

Take Home Activity on Boundaries and Safe/Unsafe Touches

Today's lesson on safe/unsafe touches encouraged children to set boundaries to keep themselves safe. Discuss the statements below with your child. Add your comments to help expand the conversation.

1. Personal boundaries are important because keeping them protects me and others. (Identify some of your personal boundaries.)



2. "Total Body safety" means my whole body belongs to me and not just those parts covered by a bathing suit. (Discuss the difference between private body parts and total body safety.)



3. Sometimes, people who want to harm me first pretend to be my friend to gain my trust. (Share with your parents some ways you learned people might try to gain your trust.)



4. Keeping secrets about someone's behavior that makes me uncomfortable, scared, or confused is never a good thing to do. (Discuss different types of secrets and why some secrets are not good.)



5. If someone does touch me in an unsafe way or does anything to make me feel uncomfortable, scared, or confused, it is never my fault, and I should always tell a trusted adult. (Identify some trusted adults in your life.)



Personal Space / Safety Rules Word Puzzle

Activity Sheet

Instructions: Find the following words in the puzzle and outline / highlight each word. The words are spelled out in a straight line. There are no spaces between letters or words in two-word phrases (i.e., "SAY NO" will appear as "SAYNO"). Words may be upside down, backwards or at an angle. Some letters may be used by multiple words.

T L P I E P R T W T J X E X I U H F A Z
R N K M G E P O C N M U S E Q O M I Q A
Q A A V S U R T I H C A E C V U Q Y Q I
D L E P N B I A V S F K S Q Y A M Y Q Z
B P E F B P A L C E M A O X U I E X W G
P C F H V Q G B T P T G L W X O M L K X
T B Q E L M A O C E H S Q T C E I J V E
O M Y V I G U D L E V J Z X M I R I Q G
Z I R M Y C X Y Q R G N I M O O R G G F
M P T C H A Q S X P S E Y S X H Y J X A
E W H L E P I A J R Q U W C H S K H D U
K X L B T D W F Q E F A S N U T I L B S
S B M G U I R E M S T L U D A E F A S N
M T F R I E M T M S C M Q B Y R X N U O
K Y J M Q M P Y S U G H O Z X C Z Z N C
V I S G Z A V N C R F Z Y I V E B Y U I
N N I N D H J K O E L F V I N S A L M P
O F A W F S B O U N D A R I E S L H I Z
C K E W D T R M J J T T J A J X J Z Z K
T O U C H I N G M U O W L M S D K I E V

SAFE TOUCH
PRIVATE PARTS
PEER PRESSURE
SECRETS

GROOMING
BLAME
RESPECT
SAY NO

LEAVE
TOUCHING
UNSAFE
BOUNDARIES

SHAME
GUILT
FEAR
TOTAL BODY SAFETY