

Lesson Plan

Grades

K – 3

Diocese of Honolulu
Creating and Maintaining Safe Environments
Lesson Plan for Grades K – 3
Based upon video "What Tadoo"

Theological and Biblical Concepts

The children were brought to Jesus so that he would lay his hands on them with prayer. The disciples were going to send them away but Jesus encouraged the children to come to him. Then Jesus touched the children.

This session explains the concepts of good/safe, bad/unsafe, and confusing ("uh-oh") touch. The Bible tells us that the touch of Jesus brought blessing and wholeness. Good touch is life-giving and affirming. It is healthy and part of the life that Jesus promises us.

It is important to remember that good touch is not a luxury; it is essential for life. New babies must be held and touched in order to survive. Children do not thrive without the touch of others. Throughout the Gospels Jesus touched people. He put his hands on people in a way that blessed and comforted. Jesus' touch was life-giving. In this session, the comforting and affirming aspects of good touch should be emphasized.

Reid, Kathryn Goering. Preventing Child Sexual Abuse: A Curriculum for Children. United Church Press, Cleveland: 1994.

Video Synopsis:

A young boy takes a fantasy trip to the "Land of Lessons" where Professor Sir Hillary Von Carp and two frogs names What and Tadoo teach him how to protect himself from strangers with four basic rules: Say No, Get Away, Tell Someone and Sometimes, Yell. The video combines live action and puppets, in a humorous, but straight-forward look at the lures strangers use to entice children and the "uh-oh feeling" they could experience with certain touches even from people they know.

"What Tadoo" . KidSafety of America: 1995

Background Information for Adults:

Prior to showing "What Tadoo" it may be helpful to be aware of the following facts on sexual abuse:

- *Children can be molested at any age, from infancy through adolescence. The average age of a molested child is estimated nationally to be eight years old, but many cases of children ages two and three are being reported.*
- *In most cases of sexual abuse the offender is seductive or manipulative, rather than violent.*
- *Most sexual abuse involves more than one incident. The average length of sexual abuse is one to three years. The child usually adapts his lifestyle to avoid the sexual offense.*
- *Child molesters can be male or female, rich or poor, white collar or blue collar, elderly or adolescent. They may even disguise as police officers or other trusted individuals by obtaining clothing or other official accessories.*

"What Tadoo" . KidSafety of America: 1995

Materials needed:

“What Tadoo” video, KidSafety of America (18 minutes)
Copies of “Jesus Blesses the Children” and closing prayer
Television
VCR

Emotional climate:

Create an emotionally-supportive environment of acceptance for the children. Ideally this material is to be presented as an enrichment/extension of your existing Catholic human-sexuality program.

Lesson Objectives

The viewer will:

- Learn simple, straight forward tools to protect themselves – “Say no, Get away, Yell and Tell someone”
- Trust and act on feelings that develop in potential abuse situation
- Recognize the lures that may be used to trick them
- Learn that it is important to “tell” even if the person is someone they know

Take Attendance: Only children who have a Parental/Guardian Permission Form on file may participate. Teachers need to report to their principal or DRE/CRE how many children attended this class. Every school and parish is mandated to report these statistics annually to the diocese.

Opening Prayer: (Distribute or read to children)

Distribute prayer and read story to children.

Alternate prayer: Below are suggested hand motions to involve the children in prayer.

http://www.ebibleteacher.com/children/hand_motion_movies.htm

Jesus and the Little Children

[smaller video .mpg \(1.8 mb\)](#)

[better video .mov \(7 mb\) better audio](#)

Words

Jesus said “come to me”
The children would run to Jesus
The people around Jesus said stop
But Jesus said “come to me”
And the children would run to Jesus
And Jesus would love them.

Motions

beckon with both arms
two fingers run across palm
hold hand palm out “stop”
beckon with both arms
two fingers run across palm
arms crossed on chest

Introduce the Lesson

Say: “Jesus loves us and wants us to feel safe. Our church/school is supposed to be a safe place to pray, learn and grow. It is also a good place to learn more about protecting yourself. Today we will learn what to do if a person touches you in a way that gives you an ‘uh-oh feeling’.”

"You get touches from lots of people; can you name a few?"

Answers may include Mommy, Daddy, Grandma, Grandpa, babysitters, friends, etc.

"What are some touches that are safe because they are done with love and care?"

Head pat, hugs, holding hands with your Mommy or Daddy or a friend, etc.

"What are some touches that are not safe because they are meant to hurt you?"

Hitting, biting, hair-pulling, someone touching private areas usually hidden by swim suit, etc.

"Are there times when a touch can be confusing?"

When it is from a stranger or someone we don't know well; when we feel embarrassed by the touch; when we are not expecting them.

Set Ground Rules

Say: "To allow everyone to learn these important lessons, here are our rules:

- Listen carefully to me and each other. Listening and not interrupting the person speaking is important so that everyone understands what is being said.
- Asking questions is important.
- I (facilitator) am here to listen to you if you want to talk about anything in this lesson."

One advantage to having a team teach this material is that with more than one teacher in the classroom, one teacher is available to pay attention immediately to a child while the other teacher can continue the lesson. It is also very important that trusted adults are available for children after the session.

Video: "What Tadoo" (18 minutes)

Suggested After-Viewing Discussion:

Emphasize that the child has a right to his/her feelings. Getting an "uh-oh feeling" is not "bad" and it is not their "fault".

1. What are the three main rules to follow when you get a funny feeling?

Say No, Get Away, Tell Someone

2. Can anyone give an example of a time when they had an "uh oh" feeling?

Listen for appropriate responses.

3. Thaddeus said that he didn't like some of the hugs he gets from Uncle Bob. If someone in your family touched you in a way you didn't like, what are some things you could do?

Say No, Get Away, Tell Someone, and Sometimes Yell for Help

Distribute Handouts

Closing Prayer: (Distribute or read to children)



Jesus Blesses the Children

Adult:

Some people brought their babies and children to Jesus for a special blessing. When the disciples saw what was going on, they told the parents not to bother Jesus. They thought he had more important things to do. But Jesus gathered the children around himself. "Let the children come to me. Don't try to stop them," he told the disciples. "God's kingdom belongs to little ones like these. To get into the kingdom of God, everyone must love and trust me the way these children do."



Closing Prayer

Jesus, teacher and redeemer,
You told the apostles,
"let the children come to me."
Today we pray for all the children of all nations and races.

We pray especially for children who are lonely, sad, or afraid.
Help them to know your love and care and your presence in our lives.

Teach us to share what we have and to reach out to others,
So they will have what they need to live and grow as God's children.

Help us to care about all your children. Amen.

Reid, Kathryn Goering. *Preventing Child Sexual Abuse: A Curriculum for Children*. United Church Press, Cleveland: 1994.
What Tadoo (video). KidSafety of America: 1995
Mathson, Patricia: *Bless This Day*. Ave Maria Press, Notre Dame:2002

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For You to Take Home

Today we learned:

- Some touches are good and safe. They make me feel good about myself.
- Some touches are bad and unsafe. They are hurtful and make me feel bad about myself.
- Some touches are confusing. They give me an “uh-oh feeling” that makes me feel uncomfortable.

Parent and Child Discussion Topics

- Trust your feelings.
- If someone does hurt you, tell a trusted adult immediately.
- Don't get in a car with a stranger.
- Don't walk or play alone in parks.
- Don't take gifts from strangers or help them find lost items such as a puppy.
- Don't let a stranger or someone you know touch your private parts in ways that make you feel uncomfortable.
- Don't keep a “secret” if it makes you feel bad or uncomfortable.

Your body belongs to you. You have a right to food, shelter, clothing, love, education, live free from fear, and be safe.

These rights also include the right to say “no!” if an adult or older child asks you to do something that causes you fear or gives you an “uh-oh feeling” that makes you feel uncomfortable.