

MY CHOICES & PERSONAL BOUNDARIES: WHAT ARE THE RULES?



Lesson Objectives:

- Children will have an opportunity to review the rules they have learned about safe and appropriate touching, and personal boundaries.
- Children will be reminded that feelings are neither good or bad, but that there are things we can do that will help.
- Children will be able to think about who they can talk to if they need help.
- Supports key messages from the Protective behaviours Taking Care Programme.

Key Messages:

This lesson focuses on asking the children to decide if particular behaviours are: *OK, Not OK or It Depends, ...*

“After all the work we have been doing on the All About Me programme - We are going to see what you can remember about the rules we have learned about our bodies, our feeling and how we can touch each other...?”

Key rules:

If we are worried about anything - no matter how awful or small... And if anyone touches us in a way we don't like or doesn't stop when we ask them to we can talk to a trusted grown-up from our network...

- **There's no such thing as bad feelings - its ok to feel angry or sad or upset but it is never an excuse to hurt someone or yourself.**
- **No one should touch us in a way we don't like - especially our privates.**

Closing:

We have talked about lots of the rules about our body and how to manage our feelings. Remember, there are lots of people we can ask for help - if we are worried.



Key Messages continued...

- If someone says **No** or **stop** - these are important words and should always be listened to (even when said in fun).
- The only time anyone is allowed to touch your privates is if we are asking for help for example if we are sore or poorly or too little to wash ourselves properly... but if anyone touches our privates parts, this should never be a secret.
- We should only touch our privates in private.

We will review the children's personal networks.

CARRYING ON THE CONVERSATION AT HOME:

This session is a review of all the key messages that children should have learned over the course of the week, plus from the Taking Care Programme.

Test your child on the rules by playing fun games... ask them if they can name a good or bad feeling...

Ask them if they can name a girl's or a boy's private parts. Talk about when it might be ok or not ok to touch their privates or for someone else to...

Ask them what they can say if someone touches them in a way they don't like...

Ask them about their Early Warning signs and review their support networks with them.

The more practice children get at home and at school, the more likely they are to follow these behaviours in real life. Reinforcement is key. Whenever there is an incident at home or even in the shows you watch together on TV - use it as an opportunity to practice these rules and behaviours.

- 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). Get the children to put their hand out in a stop motion too.
- 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.