

Tell People “NO”



Grades
3-4

Overview

Students watch the “Know the Rules” rap video and discuss what to do if someone tries to touch them in ways that make them feel scared, uncomfortable, or confused. Students practice saying “NO” to different scenarios and make posters to reinforce their right to stand up for themselves.

Safety Message

I will tell people “NO” if they try to touch me or do things in ways that make me feel scared, uncomfortable, or confused, because it’s OK for me to stand up for myself. If someone tries to touch me in a way that bothers me, I will scream “NO” in a loud voice and then run away from that person and tell a trusted adult.

Time

35-45 minutes

Materials

- Computer lab or computer connected to an LCD projector or television monitor
- “Know the Rules” rap video
- “Say ‘NO’” situations copied for each pair of students (attachment 1)



Activity

Tell students: *Today we are going to watch Clicky rap about what to do if someone touches us in ways that make us feel scared, uncomfortable, or confused. Sometimes people touch us or ask us to touch them in ways that we don’t like. Pay attention to what Clicky says we should do. Show them the “Know the Rules” rap video.*

The safety message we are going to focus on today is the third rule: I will tell people “NO” if they try to touch me or do things in ways that make me feel scared, uncomfortable, or confused, because it’s OK for me to stand up for myself. If someone tries to touch me in a way that bothers me, I will scream “NO” in a loud voice and then run away from that person and tell a trusted adult. Who can tell me how it feels when someone does something to you that you don’t like? You feel scared, mad,

or sad. What should you do if someone, no matter who it is, tries to touch you in a way that you do not like or feel OK about? Say “NO” using a big, strong voice; tell a trusted adult. What should you do if a person you like or care about touches you in a way that makes you feel uncomfortable or confused? It’s not always easy to say “NO” to this person, but you have the right to stand up for yourself; and no one has the right to ask you to do anything that makes you feel bad or scared. Most touch is good and can help us feel better and safer. What are some examples of good touch? A hug from your grandmother, a high-five from a friend, or your parent or guardian kissing you goodnight. If a person tries to do something to you or your body, or asks you to do something to him or her that makes you feel uncomfortable, you should tell a trusted adult right away.



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Divide students into pairs; give each pair a sheet of "Say 'NO'" situations (attachment 1). We are going to practice saying "NO" in case you ever need to say "NO" to a person who touches you in a way that is not OK with you. One of you will read the situation, and the other will say "NO" in a big, strong, loud voice. Say it right to your partner's face. Be brave and bold, stand straight and tall, and show that you mean business. Monitor the partners closely as they read the situations and practice saying "NO" to each other. Then have one partner from each group read their situation to the class and discuss what the correct response would be. Suggested solutions have been provided to help with discussion. Remember, someone who is not trying to hurt you will stop when you say "NO." If this person doesn't listen and doesn't

stop doing it, get away, and find a trusted adult immediately. If the person keeps holding you or still touches you, it's OK to scream, yell, wiggle, push away, or even kick or bite if you need to in order to get away.

Finish the activity by letting students make a small poster that says "It's OK to say 'NO.'" They should do this on computers using a program that they can type or create graphics on. If they are not familiar with how to make a document with words and graphics, you will want to demonstrate this and walk them through the steps. Encourage them to have that phrase on their poster as well as any desired graphics or decorations. Let them print their posters if possible. Display the posters in your classroom or have students take them home to display.

Know the Rules: Tell People “NO”

Grades 3-4 • Attachment 1

Situation Card

1. An aunt hugs too hard and says “Goodnight, my dear! Oh, I just love to squeeze you!” You wish she wouldn’t hug you so hard.

1. You should say, “Don’t squeeze me so hard next time because it hurts me. I love your hugs, but please give gentler ones.” Then tell your trusted adult what happened.

Suggested Solutions Card

Situation Card

2. A cousin tickles you a little too much. You like being tickled but when it’s too much you want it to stop.

2. You should tell your cousin to stop; if he or she doesn’t, tell a trusted adult.

Suggested Solutions Card

Situation Card

3. Your father’s friend touches you in a way that makes you feel uncomfortable when your dad is out of the room.

3. You should say “NO” and immediately tell your parents, guardian, or trusted adult what happened. When anyone you trust makes you feel this way, that person should no longer be trusted.

Suggested Solutions Card

Know the Rules: Tell People “NO”

Grades 3-4 • Attachment 1

Situation Card

4. An older lady in the park says to you, “Hey, sweetie! Will you help me walk around the path for a bit? Hold my hand.”

4. If someone tries to get you into an area alone, he or she may be trying to trick you to do something that will hurt you. Tell the person you can’t go and get away as quickly as possible. Then tell your parents, guardian, or trusted adult.

Suggested Solutions Card

Situation Card

5. Your karate teacher is too rough with you when teaching you a new move. What should you do?

5. You should say, “No, I don’t like that. Please stop.” Then immediately tell your parents, guardian, or trusted adult what happened.

Suggested Solutions Card

Situation Card

6. A friendly man at the movie theater talks to you, shares some popcorn, and then rests his arm on you. It was OK at first, but then he got too close and you stopped thinking it was OK.

6. You should say, “No, I don’t like that. Stop it.” Then get up and move away from the man. Tell your trusted adult what happened so that you can move your seat.

Suggested Solutions Card

Know the Rules: Tell People “NO”

Grades 3-4 • Attachment 1

Situation Card

7. Your big brother’s friend is great in front of everyone else. He pays a lot of attention to you and always lets you hang out with him. But when you are alone together, he tries to touch you in ways that you don’t like.

7. You should say “NO” and immediately tell your parents, guardians, or other trusted adult what happened. If anyone you trust makes you feel this way, that person should no longer be trusted.

Suggested Solutions Card

Situation Card

8. On your way home, a woman next to a stopped car asks you to help reach the keys that dropped under the car.

8. You should say “NO” and immediately tell your parents, guardian, or another trusted adult what happened.

Suggested Solutions Card

Situation Card

9. A man comes to your school during recess and tells you that your parents have been in a bad accident. He tells you to come with him to see them.

9. You should say “NO” and immediately tell your parents, guardians, or trusted adult what happened.

Suggested Solutions Card

Know the Rules: Tell People “NO”

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Situation Card

10. A good friend of the family who is a photographer wants to take pictures of you and offers to give you some things if you pose for the camera in private.

10. If someone tries to get you into an area alone, he or she may be trying to trick you to do something that will hurt you. Tell the person you can't go and get away as quickly as possible. Then tell your parents, guardian, or trusted adult.

Suggested Solutions Card