

## Lesson 5 : Secrets and Surprises.

- To know that the body gives physical signals when in danger.
- To understand that it is important to think about the risks in situations and what will keep you safe.
- To understand that there are different types of touch that people like and dislike.
- To know that a person has the right to personal space .

## Activity 1 Discussion and display ideas

Can you think of some examples of the ways people touch each other?

In pairs, on your white board, think of as many different types of touch as you can.

Feedback - Let's write these up on the board.

- high 5
- hug
- kiss
- pushing
- clapping games
- scratches
- hitting

Why might they do this?

What emotion are they feeling?

## Activity 1 Discussion and display ideas

Does it makes a difference as to who is touching you and why?  
For example: Do you like to be hugged by everyone or certain people?

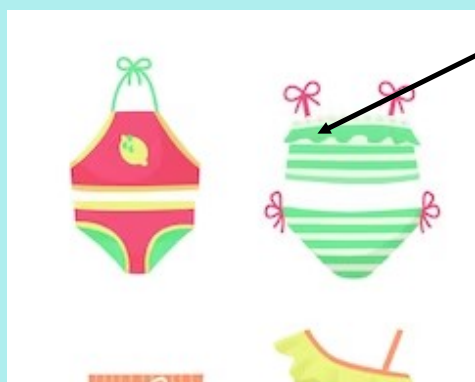
Discuss which touches are liked and disliked.

Everyone is different, and it is important to know what each other like and dislike.

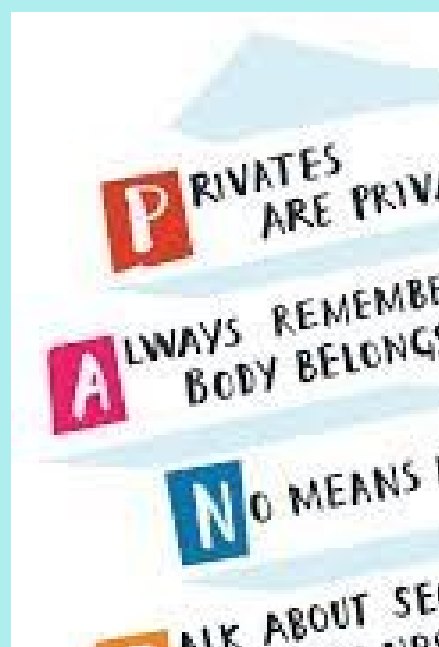
Everyone has the right to say what is ok and what is not ok for them!

## What parts of our body are 'private parts'?

Is there a way that we can communicate this with others easily?



These are ways  
that private parts  
can be covered.



Remember... if a touch is unwanted,  
always tell a trusted adult!

## Discussion

What is the difference between appropriate/good touch and inappropriate/bad touch?

What kind of feelings (positive and negative) can be linked to good/bad touch?

## Types of touch

### Appropriate/Good touch

1. To show affection (hugs, kisses, cuddles).
  2. To keep you safe (holding your hand when you cross the road).
  3. If you're ill or hurt (doctors and nurses).
- Sometimes a touch may not feel good but is necessary :
    - Grabbing you to stop you running into a busy road, or to prevent other dangers.
    - An examination by a doctor or nurse (you can always ask for a trusted adult to be present).
  - If someone needs to break any of the rules of PANTS, they should explain why.
  - Children can say, 'No' and should never be forced to keep secrets that make them feel worried or uncomfortable.
  - Others should not touch or be asking to look at private parts of the body unless it is a trusted adult and you are ill or need help and have asked for help.



## Task



Create your own PANTS  
acrostic poster message!

You must get all the rules  
down.



## Reflection

- STOP! Consider is someone being hurt or made to feel unsafe or insecure including yourself?
  - Will someone be in danger or harm?
  - What examples can you think of?
- Make a decision: Identify a trusted adult that you can speak to if you're unsure - if your body warning signs are alert. Tell someone (even if it is an adult who has told you to keep a secret).
- ACTION: Tell someone you trust!