

# My Body, My Boundaries (3-5) Curriculum

Students learn how to recognize and respond to unsafe or sexually abusive behaviors (referred to as unwanted talking, showing, and touching of private parts). They also learn how to identify and respect personal boundaries, how to stay safe from internet predators, trusting their intuition, and tell a trusted adult when they feel unsafe.

### Instructions for Facilitators:

- Each thumbnail image is hyperlinked to a PDF version of the worksheet captioned below the image.
- The page numbers correspond to that particular worksheet in the curriculum binder.
- If additional adaptations of curriculum materials are needed, please contact the Education Coordinator at (808) 535-7600.

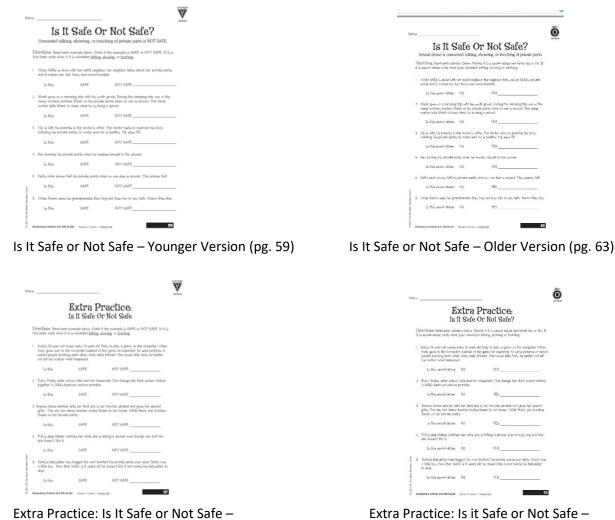
### Lesson 1: Staying Safe

V	None
I Deserve to be Safe	I Deserve to be Safe
	Sexial abuse is inwasted ,
Unwated,,,, is NOT SAFE	d' d'
1. Ubsedgel	I. Unwarded
Simene taka obsit priote parta	Somerne toka about private parts or acidou things to you.
2. Userded	2. Universited
Someone divina poi Boir private parta or makes you divin your. private parta	Somerne shaka you their private ports or makes you show your private ports.
3 Unorded	3. Unwanted
Somenne bothes yot private parts or makes you both their private parts.	Somerne lowther your private parts or makes you lowth their private parts.
Lips of alay for myore is tools a third's privite parts more and to be many or the more more more more more more more mor	] So not aday for strying to South a child's privile parts Children 25 day
to be Safel 2. No see about ever out a child to keep a	to be Safe! 2. No one should ever ask a shild to keep a
where an extension of the second seco	aboving or toothing of private ports.
3. 37 this hopping to me it is my think	3. Sexual Abour is my halt.
tary takent bet-MM forder - James 3 James - Jagong Baji	6 Rementary Salvani Jarl-Mit Grade - Scolars 5. Lanes J- Suying Saji

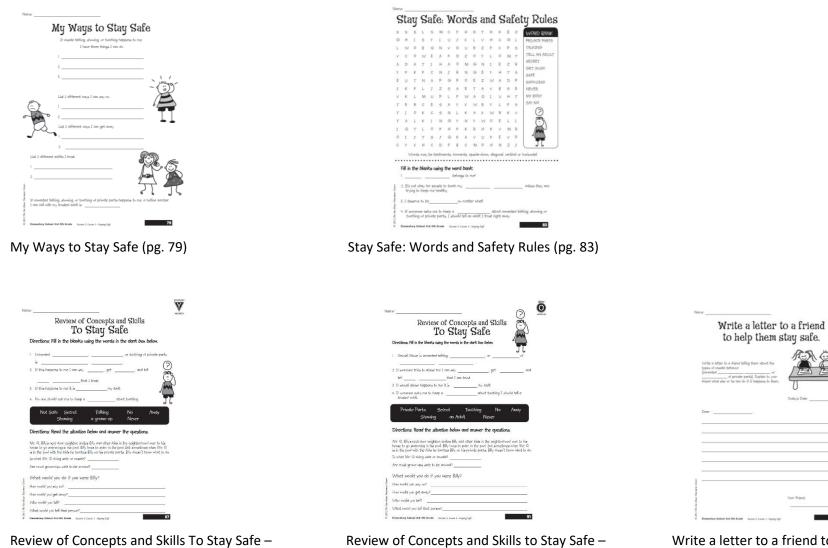
#### I Deserve to be Safe – Younger Version (pg. 51)

Younger Version (pg. 67-68)

I Deserve to be Safe – Older Version (pg. 55)



Older Version (pg. 73-74)



Younger Version (pg. 87)

Older Version (pg. 91)

Write a letter to a friend to help them stay safe (pg. 95)

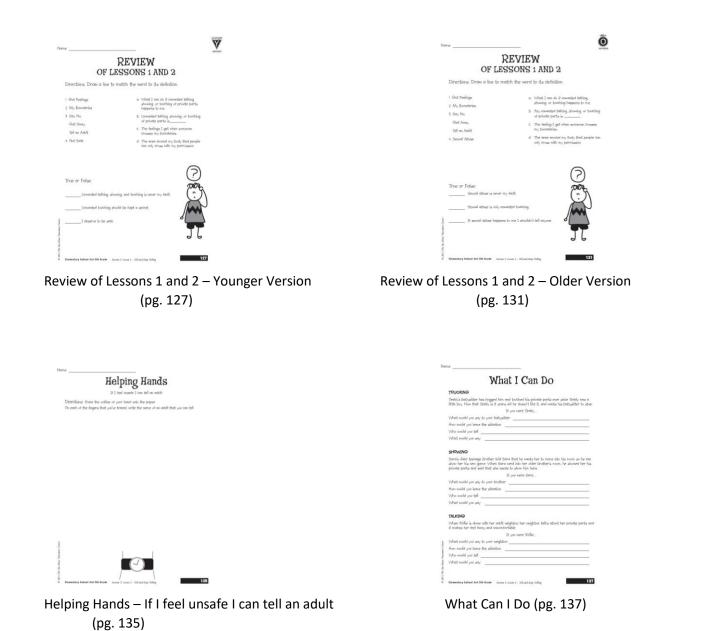
## Lesson 2: Personal Boundaries and Gut Feelings

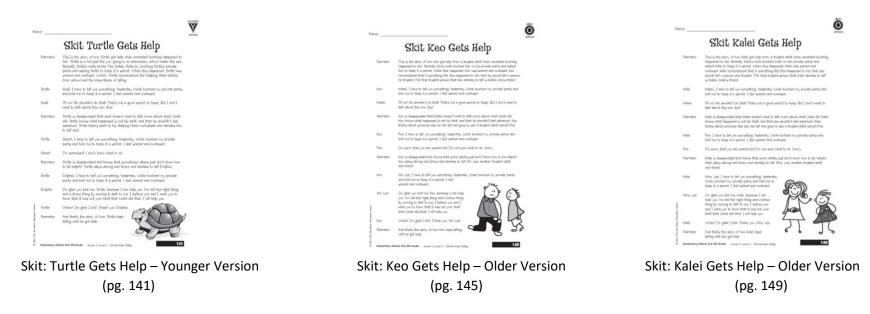
	Name	None
Trust Your Gut Feelings	Write a letter to a friend to help them stay safe.	Write a letter to a friend to help them stay safe.
Cetege und her feldend are subtling TV m an a small with White Ray were subtling TV free represend texm rich for some analyse const for sam high them. These are subtling TV free representation and fields felde applicable the tends another telde and all and trapped	Tel your briend anne thing(a) you lemmer shout bouriness and get Berling. Explain to your briend bour your grid following men Anny you and:	This ware brind, some brinds (some brinds) browskings mark og brindsja, have on gad brindsja brinds om skale. Skol som browski skale. Skol skolef traggert skoler progisk i Somotrivia.
<ol> <li>Do you think Kalic's triand about be most it Kalic doesn't want to be aspished on the softwards them?</li> </ol>	Today's Date	Today's Date
Mack's Story	Deer	Dear
sach gases on a camping trib with his youth group. During the camping this use of the Uta Sochea Mode, on his private ports when no one is annoted. The adult bela Mode to be a saches.		
entione 1. Haw da yw think Musik might be keeling?		
2. Do you think the adult crossed Matic's boundaries?		
3. In this unsented tailing, aboving or butting of private parts?		and the
<ul> <li>Let Moral's work that this hoppened?</li> <li>So Mork might or which for full some hermage the workt lidel him to keep it a activit. What is the activit sociality of Wood?</li> </ul>	Your Prints	l Voor Friend
eventury School Int-31b Earde Science 3: Learne 2: Ferrinal International and Gas Peology 109	6 Encountery School 2nd 3nd Strate Second 2 - Proved Resolution and the Perloy 113	Enversion for the set of the first in the set of the first set of the f

Trust Your Gut Feelings (pg. 109-110)

Lesson 3: Tell and Keep Telling

Write a letter to a friend to help them stay safe – Younger Version (pg. 115) Write a letter to a friend to help them stay safe – Older Version (pg. 117)





\*Please note, it's highly recommended for the curriculum facilitator to play the role of Turtle/Keo/Kalei.

Nime         HelpEngengengengengengengengengengengengengen	Inter	Write a letter to share about staying safe.
Left the final line of V 1 that have to keep it is active? Site a striver to kell impose the final dist in the strip is a striver of the strip is th	Tennetry Related to 4 the later lines ( lines ). Indiading hilling 123	Toor Friend,
Helping a Friend Stay Safe	What I Learned (pg. 159)	Write a letter to share about

### Role Play (pg. 153-154)

#### staying safe (pg. 161)

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Nere My Body. My Boundaries Comprehensive Review Ni is the later Unseted tabley of printe ports is 2 bits later to red is ry MA	My Body, My Boundaries Comprehensive Review Ni is to the data any constant d Securit Aloue is any constant 2 Securit Aloue is any constant 2 Securit Aloue is any constant 2 Securit Aloue is any constant 3 Securit Aloue is any const
There are three Bings 1 cm ds it Bin heppens to me:      L 2 3	3. There are Since things 1 cm do it accord atom to papers to me.
There Polar A for a sense to real one to large a sense short smoother fullying already or building or private ports 22 is off for sense to both my private ports if is in the hells researce.	The set Fide: 1. If it is it is the management to said that to heap a surrout doubt assumed above: 2. If is all the action management to back may prime perful it it is for head's meaners. 3. We get therefore non-heap are hear with the proceedings of the same of Model by evends to the definition.
3 Urg of todings can help are lines if any boosteries are being streamed  Match Por words is Por defaultion     (	Cost Perfogue     Cost     Cost Perfogue     Cost
C Converting     CConverting     CConverting     CConverting     C	5 L Voluti abuild 1 du it the first person 1 foll vebuil accessi etcare duent 1 help met 6 Executive behave the 49 N Nove 1 access 3 Laws 3 L
1y Body, My Boundaries Comprehensive Review –	My Body, My Boundaries Comprehensive Review –

Older Version (pg. 167-168)

My Body, My Boundaries Comprehensive Review – Younger Version (pg. 163-164)

# Lesson 4: Cyber Safety

Cuber Smart = Cuber Safe	Name What Would You Do?	Make it Make Sense!
F,B.I. Internet Safety Tips 1. Never give out personal information such as your name, home address.	Inductions: Result the total yand answer the questions laaved on what you have learned about cyber abit; Brittanoy's Story: Unitary leads that payor, by ordinal, and coat on the Internet – sepectary coat with Joson, an ordine three that many one you effort. An example, the second seco	Eludy wards to help kids be safe in Opterspacel     Eludy wards to help kids be safe in Opterspacel     Help im fill in the kids to complete each sentence.     Use the bank of terms to help.
school name, or leidphone number during online communication with people you and your parents dan have. 2. Never write to someone who has made you feel uncomfortable or scared, even if you or your parents show who they are.	In of them, theops the norms. The contracts petities are associated and the sensity lates that it is paid affection them. (Give like diversity and the sensitive first indiversity and the sensity lates that and paying softsal, the tradent through to Give. All of the subjective diverse, through writing, but fits like a real thready to Birthian J, alowed all thready how that and petitive diverse. The subjective diverse	Aust as citizens follow rules in the physical world, we should also follow     nates in      Listen to your if someone on the Internet
<ol> <li>Do not meet someone or have them vail you willout the permission of your parents.</li> <li>Tel your parents right away if your read anything on the Internet that makes you be four constrainting.</li> </ol>	Found as the matrime of differency tackow, where the entities it is an practice, the tensor costs, and what is not take. As the fact tensor is an intervent and tensor of tensor tensors in the sound and the sound is the fact tensors and tensors in the sound tensors. The sound tensors are tensors and suggested that difference and tensors in the next tens. The default is intervent and the sound Rettay tensors and the difference and tensors in the sound tensors in the sound Rettay tensors and the difference and tensors and tensors in the sound tensors in the sound intervention.	makes you feel uncomfortable. Close out internet Access! 3. There is a good reason for an adult you don't know to send an internet message to you. 4. Tell a f you get an unsafe internet.
S. Remember that people enterine may not be with here, say they are:     Cyber Sand - Kowelly how to handle Internet message.     Let 3 Cyber Sand - Sa	information or talk with progries the dubt Takow in the physical work. Name some ways, Jakon, a sharper, their to become frends with Brittany.	<ol> <li>Yoor name, address, and photograph ore all S. Yoor name, address, and photograph ore all show the laterent.</li> </ol>
2.	Why did Brittary feel safe on the internet?	6. There is never a good reason to keep an Internet friendship a from others.
Cyber Smart = Knowing how to contact a trusted adult. An adult I trust to help me with the Internet at school:	Britany did not give out her home address to Jason. How could Jason find her offline?	Bank of Terms
A person I trust to help me on the Internet outside of school: $\frac{1}{2}$	Jacon axied bittary to keep that historichip a secret. Is if such to keep centre theredologs a secret?	gut feeings secord trusted adut e personal information
Remember: It's not your fault if someone contacts you with an unsafe message online. There is <u>agreer a good reason</u> for an adult you don't know to send an interest message to you. Trust your gut feelingst Dow't Respond	From what you know from the story, name at least 2 things <u>you would have alone</u> 4 you were Brittany to tady safer online.	Offerspace
Bennetlary below bird the data Low it Syler below 1 SAVE, Inc. 105	Bit Bitweetung Selaw Dec Stit Koole : Lower 4 Cyber Splay 155UT; by: 155UT;	0 Descentary Select Sel Sol Solar Louis & Genzalog 150/T, Ecc. \$33
Cyber Smart = Cyber Safe (pg. 185)	What Would You Do? (pg. 189)	Make It Make Sense (pg. 193)