

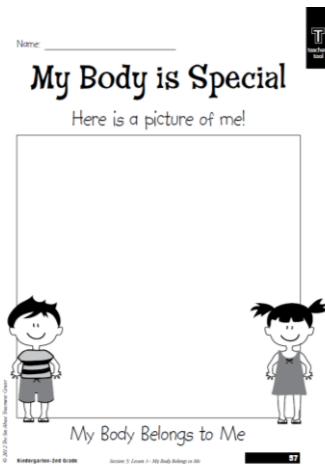
## My Body Is Special (K-2) Curriculum

Students learn rules to help protect themselves from unsafe situations and touches. They also learn body safety concepts to tell a trusted grown-up if unsafe touching happens to them.

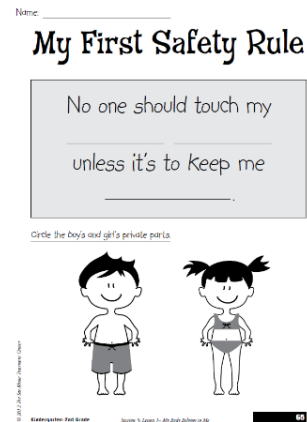
### Instructions for Facilitators:

- 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: My Body Belongs to Me



My Body is Special – Here is a picture of me! (pg. 57)



My First Safety Rule (pg. 61, 63, 65)

Name \_\_\_\_\_

### I Can Be Safe!

**Directions:** Trace the letters.

My body belongs to ME

Your body belongs to YOU

If someone touches my private parts and it is NOT to keep me healthy I can  
 Say NO, Get AWAY, TELL an adult.

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I Can Be Safe! (v.1) (pg. 69)

Name \_\_\_\_\_

### I Can Be Safe!

My body belongs to \_\_\_\_\_

Your body belongs to \_\_\_\_\_

I can keep my body \_\_\_\_\_

No one should touch my \_\_\_\_\_ unless it's to  
 keep me \_\_\_\_\_

**WORD BOX** (fill in the blanks above)

SAFE ME PRIVATE PARTS YOU HEALTHY

Three things I can do to stay safe are:

(NO) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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I Can Be Safe! (v. 2) (pg. 71)

## Lesson 2: I Don't Keep Secrets about Touching

Name \_\_\_\_\_

### Word Scramble: My Body is Special

**Directions:** Unscramble the letters to make a word. Write the correct letters in the boxes.

1. My 

Y	D	O	B
---	---	---	---

 belongs to me!

2. No one should touch my 

P	V	I	T	R	A	E
---	---	---	---	---	---	---

P	S	A	R	T
---	---	---	---	---

 unless it is to keep me

L	H	E	A	Y	T	H
---	---	---	---	---	---	---

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Word Scramble: My Body Is Special (pg. 85 & 86)

Name \_\_\_\_\_

### Grown-Ups I Trust

**Directions:**

- Think of all the grown-ups in your life you can talk to.
- Draw 3 grown-ups that will help you if you have a problem.
- Write the name of the grown-up underneath the picture.

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Grown-ups I Trust (v. 1) (pg. 95)

Name \_\_\_\_\_

### Grown-Ups I Trust

**Directions:**

- Draw the faces of 4 grown-ups that you trust.
- Write the name of the grown-up underneath the picture.

**In School**

Name _____	Name _____

**Family**

Name _____	Name _____

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Grown-ups I Trust (v. 2) (pg. 97)

## Lesson 3: I Know the Safety Rules and How to Get Help

Name \_\_\_\_\_

### My Safety Review

#### Safety Rule #1

No one should touch my \_\_\_\_\_

unless it's to keep me \_\_\_\_\_



**WORD BOX**

PRIVATE PARTS      HEALTHY      SECRET

#### Safety Rule #2

No one should ask me to keep a \_\_\_\_\_

\_\_\_\_\_ about touching.



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Kindergarten First Grade

My Safety Review (pg. 105 & 106)

Name \_\_\_\_\_

### My Body Is Special Word Search

G	S	A	F	E	T	Y	S	D	T	Y	S
R	A	C	L	E	A	N	T	E	E	N	A
D	F	T	R	R	G	O	C	T	U	H	Y
W	E	C	O	D	O	G	E	U	R	O	N
N	T	E	C	G	E	T	A	W	A	Y	O
U	Y	R	B	A	D	T	O	U	C	H	W
P	R	I	V	A	T	E	P	A	R	T	S
I	U	U	T	H	O	L	L	P	S	L	R
T	L	E	M	E	U	L	S	O	L	M	H
R	E	U	O	G	C	M	Y	B	O	D	Y
U	E	L	I	U	H	E	A	L	T	H	Y
S	E	C	R	E	T	T	O	U	C	H	T
T	E	S	P	E	C	I	A	L	O	L	D

**WORD BANK**

HEALTHY      SPECIAL      CLEAN  
 PRIVATE PARTS      CROWN UP I TRUST      MY BODY  
 SECRET TOUCH      SAFETY      NO  
 SAY NO      SAFETY KILL      ME  
 GET AWAY      TELL

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My Body Is Special Word Search (pg. 115)