



Bold Text: suggested words to say to teach lesson
Italics: suggested actions to take
(Parenthesis): background information or suggested answers

After “Check-First,” the remaining lessons may be completed in any order.

Materials Needed for Lesson

- Charlie Check-First poster
- *Toys* poster
- A decorated box or bag to be your Safety Toy Box
- Assorted objects to put in Toy Box (some that represent the items on the poster [lesson topics] and some that do not)
- Wooden blocks with the letters N and O; or cards with the letters N and O printed on them
- *Safety Kids Songs* (optional)
- Letter to the Parents/Guardian (Appendix)

Objectives for Students

- Name the three steps in the Power NO.
- State one good time to use the Power NO.
- Explain what to do if someone tries to make them go somewhere against their wishes.

Review of Introduction or Past Lessons

Decide which topics you plan to teach for your session and put objects representing those topics in your Safety Toy Box before you begin.

Using the Toys poster, introduce the lesson as described in the Introduction under Safety Poster Teaching Procedure.

Always start with a review of the Check First concept! Recite Charlie’s rule.

Review concepts from any lessons previously taught. Point out the items on the poster that represent the concepts covered.

Lesson

★ As you discuss **Not OK Touch** pay close attention to the body language of the children. Look for reactions such as stiffening, teary eyes, looking away, haunting looks, etc. They may *possibly* be indicative of a child who has experienced sexual abuse.

★ Be careful not to plant any ideas or seeds about sexual abuse! You do not want children to start questioning every move or to think they are being abused when that is not the case. An accidental touch is not always a reason to panic.

Whisper to the class these words:

I have a very small word that can be very powerful and strong. It can help keep you safe in a lot of different ways. That word is NO! Say the word with volume and power! Yell it again. NO!

Choose a student to come up to the poster and point to the safety blocks. Explain how the letters N and O spell NO. Have them say the word NO and then find the blocks or the cards in your safety toy box.

What do you think of when I say the word NO? Should you say NO to your mom when she wants you to go to bed? Should you say NO to the principal if he wants you to come to the office?

These are not good times to say NO! But there are times that you should use that word.

What are some ways to say NO? Get answers.

(Cut it out, leave me alone, don't do that, stop it. It all means NO.)

There are 3 steps for the Power NO:

- 1. Say NO.**
- 2. Get away from the situation.**
- 3. Tell an adult.**

An easy way to remember it is: NO! GO! TELL!

Have students repeat the steps several times.

If someone wants you to do something that you think is wrong, then you need to use the Power NO. It does not matter if it is an adult, a teenager, or one of your friends!

If it is wrong, unsafe, or harmful to you, then you need to use the Power NO.

Let's see if you can tell when it is a good time to use the Power NO and when it is not a good time to use.

Give examples of situations to the class and ask them to decide if it is a good time or not. Vary the way you call on individuals—ask for a show of hands, have children stand up, put their hand on their heads, touch their nose, etc.)

(Sample situations:)

- ✓ Parents ask you to take a bath.
- ✓ A friend wants you to go to his or her house and not ask your mom first.
- ✓ Someone offers you a ride in a car so you can see some kittens.
- ✓ Your aunt asks you to help set the table for dinner.
- ✓ Someone asks you to help look for some lost puppies.

What are some different ways that you could say *NO* to each of these situations? *Go through the same situations listed above and have children role-play what they could do or say.*

Can you think of other times it would be good to use the Power NO? *Get ideas from the students. See what is relevant to them.*

Not OK Touch / Talk

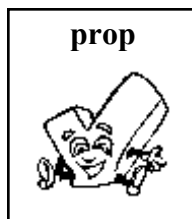
- **What if someone wants to touch the part of your body that is covered by your underwear? What if someone wants to talk about those parts of your body? Is that a good time to use the Power NO?** *Get responses.*
- **If this person is your doctor and he or she is trying to see if you are healthy or sick, then it is OK. Your mom or dad should be with you when that needs to happen.**
- **But if anyone one else wants to touch you and it makes you feel creepy and yucky, then you need to say NO and tell another adult about it. It doesn't matter if the person is someone you know only a little bit or even love a lot.**
- **No one should touch those parts of your body unless you are sick or hurt there. Be strong and use your power to say NO. Even if you cannot stop it, make sure you tell someone about it. You have not done anything wrong! This will probably never happen to you, but you should remember what to do.**

Get Away

- Another really important time to use the Power NO is if someone wants you to go somewhere that you do not want to go. If anyone takes your arm and tries to move you and make you go with him or her, this is a perfect time to say *NO*.

You need to scream, kick, make a fuss, cause a scene, and scream: “You’re not my dad!” or “You’re not my mom!”

(Discuss or role-play ways to get away from a potential abduction, but make sure NOT to instill fear or use fear-tactics!)



Remember that Charlie Check-First wants you to Check First before you go anywhere with anyone. So if you cannot check, then you say *NO* and get away from there.

Use that tiny, little word to be strong and powerful!

Closure

Review the three steps for the Power NO:

1. Say NO.
2. Get away from the situation.
3. Tell an adult.

NO! GO! TELL!

Be sure to make good decisions. It is a smart decision to Check First! If you cannot check, be sure to say NO. The Power NO can help you!

Allow time for discussion.

Use the Safety Kids Songs to reinforce concepts.

Choose one or more of the Reinforcement Activities on the following pages.

Be a Safety Kid!



Reinforcement Activities



Power NO Badge

Draw the outline of the word *NO*, make a circle, or use the badge pattern. Give each child a variety of art supplies to make and decorate the badge. Laminate for durability. Wear proudly while practicing saying *NO* at the proper times.

Materials needed: badge pattern, glitter, yarn, sequins, paint, etc.



Yes!

Give each student a piece of large plain paper with the word *YES* in large letters in the middle of the paper. Have them decorate the word *YES* (colored tissue paper, felt, material, glitter, stand-up letters) so that the word stands out. Around the word *YES*, draw or write times when they can say yes to things, such as eating an ice cream cone, playing baseball with friends, reading a book, etc. This is to stress the positive aspects in their lives and not just the *NO* aspect.

Materials needed: large plain paper, crayons, markers, various art supplies



Yes, Yes, NO!

Play this as you do “Duck, Duck, Goose.” Children sit in a circle. One child is *It* and walks around the outside of the circle, tapping each child on the shoulder, and saying “Yes.” Whenever *It* chooses, he or she taps a child and says “NO.” The child who was tapped needs to stand and chase after *It*. If the first child gets all the way around the circle and can sit down in the second child’s former seat, he or she is safe. The second child becomes *It*. If *It* gets caught by the second child, then he/she is *It* again.

Materials needed: none



Power NO You May Not!

Children play the game in a similar fashion to “Mother, May I?” One child is the Power Person. Other children ask if they can take steps toward him or her. The Power Person has the power to say, “Yes, you may” or “No, you may not.” The Power person then tries to catch those who are trying to go against those commands and sneak forward.

Materials needed: none

Power NO Badges

