

UNCOMFORTABLE TOUCH



OVERVIEW

In this lesson students will review the rule: “Tell People ‘No’” and identify types of physical contact that may make them uncomfortable. They will review ways to say “No!” and situations in which they would express their discomfort to an adult.



OBJECTIVES

After completing this lesson, students will be able to:

- Identify situations in which they would express discomfort to an adult.
- Demonstrate confidence when telling an adult “No” regarding uncomfortable touch.



PROCEDURE

1. Review the third KidSmartz Rule with students: *I will tell people “NO” if they try to touch me or hurt me. It’s OK for me to stand up for myself.* **Tell** students: *We’re now going to watch a video in which a little boy has to tell an adult “No” when something makes him uncomfortable.* **Ask** students: *Who knows what the word ‘uncomfortable’ means? Take student definitions, adding or adjusting as necessary until an agreeable definition of uncomfortable has been created by the group. Write this definition on the board or chart paper.*

(Example: Uncomfortable: Not feeling comfortable, happy, relaxed or calm.)

Next, **tell** students: *Watch for the following information:*

- *Whose behavior makes Marco uncomfortable?*
 - *Why is he afraid to tell that person to stop?*
 - *What is happening that makes Marco uncomfortable?*
2. Play the “Tell People ‘NO’” video. Review the answers to the pre-viewing questions above.
 - *Whose behavior makes Marco uncomfortable? (His Uncle Ramon’s behavior)*
 - *Why is he afraid to tell that person to stop? (He doesn’t want to hurt his uncle’s feelings)*
 - *What is happening that makes Marco uncomfortable? (Uncle Ramon gives Marco bear hugs, and Marco doesn’t like it anymore)*



MATERIALS

- “Tell People ‘No’” video
- Computer connected to an LCD projector
- *Attachment 8- Hand Puppets*
- Chart paper or Whiteboard
- Markers
- Scissors
- Colored pencils or crayons
- Glue or tape



PREPARATION

- Print copies of *Attachment 8- Hand Puppets* for each student.
- Prepare your own Hand Puppet for demonstration.
- Prepare scissors, colored pencils/ crayons and glue for each student or group of students.

