

Power NO:  
Not OK Touch /  
Not OK Talk



**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 covered in any order. Be sure to cover the lesson on Power NO: Pressures before this one.

## Materials Needed for Lesson

- Charlie Check-First / 3 Steps poster
- Reinforcement Activity
- Letter to the Parents/Guardian (Appendix F)

## Objectives for Students

- Identify what is a NOT OK Touch and NOT OK Talk.
- Explain what to do if they receive a NOT OK Touch or NOT OK Talk.
- Demonstrate or state what to do if someone tries to grab or move them.

☆ *Always start with a review of the Check First concept!*

## Lesson

★ As you discuss **NOT OK Touch** and **NOT OK Talk**, 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.

*Flex arms to show muscles and strength. Say NO in a strong, assertive voice.*

**This is the Power NO! The Power NO gives you the ability to be in charge of your body concerning what harms you and what is safe for you.**

**There are three 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!**

### Reinforcement Activity # 1

*Pass out the worksheet and have students complete it individually. Set it aside for discussion later.*

**We take care of ourselves in many different ways.**

(exercise, eat right, get enough sleep, dress properly, etc.)

**Why do we want to take care of ourselves?** (Because we are special and we respect and love ourselves; we know that we want and deserve only the best for our bodies.)

**If you got only a few hours of sleep and you were worn out and had no energy or felt faint, what could you do to take care of your body and be more comfortable?** *Get some responses.*

**If the temperature was thirty degrees and you only had on a T-shirt and shorts and your hands and feet were starting to go numb, your body would not feel too great. What could you do to correct that situation?** *Discuss.*  
**If someone touches you and it makes you feel uncomfortable or creepy, you would want to do something about that, also.**

**You have probably heard the word *abuse*. The word *abuse* means to misuse or use in the wrong manner. So a person who abuses a child misuses his or her body and makes him or her feel uncomfortable.**

**NOT OK Touch and NOT OK Talk will probably never even happen to you. *Stress this!* But you should know what to do just in case.**

**QUESTION:**

**If someone talks about your body's private areas (the areas covered by a swim suit or underwear) or touches you in a way that is uncomfortable to you, what should you do?**

**ANSWER:** Use the *Power No* to express that you don't like that. Get away from the situation and tell an adult that you trust.

**It doesn't matter who it is; if it makes you feel creepy and uncomfortable then you need to do something about it. Maybe it doesn't even make you feel bad or uneasy, but yet you think that it is inappropriate or it might be wrong. There are things you should do about that kind of situation.**

**How do you feel when someone you love gives you a big hug and says she loves you? Do you feel proud and happy when someone you know pats you on the back and says you are a terrific kid?**

**These touches probably make you feel loved, special and important. If they do, then they are OK Touches. We get OK Touches all the time and you probably don't even think about them most of the time.**

**A NOT OK Touch is one that you will think about because it doesn't feel right. This kind of touch is different than just having your little sister punch you. *Discuss the difference between a sibling's punches and an adult's abuse.***

**The touch is usually on the part of your body covered by a swimsuit or underwear. But it can also be on other body parts. The important part is that you do not like it. This touch is not acceptable! You are too special to be bothered by this kind of touch.**

**Or if someone talks about your body in a way that makes you feel creepy and you don't like it, that is NOT OK, too. NOT OK Talk usually involves those same parts of your body, but it can be more than that.**

**You are in charge of your body and if it seems wrong or makes you feel awkward, scared, or unhappy, then you have the right to do something about it. This is the time to use the Power NO!**

*Discuss.* (Point out that the person causing the abuse could be someone the child does not know at all, knows a little bit, or even loves a whole lot. It doesn't matter; the child still needs to use the Power NO.)

**QUESTION:**

**If the person is someone you know or love or trust, and it doesn't really bother you, is it OK for that person to touch the personal parts of your body?**

**ANSWER:**

No! Even if you are not bothered by it, you still need to try to stop the incident. It is inappropriate and wrong.

*Discuss.* This may be very confusing to the students. They may not see the need to stop something that doesn't seem to be wrong or may even be pleasurable.

**QUESTION:**

**Are most children abused by someone they know or don't know?**

**ANSWER:**

Someone they know.

**If someone you know has bothered you in this way, make sure that you tell someone else so that you do not need to be alone with that person again.**

**QUESTION:**

**If this happens to a child, is it the child's fault?**

**ANSWER:**

NO! Absolutely not. The child has not done anything wrong!  
*Make sure to stress this fact.*

**QUESTION:**

**If there are touches or words about your body, it is likely that the person will want you not to tell anyone. What are some things he or she may say or threaten to do if you tell?**

**ANSWER:**

Answers will vary. Possible suggestions include:

1. You'll get in trouble with your parents.
2. You did something bad.
3. Mom or Dad will be mad and may not even love you anymore.
4. You will get beaten up.
5. Your dog, brother, sister, etc. will get hurt.

**Don't believe it! These are just threats to scare you.**

**Just because someone is bigger or older than you, it does not mean you have to accept it. You may be asked, or even ordered, to keep the NOT OK Touch or Talk a secret. Make sure that you tell someone you trust.**

**QUESTION:**

**What do you do if someone tries to grab you or move you somewhere that you do not want to go?**

**ANSWER:**

You need to make a scene and kick and yell. Scream, “You’re not my dad!” or “You’re not my mom!”

**This is a NOT OK Touch. This is the time to be strong and be in charge of your body. You need to use the Power NO.**

**Do whatever you need to do physically to get away. This includes kicking, twisting, scratching, biting, or whatever you need to do. Cause a scene and get attention.**

**It is difficult to use the Power NO in many situations. Thinking about it and actually doing it are very different, and it is not easy to be strong. But this is a great safety rule for you to remember and *use*.**

*If there is time and space, you may want to have a child demonstrate how to respond to another person’s grab.*

**Most of the people in the world are good, kind, and helpful!**

(It is vital to stress this point. A child may be accidentally touched or words may be said that misrepresent the situation. Children should not be taught to fear everyone they do not know nor to mistrust those they do know. They should also not question or worry about everyone’s actions. Every time a child is touched or a body part is mentioned, it is not sexual abuse! However, they need to be alert and be assertive to express their disapproval.)

**☆ It is important to remember that every time someone touches you it is not cause for alarm! Sometimes a slight touch on your private areas may be unintentional or an accident.**

**Remember, if you are ever in a situation involving a NOT OK Touch or NOT OK Talk, use the Power NO:**

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

**NO! GO! TELL!**

## Closure



Use the 3 Steps:

1. **Judge** what is happening. What are the touches? What is the talk? Is it OK or Not OK?
2. **Think** about it. Does it make you feel creepy or bad?
3. **Act**. Tell someone!!! Find out what to do.

**Reinforcement  
Activity  
# 1**

*Go over the worksheet and allow time for discussion.*

**Be a Safety Kid!**



## Power NO: NOT OK Touch/Talk Reinforcement Activity #1

It is sometimes very difficult to determine what is an OK Touch or Talk and what is NOT OK. Read each statement and put an X in the box for “Agree”, “Disagree”, or “Not Sure”.

	Agree	Disagree	Not Sure
1. Sometimes it bothers me to have someone pat me on the back or on my head.			
2. Sometimes it feels OK or even good to have someone pat me on the back or on my head.			
3. Sometimes it feels OK or even good for someone to give me a hug or rub my shoulders.			
4. If someone in my family wants to give me a hug, I know that I need to do that.			
5. It is OK for someone to talk about the personal parts of my body, because he or she is just talking and not touching.			
6. If someone touches parts of my body that make me feel uncomfortable I should try to stop him or her.			
7. If that person tells me I need to keep it a secret, then I better not tell anyone about it.			
8. It is my fault if someone touches my body or talks about my body in a way that is uncomfortable.			
9. If someone tries to grab me and move me to another spot, I need to be polite and go.			
10. It's OK to say NO in a lot of different ways to get a person to stop touching or talking about my body.			