

MY CHOICES & PERSONAL BOUNDARIES: TOUCH & FEEL



Lesson Objectives:

- Children will be given the opportunity to explore a variety of different touch and feel sensations and allowed to decide which they like and dislike.
- By the end of the lesson Children will understand that just because they like how something feels, does not mean that everyone feels the same.
- Children will learn that no one should be touched in a way they find uncomfortable and what to do if someone does.
- Children will be given the opportunity to practice saying NO and that no and stop should always be listened to.
- Supports key messages from the Protective behaviours Taking Care Programme.

Key Messages:

This lesson builds on the messages from the previous lesson. It explores different types of touch through sensory play. We will use touch and feel bags with different objects textures in. This will be the children's first lesson about consent in an age appropriate manner. We start with a very simple message helping the children to realise just because you like something, doesn't mean everyone does. Equally just because you don't like something does not mean that other feels that way.

We will ask the children to consider if a hug always feels nice:

"If mummy or daddy give you a cuddle - it might feel nice. However, it might depend on what mood you're in or who else is around. For example, if you fall over and hurt yourself - it might help you feel better... however, if you are really grumpy - you might not want a hug.

If all your friends are around and mummy gives you a big cuddle, you might feel embarrassed...

Closing:

Remember your body belongs to you and no one should touch you in a way you don't like. But equally, just because something may feel nice to you - doesn't mean that everyone else will like it too. We need to listen if someone else tells us no or to stop when they don't like a way we are touching them.!



Key Messages continued...

It also depends on who might be giving the hug... a touch from one person may feel nice and comforting, but the same touch from someone else may result in us feeling uncomfortable."

We will talk to children about what they can do if someone touches them in a way they don't like:

- *We can ask them to stop politely. "I need you to stop doing that I don't like it" (ask the children to repeat the phrase).*
- *We can tell them to STOP. Louder.... and louder (ask the children to shout stop louder and louder).*
- *If they don't listen we need to tell an adult we trust.*
- *If it is an adult - we can tell another adult.*

Useful Links:

- Check out our pages to explore how to talk to children about consent.
- There are also some fantastic books in our library too.

CARRYING ON THE CONVERSATION AT HOME:

Remind your child that they are in charge of their body and no one is entitled to tell them what to do with their body or touch them in a way they don't like. Ask them to tell you and show you how they can say no if they don't like how someone touches them.

Giving your child choices is the best way for them to assert their autonomy. Saying goodbye to Grandma, is something we need to do so we aren't being rude - but you can give your child a choice of how they say goodbye.... not all children will want to give hugs or kisses... especially if they aren't in the mood.

Instead we can ask: *"how are we going to say goodbye? Would you like to give her a cuddle, blow her a kiss, give her a wave or a high five...?"*

If needs be have a chat to the other adults in your child's life and explain the message and lessons you are trying to reinforce with your child - there will be very few adults that care about your child that don't want to make sure they grow up safe.

These are conversations that should be continual - something you can come back to again and again...