practice using the four Body Safety Rules. A video featuring short vignettes illustrating our Body Safety Rules (Say No, Get Away, Tell Someone & Be Believed) is used as a discussion stimulator. Additional role plays focusing on Body Safety Rules will be used as time allows. The program lasts approximately 30-45 minutes.

### **Third Grade:**

#### *“Break the Silence: Kids Against Child Abuse”*

This program is aimed at third grade students and is designed to make them aware of different kinds of abuse such as: physical abuse, sexual abuse, and neglect. The video shows four different children who are abused but learn how it is never, ever their fault. The children talk with trusted adults. Through counseling, they learn to cope by telling their story of abuse. The program lasts approximately 45 minutes.

**Fourth Grade:***“When Should You Tell?”*

This program is aimed at fourth grade students and is designed to make them aware of child sexual abuse. The four Body Safety rules, Say No, Get Away, Tell Someone and Be Believed are emphasized. A short video about a girl who is abused by her older cousin and decides to tell about her abuse is used to show students how to respond to sexual abuse. Students learn that any abuse is never, ever their fault and that they should tell a trusted adult if they have ever been touched inappropriately. The program lasts approximately 45 minutes.

**Fifth Grade:***“Respecting Each Other: Sexual Harassment Prevention”*

This program is aimed at fifth grade students and is designed to make them aware of sexual harassment in their school. Through use of a video and discussion, students are taught: how harassment hurts people; what sexual harassment is; how sexual stereotypes promote sexual harassment; how much better life can be when people treat each other respect; that sexual harassment is against school rules and against the law; and how students can report harassment to a trusted adult. The program lasts approximately 45 minutes.

**Sixth Grade:***“It’s Okay to Tell”*

This program is aimed at sixth grade students and is designed to make them aware of child sexual abuse. The four Body Safety rules, Say No, Get Away, Tell Someone and Be Believed are emphasized. A film about a girl who is being sexually abused by her step-father is used to teach students that it is okay to tell an adult about being abused. Students will learn to identify what child sexual abuse is and learn how to prevent it from happening to them as well as how important it is to tell someone if they have been abused. That abuse is never, ever a child’s fault is emphasized. The program lasts approximately 45 minutes.

**Contact Prevention Services at  
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