

LESSON 4

BODY BOUNDARIES



Today's Lesson: Lesson 4

In today's lesson, your child learned about protecting their **Body Boundaries**. A **Body Boundary** is defined as the space that surrounds someone and includes the **private parts** of the body. Your child learned that when someone makes them feel uncomfortable, unsafe, threatened, or too close to them, that person has violated their **Body Boundaries**. Your child should always be aware of **strangers**, but sometimes they can be hurt by people they know well and trust. Warning signs were introduced to help your child recognize if a relationship is just not right, could become harmful, or could be the process of **grooming**. **Grooming** is a process in which an adult gives a child extra attention that isn't normal, healthy, or appropriate in an effort to gain their trust and the trust of their family. This kind of inappropriate behavior can lead to the adult harming the child. Your child learned that everyone enjoys attention and that extra attention can make them feel special. If that attention makes them uncomfortable or a **Body Boundary** is violated with unwanted and inappropriate touches, your child should immediately report it to someone in their **Safety NETWORK**.



Human Trafficking Prevention

Students have learned that **Personal Boundaries** involve the right to **privacy** and for the **private parts** of their body not to be seen by others. Their **Personal Boundaries** also include their **personal space** - the space around a person's body that belongs to them. The boundaries of someone's **personal space** are determined by how much space they need to feel safe. Students may feel that their **personal space** has been infringed upon by someone standing too close to them. A **Personal Boundary Violation** also occurs whenever someone is pressured for personal information – especially when that infringement makes them feel threatened, afraid, or not quite right. In this lesson, students will learn that a **Body Boundary violation** is different from a Personal Boundary Violation. A **Body Boundary Violation** occurs when the **private parts** of the body are touched, when an unsafe or unwanted touch is received, or a touch is done with hurtful intent. Help students understand that if a **trusted adult** has not been told when a **Body Boundary Violation** occurs, students are keeping an **unsafe secret** and are in an **unsafe situation**. Emphasize to students if they have an **unsafe secret**, they must tell a **trusted adult** in their **Safety NETWORK**. This lesson also introduces the idea there can be different types of **unsafe secrets**. If someone is forced to keep an **unsafe secret** because they fear what might happen if they tell, it is a **threat**. If someone keeps an **unsafe secret** because they've been told something good will happen if they do, it's an **unsafe promise**. Sometimes, someone is manipulated by a **trick** to keep an **unsafe secret** from being told.



Caregiver Connection

In today's video, your child saw what happened when a **Body Boundary Violation** occurred and how that situation was handled. Maria was in a situation where she began to feel uncomfortable because of unwanted touches from her gymnastics coach. She is further conflicted because her parents hired this coach to give her private lessons, and because of their work schedules, he has volunteered to drive Maria

to out-of-town meets. Maria decides not to participate in a future meeting to avoid being alone with the coach. Lauren helps Maria see that there is another way to handle the situation. The message that you must find your courage to report **Body Boundary Violations** and keep telling until you get the **2 H's: Heard and Helped**, is stressed. Lauren helps Maria to see that not only does she have the courage to help herself by **reporting** to a **trusted adult** in her **Safety NETWORK**, but she has also helped protect other children that the coach might be working with. Lauren also makes a report to the abuse hotline as a Mandatory Reporter of suspected abuse.

Ask your child how they would have handled this situation if they were Maria. Would they have told? Who would they have talked to? Help your child think about who is in their **Safety NETWORK**, and support them in talking to anyone in their **Safety NETWORK** when they need help or have a question about their safety.

Activities to Try at Home

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

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

Try out this interactive web-based activity to learn the vocabulary words for Lesson 1.

- [Let's Practice: Lesson 4 Vocabulary](#)



Tips to Further Today's Lesson

Know the warning signs of **grooming**:

- Someone spends too much time with your child
- Someone wants to be alone with your child
- Someone isolates your child from a group
- Your child receives gifts that you don't know about
- Your child is being asked to keep secrets from you by another adult
- Someone seems too eager to gain access to your family by doing favors, offering to babysit, etc.

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.

