

# **Protective Behaviors for Children Outline**

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- 1. Opening: What you will learn:**
  - a. How to ask for help**
  - b. Who to ask for help**
  - c. How to conquer your fears**
  - d. How to say “No!”**
  
- 2. Describe the three kinds of touch: Gentle, hurting, and secret touch. Use a stuffed animal to demonstrate**
  
- 3. Where are your private places? Anywhere you can cross your arms on your body. No one is allowed to do hurting touch or secret touch there. What about the Doctor or someone who is trying to do good for you?**
  - a. Give them pictures #1 through #4. Give out markers or crayons.**
  - b. Face – Have them cross their arms over their face. Talk about the feelings. Write them down in the blank spaces.**
  - c. Chest – Cross arms over their chest. Talk about the feelings. Write the feelings down.**
  - d. Pelvic area or genitals. – Cross arms over their pelvis. Talk about the feelings in the picture. Write them down.**
  - e. Buttocks – Cross arms over their buttocks. Talk about the feelings.**
  
- 4. Demonstrate the song: “This is my private place!”**

**This is my private place! (cross hands over face)**  
**This is my private place! (cross hands over chest)**  
**This is my private place! (Cross hands over pelvis)**  
**One, two, three, and four! (Cross over face, chest, pelvis, and buttocks.**

**(If you weren't present at a training workshop, just make up a tune. On the "One" cross over the Face, on the "two" cross over the chest, on the "three" cross over the pelvis, and then turn around on the word "and", crossing hands over the "buttocks on the word Four.")**

**5. Then have them stand up and sing it three times.**

**6. Now let them color the pictures. Encourage them and review as you walk around the tables. Say things such as:**

What a good job you are doing.

I like the way you color.

Can you tell what feelings are in his or her heart by the expression on the face?

You have a special way of coloring.

What's your favorite color?

Do you like to color at home and at school?

**7. Tell me what it's like when you feel embarrassed or ashamed or Yuckie. If you feel ashamed when someone does secret touch, its not because of something you did but because of what the other person did. They should feel ashamed.**

**8. Hand out the picture of the hand and the pencils. Have them write "NO!" "STOP!" and "HELP!" in large letters in the palm of the hand. Have safe scissors ready. To stop hurting touch and secret touch, you have to be able to tell someone who is safe, someone you can trust, someone who would only do something good for you and to you. Who is safe? Start with the thumb and write in a name of someone who is safe. Mom, Dad, Auntie, Grandma, brother, cousin, friend, Doctor, Policeman, Nurse, Teacher. Write one of these names on each finger and thumb. Cut out the hand. (Note: In some countries like Thailand, India Africa, Brazil and others, it is not safe for street children to go to the police or soldiers for help. Be Wise and Wary!**

- 9. If the person on the thumb doesn't listen, tell the pointer finger. If that person doesn't listen, tell the next, and keep telling until someone listens. Don't stop! Be brave!**
- 10. Did you know that bravery and courage come from having skills, tools and knowing what to do ahead of time? Children become fearful because they don't know what to do and they are afraid to speak up. Here are some tools you can use:**
- a. I know what hurting touch and secret touch are.**
  - b. I can go to a safe place that I know a head of time as fast as I can**
  - c. I can yell for help and say NO! STOP! And Help!**
  - d. I'm a quick thinker!**
  - e. I'm a smart and brave kid.**
  - f. I know ahead of time who to ask for help!**
  - g. I can tell 5 people and keep telling until someone listens.**
  - h. I can say "Stop that! I don't like it when you do that!"**
  - i. I know my body belongs to me and nobody can touch it.**
- 11. Conquering Fear with the Fear-a-Lizer (a Rolling Pin)!**
- a. Hand out the crackers, small plastic bags, scotch tape and markers.**
  - b. Write FEAR on the Cracker.**
  - c. Place the cracker in the bag.**
  - d. Tape your skills and tools on the rolling pin.**
  - e. Now crush your fears with the powerful skills and the fear-a-lizer.**
- 12. Hand out the paper plates, pencils, markers and staplers and talk about the Magic Power Shield used by the Plains Indians to illustrate inside and outside power.**
- a. Draw a picture on the paper plate of someone who will protect you. Parents, family dog, Policeman.**
  - b. Write HELP, STOP, and NO and the #5 (5 people remember who will be safe and protect you?)**
  - c. Write down the name of the person on the front of the plate.**

- d. Tape some of the skills on the inside.**
- e. Staple the cardboard strip to the sides of the plate and everyone hold their plate up to talk about it.**

**13. Closing: What have we learned today?**

- a. Two more important points: You have to tell someone even if the person doing the secret touch says they will hurt someone you love. They are just trying to scare you.**
- b. AND, Nothing that can happen to me is so terrible that I can't say it out loud to someone I trust!**

**SONG: This is my Private Place!**