

**Personal Body Safety Program**

**5th Grade Booster**

1. Introduction
	1. Safety program about touches
2. Ownership of their bodies
	1. You own your body
	2. Important to keep body safe
3. Types of Touch
	1. Safe – feel cared for and loved.
	2. Unsafe – hurt your body and feelings.
	3. Uncomfortable – feel confusing and mixed up.

# Consent

* 1. Definition & Discussion
1. Personal Boundaries
	1. Definition & Discussion
		1. Self-created
		2. Need to be respected
		3. Can change
2. Instinct
	1. Definition & Discussion
		1. Bodies alarm system.
		2. Feelings as warning signs to tell an adult.
3. Identify Private Parts (parts of your body covered by a bathing suit)
4. Personal Body Safety Rule
	1. “No one should touch your private parts, except to keep you clean and healthy”
5. Self-Empowerment/What to Do
	1. Personal Body Safety Plan
		1. Yell “No”
		2. Get to a safe place.
		3. Tell an adult.
6. Trusted Adults
	1. Who are trusted adults?
	2. What to do if a trusted adult is unavailable.
7. Secrets
	1. Safe Secrets
	2. Unsafe Secrets

### Grooming / Tricks

1. Safety and Technology
	1. Emphasize the importance of being safe online.
2. Video: “Digital Citizenship for Kids”
3. Identification of Fault
	1. Unsafe & uncomfortable touches are always the offender’s fault.
4. Activity: “Acting Lesson Scenario”