

Tell People “NO”



Grades

5–6

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. They review “Body Language That Says ‘NO’” and complete a writing activity in response to situation cards. Students practice saying “NO” with a partner as they act out their written responses to the situation cards.

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

30-40 minutes

Materials

- Computer lab or computer connected to an LCD projector or television monitor
- “Know the Rules” rap video
- “Body Language That Says ‘NO’” handout (attachment 1) copied for everyone in class (if desired)
- “Say ‘NO’” situation cards (attachment 2)



Activity

Tell students: *Today we are going to watch Clicky rap about what to do if someone touches us in a way that makes 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 the rap says we should do if that were to happen to us. Watch 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 someone 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; 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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Introduce the activity by asking: *What does it mean to be polite? Saying please and thank you; not interrupting others when they talk; treating others with respect. When is it appropriate to not be polite to another person? If the person is being unkind or mean, if you are scared or in danger, or if your feelings warn you that something is wrong. What are some specific examples of situations where you need to keep yourself safer instead of worrying about being polite? When someone touches you in a way that makes you feel scared, uncomfortable, or confused; when someone older approaches you in a harassing or threatening way and a trusted adult is not nearby; when you receive a phone call that makes you feel uncomfortable or scared; when you are offered a ride, food, gifts, or an invitation by people you don't know or trust; or if someone is hurting you or making you feel uncomfortable. What are some ways you can respond if you are being bothered or bullied by someone else? Say "NO" using a clear, strong, and loud voice. Say things like "No, I don't want to" or "I want you to stop." 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, run 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.

Body language is important in getting your message across to the person who is bothering you. By knowing and using assertive body language, you will be in a better situation to protect yourself. Pass out the "Body Language That Says 'NO'" handout (attachment 1) and go over the points listed with your class. If desired, have students list other body language. Have the class say each word or phrase as you point to it. While children should be encouraged to speak up, forcefulness -- not loudness -- is key. Pass out one situation card (attachment 2) to every student (duplicates OK). Suggested solutions have been provided to help with discussion. Have students write a one paragraph response to these situation cards. If time permits, have them act out their responses to the class. Discuss with students when it is appropriate to use assertive body language and when it is appropriate to firmly, yet respectfully, tell someone "NO." Encourage students to share these body language moves with their trusted adult.

BODY LANGUAGE THAT SAYS “**NO**”

Here are some important things to know if you are ever in a threatening situation.

- Use a **LOUD, CONFIDENT VOICE. SPEAK UP!**
- Sit or stand **STRAIGHT** and **TALL**.
- Use a **SERIOUS, I-MEAN-BUSINESS** face.
- State **CLEAR MESSAGES**, such as
 - “**NO, STOP IT!**”
 - “**DON’T DO THAT!**”
 - “**GET AWAY FROM ME!**”
 - “**I DON’T WANT TO DO THAT!**” and
 - “**HELP ME!**”
- **GET OUT** of the situation whenever possible, as fast as possible.
- If you have to, **YELL, KICK, SCREAM, BITE, or PINCH**, to get away!
- GO to a **TRUSTED ADULT** and **TALK ABOUT IT** right away.

Remember, never make jokes about this or pretend to be in danger when you really are not.

Know the Rules: Tell People “NO”

Grades 5-6 • Attachment 2

Situation Card

1. An aunt hugs too hard when she says “Good night, my dear! Oh, I just love to squeeze you!”

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

2. You should say “NO” and immediately tell your trusted adult what happened. When anyone you trust tries to touch you in a way that makes you feel uncomfortable, scared, or nervous, this person shouldn’t be trusted anymore.

Suggested Solutions Card

Situation Card

3. A cousin tickles you a little too much.

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

Suggested Solutions Card

Know the Rules: Tell People “NO”

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Situation Card

4. A teenager who walks her dog in the park asks if you would like to see some new puppies.

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

Suggested Solutions Card

Situation Card

5. You are at the store buying treats. A woman offers to pay for the treats if you will show her the way to the post office.

5. If a person offers you something you really want, he or she may be trying to trick you to do something that will hurt you. Tell the person you can't go and don't accept any gifts. Get away from the person as quickly as possible. Then tell your parents, guardian, or trusted adult.

Suggested Solutions Card

Situation Card

6. You are walking home alone and some 16-year-old boys make noises and comments as you walk by. It embarrasses you and makes you feel nervous and scared.

6. Get away as quickly as possible and tell your parents, guardian, or other trusted adult what happened.

Suggested Solutions Card

Know the Rules: Tell People “NO”

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Situation Card

7. Your big sister’s friend stops next to you in her car and says “Hey, can I give you a ride?”

7. You should stay away from the car, and say “no thanks” to your big sister’s friend. Walk directly home and tell your parents, guardian, or trusted adult what happened.

Suggested Solutions Card

Situation Card

8. You are at a baseball field and a teenager standing next to the park restrooms says to you, “Come and see this...look what I found!”

8. 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

9. On the way home from school, an older man asks if you would help him look for his cat.

9. If someone asks for your help, he or she may be trying to trick you to do something that will hurt you. Tell the person you need to get home right away. Get away as quickly as possible and tell your parents, guardian, or trusted adult.

Suggested Solutions Card

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Situation Card

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

10. If someone asks for your help, he or she may be trying to trick you to do something that will hurt you. Tell the person you need to get home right away. Get away as quickly as possible and tell your parents, guardian, or trusted adult.

Suggested Solutions Card

Situation Card

11. Your friend’s older brother tries to put his arm around you and hold your hand. It makes you feel uncomfortable.

11. You should say “NO,” and immediately tell a trusted adult what happened. When anyone you trust tries to touch you in a way that makes you feel uncomfortable, scared, or nervous, this person shouldn’t be trusted anymore.

Suggested Solutions Card

Situation Card

12. 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.

12. Do not go with the man. It’s normal to want to go to your parents, but you need to make sure that it’s not a trick. Check first with the trusted adult in charge and try to call another family member to check it out.

Suggested Solutions Card

Know the Rules: Tell People “NO”

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Situation Card

13. Your uncle tells you to put on your bathing suit so he can see how cute you are in it and take your picture. It makes you feel uncomfortable.

13. You should say, “NO, I don’t want to. Please leave me alone.” Then immediately tell your parents, guardian, or trusted adult what happened.

Suggested Solutions Card

Situation Card

14. A man is following you and starts walking closer to you. Finally he is right behind you and tries to grab you.

14. You should say “NO” and get away as quickly as possible so this man cannot grab you. Be firm, loud, and run away. Find your parents, guardian, or another trusted adult and immediately tell them what happened.

Suggested Solutions Card

Situation Card

15. The bus driver from your school sees you at the store. He offers to take you to the mall and buy you dinner.

15. If someone tries to give you something that you want, he or she may be trying to trick you to do something that will hurt you. Tell the person you can’t accept gifts. Get away as quickly as possible and tell your parents, guardian, or trusted adult what happened.

Suggested Solutions Card

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Situation Card

16. Your brother’s friend offers to give you a drink of his alcohol. He says “It’s only a sip.”

16. If someone tries to give you something, he or she may be trying to trick you to do something that will hurt you. Tell the person you can’t accept alcohol because it’s for adults. Get away as quickly as possible and tell your parents, guardian, or trusted adult what happened.

Suggested Solutions Card

Situation Card

17. Someone at school comes up to you and touches you inappropriately as you are walking down the hall to class.

17. You should say, “NO, don’t touch me. Stop that.” This is not funny. It’s your body, and no one has the right to touch you this way. Then immediately tell a trusted adult at school what happened and your parent or guardian.

Suggested Solutions Card

Situation Card

18. One of the boys at school tells you it’s OK to kiss him in the bathroom at school. Then he tries to pull you inside the bathroom with him.

18. 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 immediately tell a trusted adult at school what happened and your parent or guardian.

Suggested Solutions Card

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Situation Card

19. A person you know tries to pull your hand over to touch him or her in a way that you don't like.

19. You should say, “NO, don't do that. Please stop that.” This is not funny. No one has the right to make you do something you don't like. When you get home, you should immediately tell your parents, guardian, or trusted adult what happened.

Suggested Solutions Card

Situation Card

20. You are wrestling with your brother's friend who you've known for years. Today he pins you down and won't let you get up. It stops feeling like wrestling and starts to seem like something different.

20. You should say, “NO, I don't like that. Please leave me alone.” Get away as soon as you can and tell your parents, guardian, or trusted adult what happened.

Suggested Solutions Card

Situation Card

21. A teacher in school makes comments about the clothes you wear, how your body is changing, and other things that make you feel uncomfortable. The teacher wants you to stay after school to work on a special project.

21. You should say “NO” and immediately tell a trusted adult at school and your parent or guardian what happened. When anyone you trust talks about your body in a way that makes you feel uncomfortable, scared, or nervous, this person shouldn't be trusted anymore.

Suggested Solutions Card

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Situation Card

22. A repairman rings the doorbell. He asks to come in and you are home alone.

22. You should not open the door. If he is a repairman, he can call back and make an appointment when a trusted adult will be there. You should call your parents, guardian, or trusted adult to explain what happened.

Suggested Solutions Card

Situation Card

23. You are on the team bus returning from a soccer game; one of the coaches asks if you would like him to rub your legs. He has touched you in other ways that have been OK but lately something about the touch has changed and no longer feels OK to you.

23. You should say, “NO.” When you get home, you should tell your parents, guardian, or trusted adult what happened.

Suggested Solutions Card

Situation Card

24. You are in the swimming pool and a high-school student swims underwater and grabs you in a way that makes you feel uncomfortable. The teenager laughs about it and swims away with some friends.

24. This is not funny. It’s your body, and no one has the right to touch you in this way. You should say, “NO, I don’t like that. Leave me alone.” You should tell the lifeguard what happened right away. When you get home, you should tell your parents, guardian, or trusted adult what happened.

Suggested Solutions Card

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Situation Card

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

25. 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 what happened.

Suggested Solutions Card