

# Tell People "NO"



**Grades**  
**K-2**

## Overview

Students watch the "Know the Rules" rap video and discuss what to do if someone tries to touch them in ways that make them feel scared, uncomfortable, or confused. Students discuss situations as a class, then practice saying "NO" in front of a mirror.

### Safety Message

I will tell people "NO" if they try to touch me or do things in ways that make me feel scared, uncomfortable, or confused, because it's OK for me to stand up for myself.

### Time

25-35 minutes



### Materials

- Computer lab or computer connected to an LCD projector or television monitor
- "Know the Rules" rap video
- Hand-held or full-length mirror
- Situation cards (attachment 1) in a container
- Crayons and markers

## Activity

Tell students: *Today we are going to watch Clicky rap about what to do if someone touches us in ways that make us feel scared, uncomfortable, or confused. Sometimes people touch us or ask us to touch them in ways that we don't like. Let's see what Clicky says we should do. Show them the "Know the Rules" rap video.*

*The safety message we are going to focus on today is the third rule: I will tell people "NO" if they try to touch me or do things in ways that make me feel scared, uncomfortable, or confused, because it's OK for me to stand up for myself. Who can tell me how it feels when someone does something to you that you don't like? You feel scared, mad, sad. What should you do if someone, no matter who it is, tries to touch you in a way that you do not like or feel OK about? Say "NO" using a big, strong voice; tell a trusted adult. What should you do if a person you like or care about touches you*

*in a way that makes you feel uncomfortable or confused? It's not always easy to say "NO" to this person, but you have the right to stand up for yourself, and no one has the right to ask you to do anything that makes you feel bad or scared. Most touch is good and can help us feel better and safer. What are some examples of good touch? A hug from your grandmother, a high-five from a friend, your parent or guardian kissing you goodnight. If a person tries to do something to you or your body, or asks you to do something to him or her, you should tell a trusted adult right away.*

Ask student volunteers to reach into the container and choose a situation card (attachment 1) to read aloud to the class. For each situation described, have students give their answers and discuss other possible answers with the class. Suggested solutions have been provided to help with discussion.



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# Tell People "NO"

*We are going to practice saying "NO" in case you ever need to say "NO" to a person who touches you in a way that is not OK with you. Remember to say "NO" very loudly and clearly. Say it right to the person's face. Someone who is not trying to hurt you will stop when you say "NO." If this person doesn't listen and doesn't stop doing it, get away from that person, and find a trusted adult immediately. If the person keeps holding you or still touches you, it's OK to scream, yell, wiggle, push away, or even kick or bite if you need to in order to get away. Hold out a hand-held or*

*full-length mirror. Have each student come close to the mirror one by one and say "NO" to the mirror very loudly and clearly. Give children time to practice at the mirror more than once. Encourage them to use assertive body language and a big strong voice with the person they are talking to: Look at the person (stare right into the mirror), stand straight and tall, use an "I mean business" attitude (like hands on hips), serious facial expressions, and a loud, clear voice. Praise students for using these techniques.*

# Know the Rules: Tell People “NO”

Grades K-2 • Attachment 1

## Situation Card

1. An aunt hugs too hard when she says “good night.” You wish she wouldn’t hug you so hard.

What should you do?

1. You should say, “Don’t squeeze me so hard next time because it hurts me. I love your hugs, but please give softer ones.” Then tell your trusted adult about what happened.

## Suggested Solutions Card

## Situation Card

2. A cousin tickles you a little too much. You like being tickled but when it’s too much you want it to stop.

What should you do?

2. You should tell your cousin to stop; if he or she doesn’t, tell your parents, guardian, or a trusted adult.

## Suggested Solutions Card

## Situation Card

3. Your father’s friend touches you somewhere that makes you feel uncomfortable when your dad is out of the room.

What should you do?

3. You should say “NO” and immediately tell your parents, guardian, or trusted adult what happened. When anyone you trust makes you feel this way, that person should no longer be trusted.

## Suggested Solutions Card

# Know the Rules: Tell People “NO”

Grades K-2 • Attachment 1

## Situation Card

4. While in the park, your grandma pushes you on the swing.

How does this make you feel?

4. You feel happy.

## Suggested Solutions Card

## Situation Card

5. Your friend’s mom gives you a hug after your team won the soccer game.

How does this make you feel?

5. You feel happy and proud.

## Suggested Solutions Card

## Situation Card

6. Your karate teacher is too rough with you when teaching you a new move.

What should you do?

6. You should say, “NO, I don’t like that. Please stop.” Immediately tell your parents, guardian, or trusted adult what happened.

## Suggested Solutions Card

# Know the Rules: Tell People “NO”

Grades K-2 • Attachment 1

## Situation Card

7. Your friend wrestles with you on the ground. You liked the wrestling at first, but then you were uncomfortable and wanted to stop.

What should you do?

7. You should say, “NO, I don’t like that. Please stop.” Immediately tell your parents, guardian, or trusted adult what happened.

## Suggested Solutions Card

## Situation Card

8. A friendly man at the movie theater talks to you, shares some popcorn, and then rests his arm on you. It was OK at first, but then he got too close and you stopped thinking it was OK.

8. You should say, “NO, I don’t like that. Stop it.” Then get up and move away from the man. Tell your trusted adult what happened so that you can move your seat.

## Suggested Solutions Card

## Situation Card

9. Your big brother’s friend is great in front of everyone else. He pays a lot of attention to you. But when you are alone together, he tries to touch you in ways that you don’t like.

What should you do?

9. You should say “NO” and immediately tell your parents, guardian, or trusted adult what happened. When anyone you trust makes you feel this way, that person should no longer be trusted.

## Suggested Solutions Card

# Know the Rules : Tell People “NO”

Grades K-2 • Attachment 1

## Situation Card

10. When you fell down at recess, your teacher helped you up to see if you were OK and gave you a high-five.

How does this make you feel?

10. You feel better, happy, good.

## Suggested Solutions Card