

Body Boundaries

Overview of Content

BODY BOUNDARIES (curriculums/ages K thru 2nd, 3rd thru 5th)

- One of the primary education presentations/curriculum provided is “Body Boundaries”. This curriculum is broken down into age groups. K-2nd grade, based on the book “I Said No!” by Zack & Kimberly King. This presentation/curriculum identifies general body parts and also private parts that no one should look at, touch, or take pictures or videos of these parts. Nor should anyone show you their private parts. Also, identified is who trusted adults are in the children’s lives at school and at home that they could tell if someone does touch them in those areas. Also, identified are “Green Flag” people and situations and “Red Flag” people and situations. In addition, the topic of “Secrets” vs “Surprises” is discussed and identified so that they understand that keeping “Secrets” is not a good idea or a healthy choice. The curriculum is about a 20 minute presentation that utilizes 2-mannequins (one dressed as a boy and the other as a girl) that are the relative size of children ages 3-6 years old and are dressed in bathing suits to give a visual for that specific age group about what is covered up by our bathing suits are our private areas.
- The curriculum for grades 3rd-5th consists of a video that was produced by Human Relations Media, purchased by our center entitled “You Are In Charge of Your Body!”. This video helps children understand what sexual abuse is, how they can recognize it, how and whom to tell, and empowering kids to take charge of their bodies. Carefully and sensitively presented, the video uses animated scenarios to illustrate sexual abuse situations and model how kids should react to protect themselves. The key message is that sexual abuse is not the fault of the child and they don’t have to endure abuse in silence. This video is approximately 25-28 minutes in length.
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