

LESSON 3

BODY BOUNDARIES & PERSONAL SPACE



Today's Lesson: Lesson 3

In today's lesson, your child learned the concept of **personal space** and **body boundaries**. **Body boundaries** are important because they are like our personal rules. They help us understand the difference between safe and unsafe things that happen to our bodies. Students learned that if someone does something to their body that hurts or makes them feel uncomfortable or involves the private parts of their bodies (the parts covered by their bathing suits and their mouth), their **body boundaries** are being violated. Students' **personal space** is similar to an invisible bubble that surrounds them. They were taught that when they are uncomfortable and feel like someone is too close to them, they want that person to be "outside of their bubble." When they feel unsafe, the imaginary bubble gets bigger because they want that person to be as far away as possible. Students were told that if someone comes too close and makes them feel uncomfortable, threatened, scared, or as though their **body boundaries** are being violated, they should use their **I Mean Business Voice** to tell that person to back away and give them room.

In this lesson, Lauren disclosed that someone in her **Safety NETwork** hurt her, and she needed to tell and get help because that person was no longer safe. This reinforced the idea that people do not stay in your **Safety NETwork** if they hurt you, scare you, or make you feel unsafe. The importance of telling until you get the **2 H's: Heard and Helped** – is also discussed.



Human Trafficking Prevention

The human trafficking prevention components familiarize students with their right to **privacy** with the introduction to the concepts of **personal safety** and **physical safety**. Students will learn that their **personal safety** involves their **privacy**, that their **personal space** is respected, and that the **private parts** of the body are not being seen by others. They will learn their **physical safety** includes their **body boundaries** being respected and their right to be free from unsafe and unwelcome touches.



Caregiver Connection

We recommend you make time to talk about this important lesson with your child. If you have not already spoken to your children about their bodies, the proper names of their body parts, and their right to keep their bodies safe, now is the time! To avoid being victimized by predators, children must know it's okay for them to say "no" any time a touch of any kind makes them uncomfortable and that they have power over their own bodies. Children should not be forced to kiss or hug family members if they don't feel like it, even though these may be harmless touches. Forcing a child to kiss and hug people when they don't want to sends a subtle and dangerous message that they are not in control of their own bodies and that adults hold the power. Encourage your child to give a high five or fist bump

to greet relatives and friends if they do not want to give or receive more affectionate touches. This way, they are polite and respectful without being made to violate their own **body boundaries**.

Activities to Try at Home

You are encouraged to use the following resources with your child at home. Each may be downloaded and printed.

- [Steps-to-Safety: Respecting Body Boundaries](#)

Try out this interactive web-based activity to learn the vocabulary words for Lesson 3.

- [Let's Practice: Lesson 3 Vocabulary](#)



Tips to Further Today's Lesson

Personal Space Activity

Have your child stand up and extend their arms out fully. Have them move them to the right and the left, up and down, and around to the back and the front of their bodies. Explain that this is your child's **personal space**. **NOBODY** should be going into their **personal space** unless they give permission because their body belongs to them.

For more ways to talk to your students about staying safe, visit [Safer Smarter Schools](#). For additional resources, visit [Lauren's Kids](#). To report abuse, call the [ChildHelp National Child Abuse Hotline](#) at 1-800-422-4453, and you will be referred to your local reporting agency.

