

# Lesson Plan: Personal Body Safety

School Counselor: Alexis Thompson

Date: February 2020

Activity: Let's Talk About Body Boundaries, Consent, & Respect ; identifying safety network

Grade(s): CE1 (2nd grade)

## **ASCA Mindsets & Behaviors (Domain/Standard):**

Social Domain

B-SMS 9: Demonstrate personal safety skills

B-SS 8: Demonstrate advocacy skills and ability to assert self, when necessary

## **Learning Objective(s) (aligns with competency):**

1. Students will be able to identify which parts of their bodies should be kept private
2. Students will be able to list things they can say if someone wants to hug them without consent
3. Students will be able to identify safe grown-ups that they can go to if someone else makes them feel unsafe or uncomfortable

Materials: "Let's Talk About Body Boundaries, Consent, & Respect" book; [Coloring Pages](#), Pencils/Crayons, [PowerPoint](#)

## **Procedure:**

Adopted from MCPS lessons

1. Introduce the lesson topic: "Today, we will be talking about keeping our bodies safe. Who knows what it means to be safe?"
2. "How do we feel when we are safe?" (Happy, ok, comfortable)
3. "How do we feel when we are unsafe?" (Safe, scared)
4. Present the [PowerPoint](#)
5. Read to the class the book "Let's Talk About Body Boundaries, Consent, & Respect". Read pages 4 - 11, 22 - 27, and 34 - 37
6. Ask students what they can say if someone tries to touch them without consent
7. Review what a safety network is
8. Hand students the worksheets. Have them write down or draw 5 people in their safety network

## **Plan for Evaluation: How will each of the following be collected?**

Process Data: Count of students present

Perception Data: Worksheets - number of students able to identify at least 3 safe adults

Outcome Data:

Follow-Up: Resources shared with parents in newsletter