

Third Grade Body Safety Lessons

Below are some brief talking points you can use with students after the [videos](#) to reinforce their learning. 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. Let your class know they can also ask questions in the comment section with our handouts and homework in SeeSaw.

Lesson 1

1. Which touching rule did you remember from today's video?
[Remind them that they are the bosses of their body.](#)
2. Does an unsafe touch have to hurt?
[No, it's any touch you don't want and could even be a hug or a kiss.](#)
3. Make sure you do your touching rules worksheet and bring it home to share with your families.
[Note: there is a touching rules worksheet activity on the Blue Sky Bridge teacher page you can easily add to your SeeSaw class](#)

Lesson 2

1. In the story, "The Super Brave Kid," Kit was getting an unsafe touch from the stepdad because he touched Kits' private parts and it wasn't to keep them safe and healthy. The step dad also wanted Kit to keep it a secret. We know that not all step-dads break the touching rules. Again, most kids don't get unsafe touch. Which trusted adults did Kit remember to tell in the story?
[Teacher and mom... and the unsafe touch stopped.](#)
2. Can you give an example of a surprise and a secret?
3. Why do we list at least 5 on our trusted adult hand?
[You might need to tell more than 1 person before the unsafe touch stops. They need to listen, believe you and know how to help you. Or, you might forget to tell all the details the first time and need to try again. It's important to tell exactly WHAT happened, WHERE it happened, WHO you were with, and HOW it made you feel.](#)
4. Make sure to complete your trusted adult worksheet and share it with your grown-ups at home.
[Note: there is a Trusted Adult worksheet activity on the Blue Sky Bridge teacher page you can easily add to your SeeSaw class](#)

Lesson 3

1. What's the 3 step safety plan if you get in an uncomfortable situation, feel icky or get an unsafe touch?
[No, Go, Tell](#)
2. Let's practice different ways of saying no.
[No, please stop, you're invading my space, this makes me uncomfortable, you're breaking my touching rules, I don't keep secrets, I don't like this game, let's go play something else, I don't think this is a good idea, I'd like some privacy please, you popped my bubble, I don't like getting hugs, I'd like to go home now, I changed my mind](#)
3. Did you like the video on body safety rules? Can you name some of the early warning signs you might feel in your body if you feel frightened or unsafe?
[Sweaty, sick tummy \(like butterflies\), fast heartbeat, headache. Listen to your instincts- this is your body's way of protecting you and letting you know something is not right. This poster reinforces this concept.](#)
4. Take your NO, GO, TELL handout home.
[\(Note: this handout will be dropped off at the school\)](#)

Lesson 4

1. If someone breaks the touching rules who is supposed to be in charge, like a babysitter, coach or another grown up, do you have to follow their directions?
No, you don't have to play games or do things with ANYONE if it doesn't feel right, even your best friend.
2. If you don't tell right away because you forget, or you're too scared, or you don't want to get someone in trouble, should you just forget about it and hope it doesn't happen again?
No, it is never too late to tell and it is never your fault. When you tell, not only are you keeping yourself safe, but you are also helping to keep other kids safe. And remember when you tell to include ALL the details, just like the examples Gary gave us for when Playful was in unsafe situations with Curious.
3. What was one new thing you learned from today's lesson?
4. Take home your "What is Blue Sky Bridge" Handout.
(this handout will be dropped off at the school)

Booster Session *(We'll be contacting you to offer this option if you didn't request one)*

1. What do you remember most from Blue Sky Bridge?
2. What was your favorite part? Why?
3. If you want to talk in private or have any questions I am available.

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 grownup
- 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.

