

THE AMY SCHULZ CHILD ADVOCACY CENTER

REFRESHER CURRICULUM

TO BE UTILIZED BY:

SCHOOL EDUCATORS, SOCIAL WORKERS/COUNSELORS, OR NURSES

to be used in conjunction with the Amy Center's Prevention Education Program

The Amy Schulz Child Advocacy Center presents the PLAY IT SAFE PROGRAM either every other grade every year or every grade every other year in our schools. Each school has the choice of how they want it done.

ERIN'S LAW requires that sexual abuse prevention be presented in Pre-K thru high school (12th grade) every year. They prefer it be a 3 to 4 day program. We are unable to do this at this point in time due to lack of persons to present and many schools are unable to give up that much class time for a program.

We have developed the REFRESHER CURRICULUM and printable materials to provide schools with the opportunity to fill the gap and educate when we are not scheduled to come. The material will be simple and user friendly for school educators, social workers/counselors, or nurses to use. Suggestions of online resources are also made available at the end of most grade level curriculum.

We have utilized coloring pages using pictures of a dog. The PLAY IT SAFE CURRICULUM uses a character who is a dog named Tick Tock. We are hoping this will help them to tie the REFRESHER CURRICULUM to the PLAY IT SAFE CURRICULUM.

A school will present in 1st, 3rd, 5th and 7th every year if we present in Pre-K, KG, 2nd, 4th, 6th, and 8th. A school will present in Pre-K or Kg – 8th opposite the year we present Pre-K or Kg – 8th at your school.

Please **preview** movies for the grade level you teach, if you choose not to use them it is fine.

Disclaimer: Some of our middle school material may require trigger warnings. The subject matter dives into the criminality, emotional distress, mental health, and social repercussions of sexting, including feelings of overwhelm, "giving up/escaping," and thoughts of self-harm. Data shows suicide is becoming a more and more common result of teens struggling with sexual abuse, unhealthy romantic relationships, and sexting that often leads to cyber bullying, and posting provocative photos on social media. As students get older, we believe in the importance of transitioning discussions from "good touches and bad touches" to the harsh realities of the prevalence of sexual (both virtual and physical) misconduct and its seriousness and consequences.

PRE-K/KG CURRICULUM REFRESHER

SAFE TOUCHES: Touches that make us feel happy or loved. Examples are high fives, fist bumps, hugs, pats on the back, and kisses on the cheek by parents.

UNSAFE TOUCHES: Touches that hurt or feel like an ouch. Examples are kicks, hits, and shoving/pushing.

PRIVATE BODY PARTS:

GIRLS: The area on the body covered by a two - piece swimsuit are private body part areas.

BOYS: The area on the body covered by swim trunks are private body part areas.

The only people allowed to look at or touch private body parts are moms, dads, guardians (people who take care of children, like a mom or dad), or doctors/nurses. They are allowed to do that to keep them **CLEAN, SAFE, AND HEALTHY.**

Explain that sometimes grandma's, grandpa's, aunts, uncles, babysitters, or daycare workers take care of children like a mom or dad would (which would be like a guardian) in order to keep them **CLEAN, SAFE, AND HEALTHY.**

EXAMPLES of CLEAN, SAFE, AND HEALTHY are as follows:

Parents changing a baby's diaper, giving a child a bath and washing private body parts or applying medicine to private body parts.

Doctors may need to examine the private area to make sure things are growing correctly or to examine a rash in that area. They may need to give the child a shot on the bottom.

If someone tries to look at or touch, private body parts and it is not any of the safe/trusted people we have mentioned to keep the child CLEAN, SAFE, AND HEALTHY....it's NOT O'KAY. If someone tries to take a picture of private body parts, it's not o'kay.

The SAFETY RULES to use if someone is trying to look at or touch private body parts and it's not to keep a child CLEAN, SAFE, AND HEALTHY are as follows:

SAY NO or STOP! (Sometimes they may have to YELL.)

GET AWAY!

TELL A TRUSTED ADULT! (A child may have to tell more than one person before they get help.)

IT'S NEVER THE CHILD'S FAULT. (They should NOT be in trouble.)

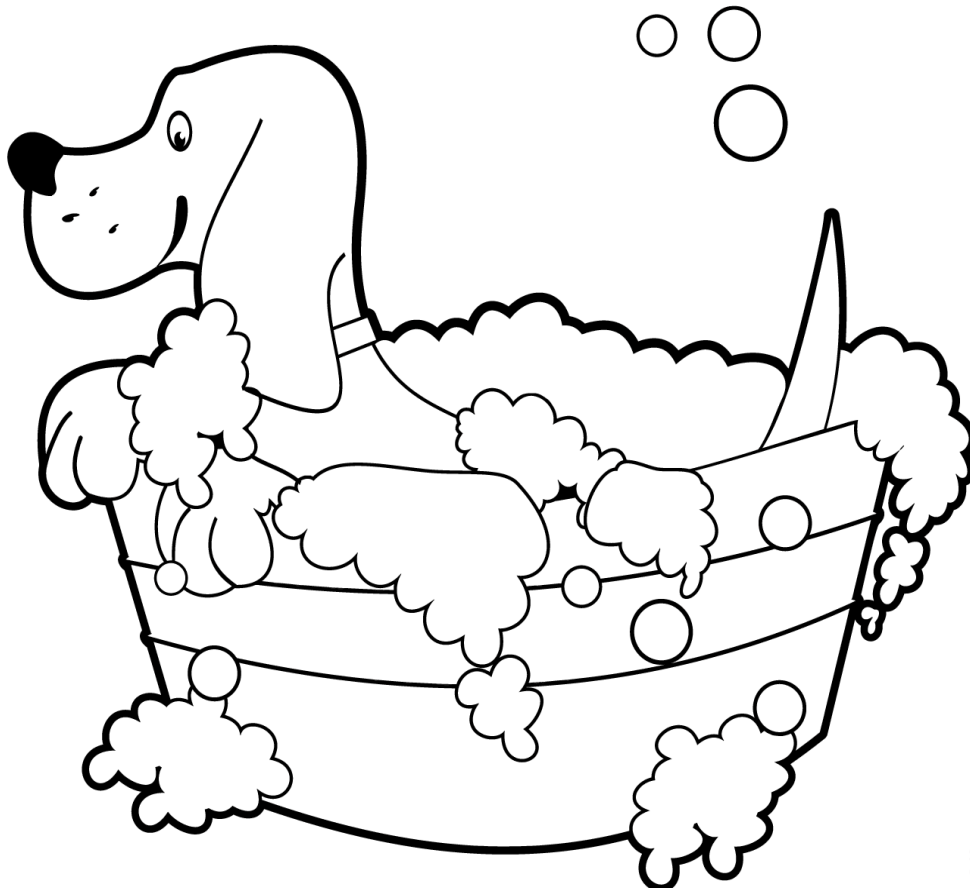
IT'S NEVER TOO LATE TO TELL.

Most adults would NEVER harm a child.

YouTube Resources: Movie, GOOD TOUCH and BAD TOUCH by WOW KIDS PRESCHOOL. (Make connections of Good/Safe Touch and Bad/Unsafe Touch.) The Boundaries Song, "That's A Boundary". Color sheet is available.

Pre- K/ KG

Clean, Safe, and Healthy Rule



1st, 2nd, 3rd CURRICULUM REFRESHER

SAFE TOUCHES make you feel happy and loved. EXAMPLES: hugs, high fives, pats on the back

UNSAFE TOUCHES feel like an ouch/hurt. EXAMPLES: hitting, kicking, pushing, pulling hair

PRIVATE BODY PARTS: Boys private body parts are the areas on the body covered by swim trunks. Girls private body parts are the areas on the body covered by a two - piece swimsuit.

The only people who are allowed to look at or touch private body part areas are moms, dads, guardians, or doctors for the **good reasons** of keeping a child **CLEAN, SAFE, and HEALTHY**.

EXAMPLES of the CLEAN, SAFE, and HEALTHY RULE regarding private body parts are as follows: changing a baby's diaper, giving a small child a bath, applying medicine, and the doctor may need to examine those areas, there may be a rash or maybe the doctor needs to give them a shot on the bottom.

If someone tries to look at or touch private body part areas and it's not for a good reason that goes along with the **CLEAN, SAFE, AND HEALTHY RULE**, it's not o'kay. It is called a **CONFUSING TOUCH**.

No one is allowed to take pictures of private body parts either.

CONFUSING TOUCHES don't make us feel happy and loved like a safe touch. They don't feel like an ouch, like an unsafe touch. **CONFUSING TOUCHES** make you feel **yucky, scared, nervous, uncomfortable, or awkward in your tummy**. That is the **UH-OH feeling**. A child needs to tell a safe grown-up if they have this feeling.

The person who does CONFUSING TOUCHES to a child may tell the child to keep it a **SECRET**. This is an example of a **BAD SECRET**. Bad Secrets make a person feel bad to keep them. You should **ALWAYS TELL BAD SECRETS**.

A **GOOD SECRET** is not harming anyone. It is like getting a surprise gift for someone and you are so excited about it you have to tell somebody. You tell them it is a surprise and to keep it a secret. That kind of secret is okay to keep.,

SAFETY RULES to use if someone is trying to look at or touch private body parts:

SAY "NO" or "STOP"! (Sometimes a child has to yell.)

GET AWAY!

TELL AN ADULT. (A child may have to tell more than one person until you get help.)

Another way to implement these safety rules are as follows:

If you are on the computer, tablet, or cellphone and see a picture or see word that make you uncomfortable. Stop, get away from the computer, and tell a safe grown -up and ask them for help to block them.

1st, 2nd, 3rd REFRESHER CURRICULUM CONT.

If someone does an unsafe/confusing touch and is continuing to do it **AFTER** you have asked them to stop, walk away. Go tell a safe grown-up.

IT'S NEVER THE CHILD'S FAULT.

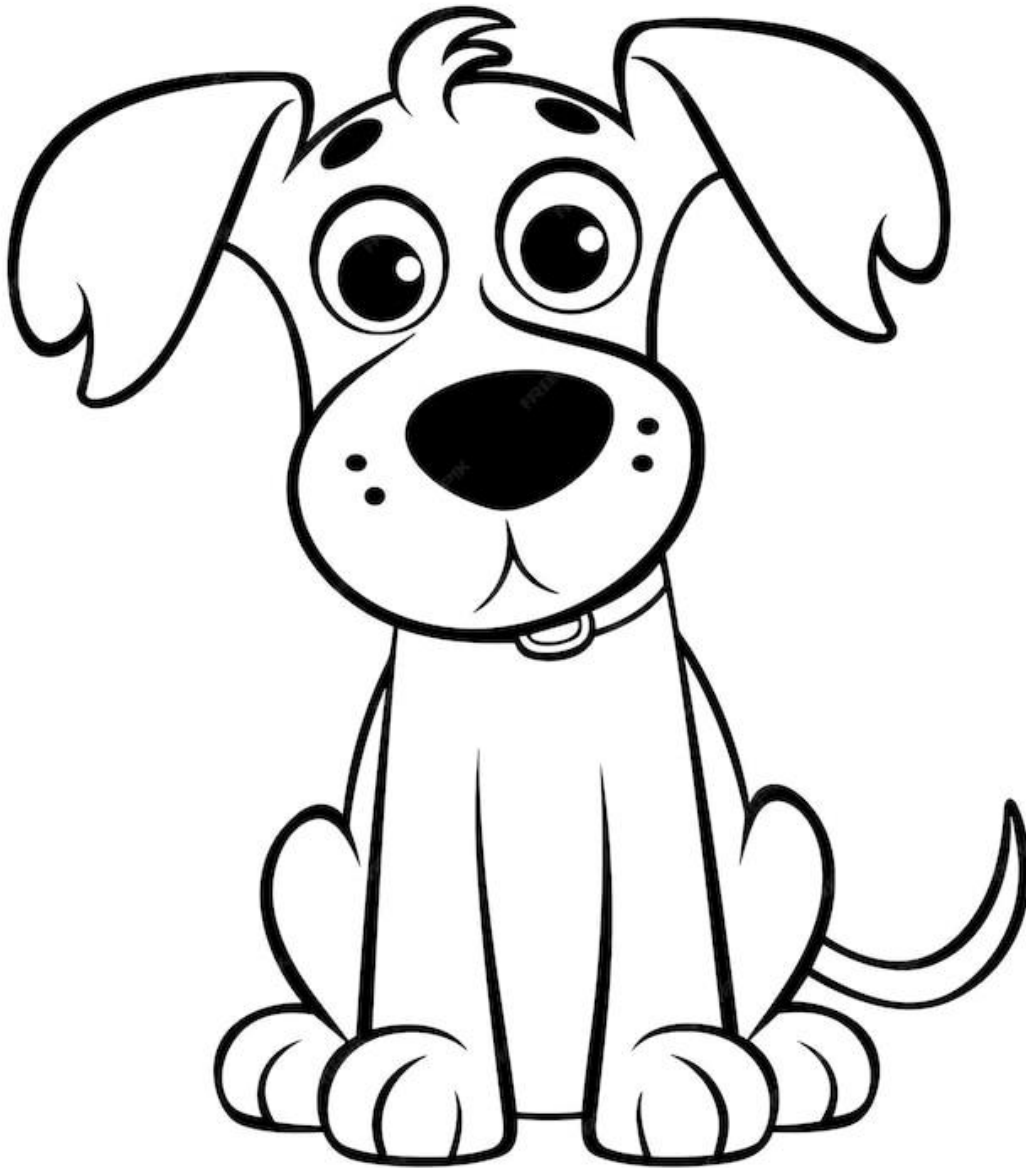
IT'S NEVER TOO LATE TO TELL.

Most adults would NEVER harm a child.

YouTube Resources: Movie, PROTECT YOURSELF RULES (Safe Touch/Unsafe Touch), Book read online DO YOU HAVE A SECRET? GOOD VS. BAD SECRETS SAFETY KAY, ONLINE SAFETY, SAFE ONLINE.

Colors sheets are available.

Uh-Oh Feeling 1st and 2nd Grade



Safe Touches make us feel loved and happy.

Unsafe Touches feel like an ouch or a hurt.

Confusing Touches are on private body parts, and they may make us feel the uh-oh feeling (nervous/uncomfortable feeling) in our tummy.

Secrets 2nd and 3rd Grade



Good Secrets are about something good or exciting like a surprise birthday party or gift.

Bad Secrets are secrets about things that can possibly be dangerous and harm a person or object.

They may make the person asked to keep the secret nervous/uncomfortable

4TH AND 5TH REFRESHER CURRICULUM

There are **6 Types Of Abuse**

PHYSICAL ABUSE: It is when someone does unsafe touches to someone else's physical body. They do it so frequently and/ or forcefully that it leaves marks on the physical body. The marks could include scratches/cuts, bruises, burns, bite marks, black eyes, broken bones, or concussions.

VERBAL ABUSE: It is when someone uses words and possibly a forceful voice tone to hurt other people. It could include cussing and name calling.

EMOTIONAL ABUSE: It is when someone says or maybe physically does something to make someone feel mad/angry, sad, scared, worthless etc. Emotions and feelings are the same thing.

MENTAL ABUSE: It is when someone says something to a child or physically does something to a child's body in a way to make someone feel belittled (small) or worthless. They say these things or treat them in this way so often that the person begins believing those things about themselves. It affects their mind. Mind and mental mean the same thing.

NEGLECT: It is when a child's four most basic needs are not being met by their parents/guardians. Have the kids list the four most basic needs (needs that parents/guardians can supply: food, water, clothing, and shelter).

Neglect is not due to poverty. It is due to priority not being the child's needs. The child's most basic needs being met are not a priority to their parents/guardians. This may be due to mental or emotional illness or addictions to chemical substances (alcohol or drugs). Those parents don't have the ability to make good decisions

SEXUAL ABUSE: It is when an adult or older child FORCES or TRICKS a younger child into allowing them to LOOK AT, TOUCH, or TAKE PICTURES OF the younger child's PRIVATE BODY PARTS (Private Body Parts are covered by two-piece swim suit for girls or swim trunks for boys). They also could FORCE/TRICK the child into LOOKING AT or TOUCHING the adult or older child's PRIVATE BODY PARTS.

Any of the abuses are **NOT THE CHILD'S FAULT!!** They need to **TELL a SAFE/TRUSTED ADULT!** If the first person they tell doesn't LISTEN , BELIEVE, or makes them feel they did something wrong, or that it is their FAULT.... They need to GO TELL ANOTHER ADULT!! **Keep TELLING until they get HELP!!** The average child has to tell at least 7 times, before they get help.

YOUTUBE RESOURCES: Movies, PROTECT YOURSELF RULES SECRETS, RESPONSIBLE USE OF TECHNOLOGY FOR KIDS, ONLINE PRIVACY FOR KIDS – INTERNET SAFETY AND SECURITY

Word Search Puzzle

4th and 5th REFRESHER

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

PHYSICAL

NEGLECT

PRIVATES

BAD

FAULT

VERBAL

SEXUAL

MIND

NO

TELL

EMOTIONAL

BODY

SECRETS

GO

MENTAL

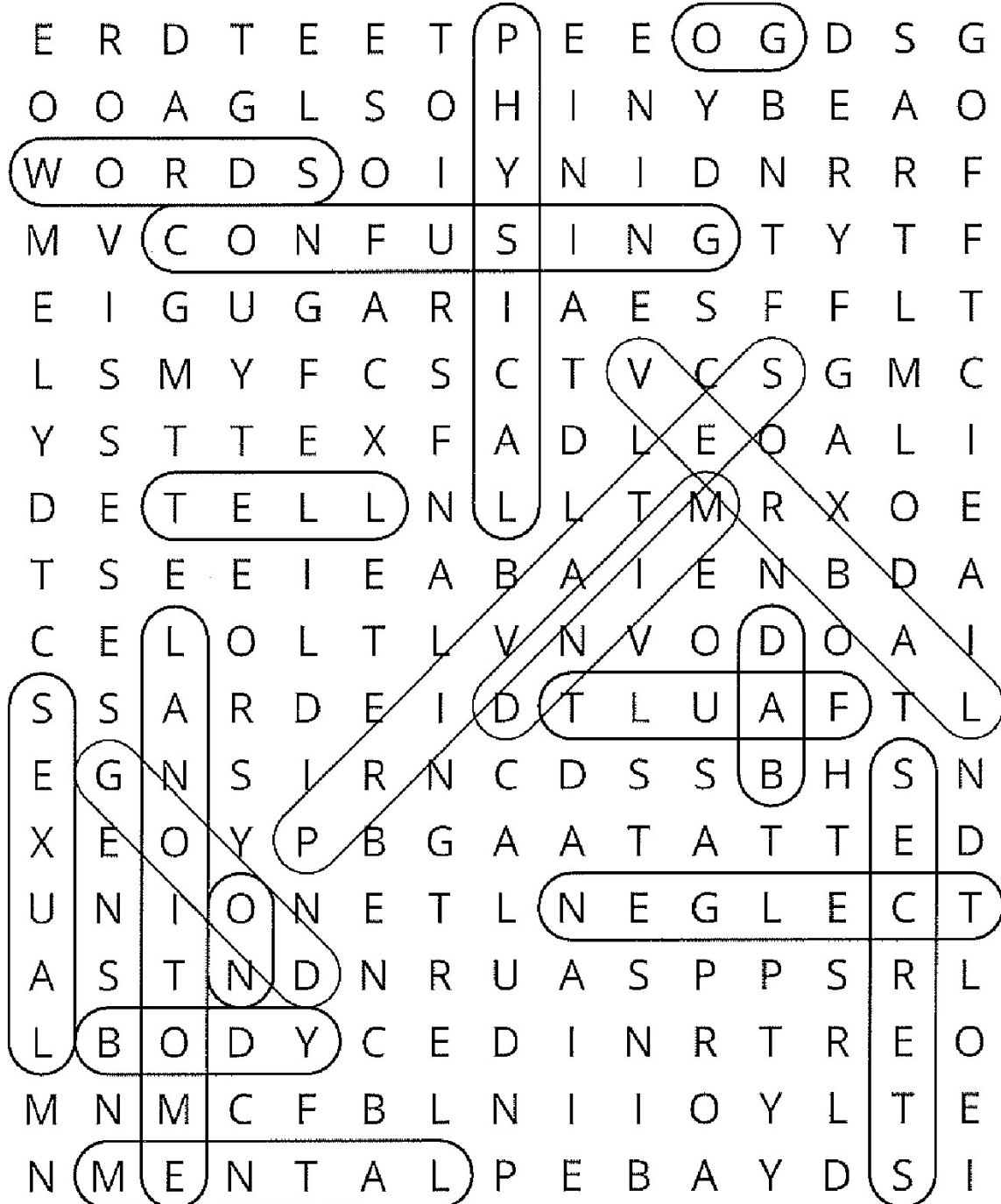
WORDS

GOOD

CONFUSING

Solution

C easywordsearchmaker.com - for personal use only



6th and 7th CURRICULUM REFRESHER

The 4 basic **foundational items of personal information** you should not share on the internet are as follows: name/full name, address, phone number, and school name.

PRIVATE/PERSONAL INFORMATION also includes the following:

Screen name, username, password, and email.

Ask students if they know of other things considered PERSONAL INFORMATION.

They should ask their parents before sharing anything online and before they go to certain websites. They may also add their parent(s) as a friend/follower on social media sites, this would allow them to monitor the child.

If someone you have been interacting with often on line does not want you to tell anyone about your friendship (or asks you to keep it a secret), that is a HUGE RED FLAG that they may be a predator.

If someone has sent anything to you online that makes you feel uncomfortable, let a parent know.

If you have deleted something inappropriate someone has sent to you, especially something from someone you know online only, tell your parent(s).

Never meet someone in person that you only know from online.

YOUTUBE RESOURCES: Movies, Teens open up about the impact of social media on their lives The Today Show

Word search puzzle.

6TH, 7TH, 8TH REFRESHER

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

SAFETY
PERSONAL
PHONE NUMBER
RED FLAG
PERMISSION
NO PICTURE

INTERNET
INFORMATION
NAME
SECRET FRIEND
STRANGERS

GAMES
ADDRESS
SCHOOL
NO MEETING
WEBSITE

6TH, 7TH, 8TH REFRESHER



SAFETY
PERSONAL
PHONE NUMBER
RED FLAG
PERMISSION

INTERNET
INFORMATION
NAME
SECRET FRIEND
STRANGERS

GAMES
ADDRESS
SCHOOL
NO MEETING
WEBSITE

7th and 8th CURRICULUM REFRESHER

SEXTING: The act of sending sexually explicit messages, photographs, or videos primarily between cell phones, but can also include computers and other digital devices.

Legal consequences of sexting can be **PRODUCTION, POSSESSION, and DISTRIBUTION of CHILD PORNOGRAPHY**. If the picture is taken of someone under the age of 18 years of age, even if you took it of yourself and it's on your phone, you could still be found guilty of one or more of these charges.

A person could also be charged as a SEX OFFENDER and have to be put on the sex offender registry.

SEXUAL HARASSMENT: Unwanted and unwelcomed attention that is sexual in nature. It is basically sexual bullying.

There are **3 types of SEXUAL HARASSMENT:**

VERBAL: sexual comments, sexual jokes, sexual insults, spreading sexual rumors, making unwelcomed sexual advances, requests for sexual favors, talking about another person's body, repeatedly pressuring someone to go on a date, make out, or have sex, calling someone inappropriate gender related names, teasing a person about their sexual orientation.

PHYSICAL: touching, grabbing, or pinching someone in the private body part areas, pulling at someone's clothing or snapping bras, brushing up against someone in a sexual way, blocking a person's way or cornering them, forcing someone to hug or kiss you.

VISUAL: exposing a person to sexual pictures/drawings against their will, making obscene gestures or body movements, posting sexual pictures/comments on social networking pages, spreading sexual rumors using text messages, emails, or instant messages.

Sexual Harassment is determined by the RECEIVER of the behavior.

Title IX of the Educational Amendment of 1972 is the law that prohibits sexual harassment in schools and school related activities.

CHARACTERISTICS OF A HEALTHY RELATIONSHIP

Good boundaries.

Time for family, friends and interests.

Doesn't always have to be with boy/girl friend.

7th and 8th GRADE REFRESHER CURRICULUM CONT.

Doesn't rely on partner to make them happy.

Doesn't get angry or jealous when time is spent with family, friends, or pursuing their interests.

Care about what each other has to say.

Encourage each other.

Being kind is more important than being right.

It is o'kay to express feelings and opinions, even if they differ from partner.

Respectfully disagree.

Respect each other's physical and sexual boundaries.

If a person feels the relationship is not working, they feel safe to break it off. This should be done face to face in person, if it's safe.

YOUTUBE RESOURCES: [Movie, SEXTING - THE EVER PRESENT PAST](#), [BUILDING HEALTHY RELATIONSHIPS](#)

WORD SEARCH PUZZLE

8th Grade REFRESHER CURRICULUM

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

kind
production
possession
friendships
pornography

sexting
respect
harassment
interests
encourage

value
boundaries
family
Title IX
relationships

Solution

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