

## 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

Name \_\_\_\_\_

**I Deserve to be Safe**

Unwanted \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
or \_\_\_\_\_ is NOT SAFE.

1. Unwanted \_\_\_\_\_  
Someone talks about private parts.

2. Unwanted \_\_\_\_\_  
Someone shows you their private parts or makes you show your private parts.

3. Unwanted \_\_\_\_\_  
Someone touches your private parts, or makes you touch their private parts.

**I Deserve to be Safe!**

1. It's not okay for anyone to touch a child's private parts unless it's for \_\_\_\_\_ reasons.

2. No one should ever ask a child to keep a \_\_\_\_\_ about talking, showing, or touching of private parts.

3. If this happens to me it is \_\_\_\_\_ my fault.

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Elementary School 3rd-5th Grade Lesson 1, Lesson 2 - Staying Safe 51

Name \_\_\_\_\_

**I Deserve to be Safe**

Sexual abuse is unwanted \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
or \_\_\_\_\_ of \_\_\_\_\_.

1. Unwanted \_\_\_\_\_  
Someone talks about private parts or sexual things to you.

2. Unwanted \_\_\_\_\_  
Someone shows you their private parts or makes you show your private parts.

3. Unwanted \_\_\_\_\_  
Someone touches your private parts or makes you touch their private parts.

**I Deserve to be Safe!**

1. It's not okay for anyone to touch a child's private parts unless it's for \_\_\_\_\_ reasons.

2. No one should ever ask a child to keep a \_\_\_\_\_ about talking, showing, or touching of private parts.

3. Sexual Abuse is \_\_\_\_\_ my fault.

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Elementary School 3rd-5th Grade Lesson 1, Lesson 2 - Staying Safe 52

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

Name: \_\_\_\_\_

**Is It Safe Or Not Safe?**  
Unwanted talking, showing, or touching of private parts is NOT SAFE.

Directions: Read each example below. Circle if the example is SAFE or NOT SAFE. If it is Not Safe, write down if it is unwanted talking, showing, or touching.

- When Mike is alone with her adult neighbor, her neighbor talks about her private parts and it makes her feel funny and uncomfortable.  
Is this SAFE \_\_\_\_\_ NOT SAFE \_\_\_\_\_
- Mack goes on a camping trip with his youth group. During the camping trip one of the camp workers invites Mack on his private parts when no one is around. The camp worker tells Mack to keep what he is doing a secret.  
Is this SAFE \_\_\_\_\_ NOT SAFE \_\_\_\_\_
- Tip is with his parents in the doctor's office. The doctor asks to examine his body, including his private parts, to make sure he is healthy. Tip says OK.  
Is this SAFE \_\_\_\_\_ NOT SAFE \_\_\_\_\_
- Roy invites his private parts when he wishes himself in the shower.  
Is this SAFE \_\_\_\_\_ NOT SAFE \_\_\_\_\_
- Nella uncle shows Nell his private parts when no one else is around. This makes Nell feel uncomfortable.  
Is this SAFE \_\_\_\_\_ NOT SAFE \_\_\_\_\_
- When Kenny sees his grandparents they hug and kiss him in any place. Kenny likes this.  
Is this SAFE \_\_\_\_\_ NOT SAFE \_\_\_\_\_

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Elementary School Set 100 Grade 1, Lesson 1, Page 51

Is It Safe or Not Safe – Younger Version (pg. 59)

Name: \_\_\_\_\_

**Extra Practice: Is It Safe Or Not Safe**

Directions: Read each situation below. Circle if the example is SAFE or NOT SAFE. If it is Not Safe, write down if it is unwanted talking, showing, or touching.

- Andy's 19-year-old cousin asks 10-year-old Andy to play a game on the computer. When Andy goes near the computer instead of the game he expected, he sees pictures of naked people looking each other. Andy feels confused. The cousin tells Andy he better not tell his mother what happened.  
Is this SAFE \_\_\_\_\_ NOT SAFE \_\_\_\_\_
- Every Friday after school, Julia and her classmates Tim change into their soccer clothes together in Julia's bathroom before practice.  
Is this SAFE \_\_\_\_\_ NOT SAFE \_\_\_\_\_
- Susan's science teacher tells her that she is her favorite student and gives her special gifts. One day her science teacher invites Susan to her house. What does she do when Susan is on her private parts.  
Is this SAFE \_\_\_\_\_ NOT SAFE \_\_\_\_\_
- Paul's step-father watches her while she is taking a shower even though she told him she doesn't like it.  
Is this SAFE \_\_\_\_\_ NOT SAFE \_\_\_\_\_
- David's babysitter has hugged him and touched his private parts ever since David was a little boy. Now that David is 9 years old he doesn't like it and wants his babysitter to stop.  
Is this SAFE \_\_\_\_\_ NOT SAFE \_\_\_\_\_

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Elementary School Set 100 Grade 1, Lesson 1, Page 59

Extra Practice: Is It Safe or Not Safe – Younger Version (pg. 67-68)

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

Name: \_\_\_\_\_

**Is It Safe Or Not Safe?**  
Sexual abuse is unwanted talking, showing, or touching of private parts.

Directions: Read each situation below. Decide if it is sexual abuse and circle Yes or No. If it is sexual abuse, write what type unwanted talking, showing, or touching.

- When Mike is alone with her adult neighbor, the neighbor talks about Mike's private parts and it makes her feel funny and uncomfortable.  
Is this sexual abuse: NO \_\_\_\_\_ YES \_\_\_\_\_
- Mack goes on a camping trip with his youth group. During the camping trip one of the camp workers invites Mack on his private parts when no one is around. The camp worker tells Mack to keep what he is doing a secret.  
Is this sexual abuse: NO \_\_\_\_\_ YES \_\_\_\_\_
- Tip is with his parents in the doctor's office. The doctor asks to examine his body, including his private parts, to make sure he is healthy. Tip says OK.  
Is this sexual abuse: NO \_\_\_\_\_ YES \_\_\_\_\_
- Roy invites his private parts when he wishes himself in the shower.  
Is this sexual abuse: NO \_\_\_\_\_ YES \_\_\_\_\_
- Nella uncle shows Nell his private parts when no one else is around. This makes Nell feel uncomfortable.  
Is this sexual abuse: NO \_\_\_\_\_ YES \_\_\_\_\_
- When Kenny sees his grandparents they hug and kiss him in any place. Kenny likes this.  
Is this sexual abuse: NO \_\_\_\_\_ YES \_\_\_\_\_

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Elementary School Set 100 Grade 1, Lesson 1, Page 55

Is It Safe or Not Safe – Older Version (pg. 63)

Name: \_\_\_\_\_

**Extra Practice: Is It Safe Or Not Safe?**

Directions: Read each situation below. Decide if it is sexual abuse and circle Yes or No. If it is sexual abuse, write what type unwanted talking, showing, or touching.

- Andy's 19-year-old cousin asks 10-year-old Andy to play a game on the computer. When Andy goes to the computer instead of the game he expected, he sees pictures of naked people looking each other. Andy feels confused. The cousin tells Andy he better not tell his mother what happened.  
Is this sexual abuse: NO \_\_\_\_\_ YES \_\_\_\_\_
- Every Friday after school, Julia and her classmates Tim change into their soccer clothes in Julia's bathroom before practice.  
Is this sexual abuse: NO \_\_\_\_\_ YES \_\_\_\_\_
- Susan's science teacher tells her that she is her favorite student and gives her special gifts. One day her science teacher invites Susan to her house. What does she do when Susan is on her private parts.  
Is this sexual abuse: NO \_\_\_\_\_ YES \_\_\_\_\_
- Paul's step-father watches her while she is taking a shower even though she told him she doesn't like it.  
Is this sexual abuse: NO \_\_\_\_\_ YES \_\_\_\_\_
- David's babysitter has hugged him and touched his private parts ever since David was a little boy. Now that David is 9 years old he doesn't like it and wants his babysitter to stop.  
Is this sexual abuse: NO \_\_\_\_\_ YES \_\_\_\_\_

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Elementary School Set 100 Grade 1, Lesson 1, Page 63

Extra Practice: Is It Safe or Not Safe – Older Version (pg. 73-74)

Name: \_\_\_\_\_

## My Ways to Stay Safe

If unsafe talking, showing, or touching happens to me,  
I have three things I can do:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

List 2 different ways I can say no:

- \_\_\_\_\_
- \_\_\_\_\_

List 2 different ways I can get away:

- \_\_\_\_\_
- \_\_\_\_\_

List 2 different adults I trust:

- \_\_\_\_\_
- \_\_\_\_\_

If unwanted talking, showing, or touching of private parts happens to me, a hotline number I can call with my trusted adult is \_\_\_\_\_




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My Ways to Stay Safe (pg. 79)

Name: \_\_\_\_\_

## Stay Safe: Words and Safety Rules

**WORD BANK**

PRIVATE PARTS  
TALKING  
TELL AN ADULT  
SECRET  
GET AWAY  
SAFE  
SHOWING  
NEVER  
MY BODY  
SAY NO



Words may be backwards, forwards, upside-down, diagonal, vertical or horizontal

Fill in the blanks using the word bank:

- \_\_\_\_\_ belongs to me!
- It's not okay for people to touch my \_\_\_\_\_ unless they are trying to keep me healthy.
- I observe to be \_\_\_\_\_ no matter what!
- If someone talks me to keep a \_\_\_\_\_ about unwanted talking, showing, or touching of private parts, I should tell an adult I trust right away.

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Stay Safe: Words and Safety Rules (pg. 83)

Name: \_\_\_\_\_

## Review of Concepts and Skills To Stay Safe

Directions: Fill in the blanks using the words in the dark box below.

- Unwanted \_\_\_\_\_ or touching of private parts is \_\_\_\_\_.
- If this happens to me I can say \_\_\_\_\_ get \_\_\_\_\_ and tell \_\_\_\_\_ that I trust.
- If this happens to me it is \_\_\_\_\_ my fault.
- No one should ask me to keep a \_\_\_\_\_ about talking.

Not Safe    Secret    Talking    No    Away  
Showing    a grown-up    Never

Directions: Read the situation below and answer the questions.

Mr. Q, Billy's next-door neighbor, invites Billy and other kids in the neighborhood over to his house to go swimming in his pool. Billy likes to swim in the pool, but sometimes when Mr. Q is in the pool with the kids he touches Billy on his private parts. Billy doesn't know what to do. Is what Mr. Q doing safe or unsafe?

Are most grown-ups safe to be around? \_\_\_\_\_

What would you do if you were Billy?

How would you say no? \_\_\_\_\_

How would you get away? \_\_\_\_\_

Who would you tell? \_\_\_\_\_

What would you tell that person? \_\_\_\_\_

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Review of Concepts and Skills To Stay Safe – Younger Version (pg. 87)

Name: \_\_\_\_\_

## Review of Concepts and Skills To Stay Safe

Directions: Fill in the blanks using the words in the dark box below.

- Secret sharing is unwanted talking \_\_\_\_\_ or \_\_\_\_\_ of \_\_\_\_\_.
- If someone tries to show me I can say \_\_\_\_\_ get \_\_\_\_\_ and tell \_\_\_\_\_ that I can trust.
- If someone shows me to keep a \_\_\_\_\_ my fault.
- If someone talks me to keep a \_\_\_\_\_ about talking I should tell a trusted adult.

Private Parts    Secret    Touching    No    Away  
Showing    an Adult    Never

Directions: Read the situation below and answer the questions.

Mr. Q, Billy's next-door neighbor, invites Billy and other kids in the neighborhood over to his house to go swimming in his pool. Billy likes to swim in the pool, but sometimes when Mr. Q is in the pool with the kids he touches Billy on his private parts. Billy doesn't know what to do. Is what Mr. Q doing safe or unsafe?

Are most grown-ups safe to be around? \_\_\_\_\_

What would you do if you were Billy?

How would you say no? \_\_\_\_\_

How would you get away? \_\_\_\_\_

Who would you tell? \_\_\_\_\_

What would you tell that person? \_\_\_\_\_

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Review of Concepts and Skills to Stay Safe – Older Version (pg. 91)

Name: \_\_\_\_\_

## Write a letter to a friend to help them stay safe.

Write a letter to a friend telling them about the types of unsafe behavior \_\_\_\_\_ or \_\_\_\_\_ of private parts. Explain to your friend what she or he can do if it happens to them.



Take's Date: \_\_\_\_\_

Dear \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your Friend \_\_\_\_\_

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

## Lesson 2: Personal Boundaries and Gut Feelings

Name \_\_\_\_\_

### Trust Your Gut Feelings

**Katie's story**  
Katie and her friend are watching TV in a small suite. While they are watching TV, three more people come into the room and squeeze onto the suite with them. The suite is very crowded and Katie feels awkward. She feels uncomfortable and kind of trapped.

**Questions**

1. Do you think Katie's boundaries were crossed? \_\_\_\_\_
2. If you were Katie what could you do to be more comfortable? \_\_\_\_\_
3. Do you think Katie should be mad if Katie doesn't want to be squeezed in the suite with them? \_\_\_\_\_

**Mark's story**  
Mark goes on a camping trip with his youth group. During the camping trip one of the adults invites Mark to his private party when no one is around. The adult tells Mark to keep it a secret.

**Questions**

1. How do you think Mark might be feeling? \_\_\_\_\_
2. Do you think the adult crossed Mark's boundaries? \_\_\_\_\_
3. Is this considered talking, showing, or touching of private parts? \_\_\_\_\_
4. Is it Mark's fault that this happened? \_\_\_\_\_
5. Mark might be afraid to tell someone because the adult told him to keep it a secret. What is the safest feeling role you could tell Mark? \_\_\_\_\_

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Elementary School 3rd-5th Grade Series 2, Lesson 2 - Personal Boundaries and Gut Feelings 109

Trust Your Gut Feelings (pg. 109-110)

Name \_\_\_\_\_

### Write a letter to a friend to help them stay safe.

Tell your friend some things you learned about boundaries and gut feelings. Explain to your friend how your gut feelings can keep you safe.



Today's Date \_\_\_\_\_

Dear \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your Friend \_\_\_\_\_

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Elementary School 3rd-5th Grade Series 2, Lesson 2 - Personal Boundaries and Gut Feelings 115

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

Name \_\_\_\_\_

### Write a letter to a friend to help them stay safe.

Tell your friend some things you learned about boundaries and gut feelings. How do gut feelings help you stay safe? Also, tell your friend why they should respect other people's boundaries.



Today's Date \_\_\_\_\_

Dear \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your Friend \_\_\_\_\_

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Elementary School 3rd-5th Grade Series 2, Lesson 2 - Personal Boundaries and Gut Feelings 117

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

## Lesson 3: Tell and Keep Telling



Name \_\_\_\_\_

### Skit: Turtle Gets Help

**Narrator** This is the story of how Turtle got help when unwanted touching happened to him. Turtle is a kid just like you, going to an elementary school under the arm. Recently, Turtle was drawn the sides, holes by touching Turtle's private parts and making Turtle to keep it a secret. When this happened, Turtle was amazed and confused. Luckily, Turtle remembered the Helping Hand activity from school and the importance of telling.

**Turtle** I don't have to tell you anything. Yesterday, Uncle touched my private parts and told me to keep it a secret. I feel amazed and confused.

**Sue** Oh no! He shouldn't do that! That's not a good secret to keep. But I don't want to talk about this now. Bye!

**Narrator** Turtle is disappointed that Sue doesn't want to talk more about what Uncle did. Turtle knows what happened in not his fault, and that he shouldn't feel ashamed. Turtle thinks back to his Helping Hand worksheet and decides who to tell next.

**Turtle** I don't have to tell you anything. Yesterday, Uncle touched my private parts and told me to keep it a secret. I feel amazed and confused.

**Shark** I'm surprised! I don't know what to do.


**Narrator** Turtle is disappointed but knows that sometimes others just don't know how to be helpful. Turtle always asks and draws out decides to tell Dolphin.

**Turtle** Dolphin, I have to tell you something. Yesterday, Uncle touched my private parts and told me to keep it a secret. I feel amazed and confused.

**Dolphin** I'm glad you told me, Turtle, because I can help you. You did the right thing and I drew things by coming to talk to me. I believe you and I want you to know that it was not your fault that Uncle did that. I will help you.

**Turtle** When I'm glad I told. Thank you, Dolphin.

**Narrator** And that's the story of how Turtle kept telling until he got help.



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Elementary School 3rd-5th Grade Science 3, Lesson 3 - Tell and Stop Telling 141

Skit: Turtle Gets Help – Younger Version (pg. 141)

Name \_\_\_\_\_

### Skit: Keo Gets Help

**Narrator** This is the story of how Keo got help when a trusted adult when unwanted touching happened to him. Recently, Keo Uncle touched Keo on his private parts and asked Keo to keep it a secret. When this happened, Keo was amazed and confused. Keo remembered that if something like this happened to him that he should tell a person he trusted. The first trusted person that Keo decides to tell is Kalei, Keo's friend.

**Keo** Kalei, I have to tell you something. Yesterday, Uncle touched my private parts and told me to keep it a secret. I feel amazed and confused.

**Kalei** Oh no! He shouldn't do that! That's not a good secret to keep. But I don't want to talk about this now. Bye!

**Narrator** Keo is disappointed that Kalei doesn't want to talk more about what Uncle did. Keo knows what happened is not his fault, and that he shouldn't feel ashamed. Keo thinks about someone else he can tell and goes to see a trusted adult named Pua.

**Keo** Pua, I have to tell you something. Yesterday, Uncle touched my private parts and told me to keep it a secret. I feel amazed and confused.

**Pua** I'm sorry that you are amazed but I'm not sure what to do. Sorry.

**Narrator** Keo is disappointed but knows that some adults just don't know how to be helpful. Keo always asks and draws out decides to tell Mr. Lee, another trusted adult and friend.

**Keo** Mr. Lee, I have to tell you something. Yesterday, Uncle touched my private parts and told me to keep it a secret. I feel amazed and confused.

**Mr. Lee** I'm glad you told me, Keo, because I can help you. You did the right thing and I drew things by coming to talk to me. I believe you and I want you to know that it was not your fault that Uncle did that. I will help you.

**Keo** When I'm glad I told. Thank you, Mr. Lee.

**Narrator** And that's the story of how Keo kept telling until he got help.



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Elementary School 3rd-5th Grade Science 3, Lesson 3 - Tell and Stop Telling 143

Skit: Keo Gets Help – Older Version (pg. 145)

Name \_\_\_\_\_

### Skit: Kalei Gets Help

**Narrator** This is the story of how Kalei got help from a trusted adult when unwanted touching happened to her. Recently, Kalei's uncle touched Kalei on her private parts and asked Kalei to keep it a secret. When this happened, Kalei was amazed and confused. Kalei remembered that if something like this happened to her that she should tell a person she trusted. The first trusted person that Kalei decides to tell is Kalei, Kalei's friend.

**Kalei** Kalei, I have to tell you something. Yesterday, Uncle touched my private parts and told me to keep it a secret. I feel amazed and confused.

**Kalei** Oh no! He shouldn't do that! That's not a good secret to keep. But I don't want to talk about this now. Bye!

**Narrator** Kalei is disappointed that Kalei doesn't want to talk more about what Uncle did. Kalei knows what happened is not her fault, and that she shouldn't feel ashamed. Kalei thinks about someone else she can tell and goes to see a trusted adult named Pua.

**Kalei** Pua, I have to tell you something. Yesterday, Uncle touched my private parts and told me to keep it a secret. I feel amazed and confused.

**Pua** I'm sorry that you are amazed but I'm not sure what to do. Sorry.

**Narrator** Kalei is disappointed but knows that some adults just don't know how to be helpful. Kalei always asks and draws out decides to tell Mrs. Lee, another trusted adult and friend.

**Kalei** Mrs. Lee, I have to tell you something. Yesterday, Uncle touched my private parts and told me to keep it a secret. I feel amazed and confused.

**Mrs. Lee** I'm glad you told me, Kalei, because I can help you. You did the right thing and I drew things by coming to talk to me. I believe you and I want you to know that it was not your fault that Uncle did that. I will help you.

**Kalei** When I'm glad I told. Thank you, Mrs. Lee.

**Narrator** And that's the story of how Kalei kept telling until she got help.



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Elementary School 3rd-5th Grade Science 3, Lesson 3 - Tell and Stop Telling 145

Skit: Kalei Gets Help – Older Version (pg. 149)

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

Name \_\_\_\_\_

### Helping A Friend Stay Safe

#### ROLE PLAY

**Ryan:** Hi, Lee!

**Lee:** Oh...N (swatting ear)

**Ryan:** What's wrong?

**Lee:** Well, I don't know if I should tell you but I don't know what else to do. I need help.

**Ryan:** I can try to help. What is it?

**Lee:** My sister told me that Mr. W touched her on her private parts when no one else was around. She doesn't know what to do and neither do I. Can you help me?

**Ryan:** Yeah, Lee. I learned about that in school. I can tell you what I learned.

**Lee:** OK, thank!

**Ryan:** What Mr. W did is unwanted \_\_\_\_\_ of private parts.

**Lee:** My sister feels junk and thinks it's her fault. I don't know what to tell her.

**Ryan:** \_\_\_\_\_

**Lee:** Is there anything my sister can do when Mr. W tries to touch her private parts?

**Ryan:** \_\_\_\_\_

**Lee:** But she told me Mr. W told her to keep it a secret. She's afraid to tell anyone else besides me.

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Elementary School 3rd-5th Grade Science 3, Lesson 3 - Tell and Stop Telling 153

Helping a Friend Stay Safe

Name \_\_\_\_\_

### What I Learned

**Directions:** Draw a picture or make a sign about staying safe. For example, show something about boundaries, get feelings or saying no, getting away and telling an adult about unwanted touching, allowing or touching.



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Elementary School 3rd-5th Grade Science 3, Lesson 3 - Tell and Stop Telling 155

What I Learned (pg. 159)

Name \_\_\_\_\_

### Write a letter to share about staying safe.

Write to a friend or family member. Share what you have learned about staying safe.



Today's Date: \_\_\_\_\_

Dear \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your Friend,

\_\_\_\_\_

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Elementary School 3rd-5th Grade Science 3, Lesson 3 - Tell and Stop Telling 161

Write a letter to share about

Role Play (pg. 153-154)

staying safe (pg. 161)

Name: \_\_\_\_\_



### My Body, My Boundaries Comprehensive Review

**Fill in the blanks:**

Unwanted touching \_\_\_\_\_, or \_\_\_\_\_ of private parts is \_\_\_\_\_  
 If this happens to me it is \_\_\_\_\_ my fault.  
 There are three things I can do if this happens to me:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**True or False:**

1. \_\_\_\_\_ It is ok for someone to ask me to keep a secret about unwanted touching, showing or touching of private parts.
2. \_\_\_\_\_ It is ok for someone to touch my private parts if it is for health reasons.
3. \_\_\_\_\_ My gut feelings can help me know if my boundaries are being crossed.

**Match the words to the definition.**

1. _____ Gut Feelings	a. The area around my body that people can only touch with my permission.
2. _____ Boundaries	b. Name, address, phone number, age, school.
3. _____ Personal Information	c. Feelings that can help keep me safe.

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 Elementary School 3rd-5th Grade Lesson 3 - 153 and 154

**153**

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

Name: \_\_\_\_\_



### My Body, My Boundaries Comprehensive Review

**Fill in the blanks:**

1. Sexual Abuse is my unwanted \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ of \_\_\_\_\_.
2. Sexual Abuse is \_\_\_\_\_ my fault.
3. There are three things I can do if sexual abuse happens to me:

  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_

**True or False:**

1. \_\_\_\_\_ It is ok for someone to ask me to keep a secret about sexual abuse.
2. \_\_\_\_\_ It is ok for someone to touch my private parts if it is for health reasons.
3. \_\_\_\_\_ My gut feelings can help me know if my boundaries are being crossed.

**Match the words to the definition.**

1. _____ Gut Feelings	a. The area around my body that people can only touch with my permission.
2. _____ Boundaries	b. Name, address, phone number, age, school.
3. _____ Personal Information	c. Feelings that can help keep me safe.

**Answer the following questions in complete sentences.**

1. What should I do if the first person I talk about sexual abuse doesn't help me?

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 Elementary School 3rd-5th Grade Lesson 3 - 161 and 162

**161**

My Body, My Boundaries Comprehensive Review –  
Older Version (pg. 167-168)

Lesson 4: Cyber Safety

Name: \_\_\_\_\_

# Cyber Smart = Cyber Safe

## F.B.I. Internet Safety Tips

1. Never give out personal information such as your name, home address, school name, or telephone number during online communication with people you and your parents don't know.
2. Never write to someone who has made you feel uncomfortable or scared, even if you or your parents know who they are.
3. Do not meet someone or have them visit you without the permission of your parents.
4. Tell your parents right away if you read anything on the Internet that makes you feel uncomfortable.
5. Remember that people online may not be who they say they are.

**Cyber Smart = Knowing how to handle Internet messages.**  
Let 3 Cyber Smart, Cyber Safe ways to respond to an unsafe online message.

- 1.
- 2.
- 3.

**Cyber Smart = Knowing how to contact a trusted adult.**

An adult I trust to help me with the Internet at school:

A person I trust to help me on the Internet outside of school:

Remember: It's not your fault if someone contacts you with an unsafe message online. There is **never** a good reason for an adult you don't know to send an Internet message to you.

**Trust your gut feelings! Don't Respond!**

Cyber Smart = Cyber Safe (pg. 185)

Name: \_\_\_\_\_

## What Would You Do?

Instructions: Read the story and answer the questions based on what you have learned about cyber safety.

### Brittany's Story:

Brittany liked to hang out, play softball, and chat on the Internet – especially chat with Jason, an online friend that no one, not even her best friend, knew about. It started one day when Jason wrote Brittany and asked to join her hobby list. She said yes, even though they had not met in person. Jason told Brittany that her screen name, "softballstar" caught his eye, and Jason wrote a lot of funny things to her online. Brittany felt like Jason was her friend and she really liked that he paid attention to her. She liked that he asked her lots of questions and that he liked to talk about playing softball, her favorite thing to do. All of this happened online, through writing, and it felt like a real friendship to Brittany. Jason said that they should keep their friendship a secret and so she did.

By asking Brittany questions, Jason found out a lot of personal information about Brittany. He found out the name of Brittany's school, when the softball team practiced, the team colors, and what she looked like. And he learned her real name was Brittany not "softballstar." This would make it easy for Jason to find Brittany whether she wanted to meet him or not. Jason even suggested that Brittany come to a certain park to meet him. She didn't tell anyone about this idea.

Brittany felt safe online. However, she didn't know how dangerous it is to give out personal information or talk with people she doesn't know in the physical world.

Name some ways Jason, a stranger, tried to become friends with Brittany.

Why did Brittany feel safe on the Internet?

Brittany did not give out her home address to Jason. How could Jason find her online?

Jason asked Brittany to keep their friendship a secret. Is it safe to keep online friendships a secret?

From what you know from the story, name at least 2 things you would have done if you were Brittany to stay safer online.

What Would You Do? (pg. 189)

Name: \_\_\_\_\_

## Make it Make Sense!

Buddy wants to help kids be safe in Cyberspace!  
Help him fill in the blanks to complete each sentence.  
Use the bank of terms to help.

1. Just as citizens follow rules in the physical world, we should also follow rules in \_\_\_\_\_.
2. Listen to your \_\_\_\_\_ if someone on the Internet 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 \_\_\_\_\_ if you get an unsafe Internet message.
5. Your name, address, and photograph are all \_\_\_\_\_ and should never be given to someone you know only from the Internet.
6. There is never a good reason to keep an Internet friendship a \_\_\_\_\_ from others.

### Bank of Terms

gut feelings  
secret  
never  
trusted adult  
personal information  
Cyberspace

Make It Make Sense (pg. 193)