

Kindergarten Body Safety Lessons

Below are some brief talking points you can use with students after the videos to reinforce their learning. Suggested answers are in blue. Please let students know after each video lesson that you are available if they want to talk privately, ask questions, or share a story about the content of the videos.

Day 1

1. Who can name one thing you do every day to keep your body safe and healthy?
2. Does everyone have a personal space bubble? What about me, your teacher? Do I have one too?
3. Is your bubble always the same size?
No, the size of your bubble might change depending on who you are with. If you're with your family it might be smaller and bigger with people you may not know.
4. I'm going to name some places and you tell me if your bubble is with you in those places. The grocery store? When you're in line? When you're waiting to come into the classroom? In the shower?
That's right! Your bubble is ALWAYS with you wherever you are.
5. What can you say if someone does something you don't like or pops your bubble?
"STOP I don't like that." Or, "you popped my bubble I don't like that, please give me space".
6. What's one thing you learned from the video, "Keep Your Hands to Yourself?"

Day 2



Help students complete the worksheet with this image on it

1. Is your personal space bubble the size of a donut or hoola-hoop?
2. Can you give an example of a safe touch? (hugs, high fives, etc.) How does a safe touch make you feel? (happy, safe, loved etc.)
3. What are some examples of an unsafe touch? (pushing, hitting, kicking, etc.)
Remember an unsafe touch is a touch that hurts your body OR one that you don't want.
4. Who are some of your trusted grownups that you can go to for help or talk to if you're sad or upset?
5. What's one thing you learned from the video, "Hands are Not for Hitting?"
6. Share your handout about [safe and unsafe touch](#) with your family.
(Note: this handout will be dropped off at the school – click the link to see what it looks like)

Day 3



Give students this worksheet to color today

1. How does an unsafe touch make you feel?
[Sad, mad, confused, etc,](#)
2. What did you learn from the book, "Some Parts are Not for Sharing?"
3. What do we call the areas of our body that are not for sharing?
[Private parts/areas](#)
4. Is it OK for a doctor to check your private parts to make sure you're healthy? What about your parents or grown-up at home if you're hurt?
[Yes, at the doctor but you should have another grown up with you.](#)
5. You have a [swimsuits coloring sheet](#). Take it home and teach your grown-ups.
[\(Note: this handout will be dropped off at the school – click the link to see what it looks like\)](#)

Day 4



Help students complete the worksheet with this image on it

1. What did you learn from the book, "Your Body Belongs to You?"
2. What was your favorite part about Blue Sky Bridge and the teacher, Sammie? (You can draw a picture)
3. Share your [Trusted Adult](#) worksheet with your adults at home.
[\(Note: this handout will be dropped off at the school – click the link to see what it looks like\)](#)
4. Review the [Kindergarten rules](#) with class.

Remember, you are a trusted adult.

*** Our videos are designed to educate children about body safety and give them language to use in an uncomfortable situation. It is not likely that a child will disclose abuse after watching the videos but if it happens, we want to help you feel prepared. The most important thing is to believe the child, take deep breaths, and remain as calm as possible.

You don't need to find out all the details. If you can learn who did what and where/when it happened that's plenty. It's ok if they don't remember some things, make the report with the information you have.

Some specific things you can say in the moment are:

- I believe you
- It's not your fault
- Tell me more about that
- Thank you for telling me, you did the right thing talking to a grown up
- I'm going to talk with someone whose job it is to keep kids safe. Another grown-up might ask you some questions too.

Call 1-844-CO-4-KIDS to report the disclosure. We're here to support you! Call us anytime at 303-444-1388.

