Body Safety Rules: 30-minute lesson, Class 1 to 3

Safe touch and unsafe touch

Before you start. Read the teacher note, both sides. Say the map words out loud to yourself once. Write three headings on the board: ✓ **Safe**, ? **Ask**, 💬 **Tell**. Draw a tick under Safe, a question mark under Ask and a speech bubble under Tell.

Minute 0 to 4

Warm-up: the statue game

Play one round of statues. Then say: **"Well done. Sometimes, when we get a big fright, our body goes still like a statue, even when we do not want it to. That is okay. It is never your fault."**

Then play "point to": **"Point to your elbow. Point to your knee. Point to your nose."** Say: **"Every part of our body has a name. Today we learn all of them."**

Minute 4 to 10

The map

Hold up the poster and point to rule 1. Say: **"My body is mine. I can say no to any touch. Even a hug."** The class says it back.

Say: **"If you do not want a hug, you can wave or say namaste."**

Point to rule 2 and the four children. Say: **"My private parts are private. They are under my underwear. Where your banian and chaddi go."**

Point to each label and say it once, calmly: mouth, chest, vulva, vagina, penis, testicles, bottom. The class says each one back.

Say: **"Girls have a vulva and a vagina. Boys have a penis and testicles. Everyone has a chest and a bottom."**

Point to the legend. Say: **"Private. No one touches. My mouth. No secret kisses. The rest of me: I choose. I can say no."**

Point to the care line. Say: **"Mummy or Papa may help you wash, and a doctor may check you, with your big person there. Only to keep you clean and healthy. Never a secret."**

Minute 10 to 15

The rules chant

Read rules 3 to 6 one at a time. The class says each headline back twice, first softly, then loudly.

After rule 3, say: **"Even if it is someone you know and love. Even if it does not hurt. Even if it feels nice."**

After rule 4, say: **"And no one takes photos of your private parts. Not on a phone, not anywhere."**

After rule 5, say: **"A surprise is happy, and soon everyone knows. A secret about a touch, a gift or a photo, we always tell."**

After rule 6, say: **"A big person is any grown person you can go to. If one does not help, go to the next."**

Finish with the whole class saying the six headlines together.

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Minute 15 to 23

Scenario card sort: Safe, Ask or Tell?

Say: **"I will read a card. You decide: is it safe, do you ask, or do you tell?"**

Use cards 1 to 11. Read each card aloud, then let the class call out. Stick the card under its heading and read the reason line in your own words.

Read card 12 yourself and put it under Tell without a class vote. Say: **"This one breaks rule 3. We always tell."**

If the class splits on a card, say: **"When you are not sure, ask a big person. Asking is never wrong."**

Minute 23 to 28

My five big people

Say: **"Hold up one hand. On each finger, think of one big person you could tell."**

Count together: **"One, two, three, four, five."**

Say: **"Try to have one big person who does not live in your home. A teacher, a neighbour, a nani, a chacha."**

Say: **"If one big person does not help, go to the next finger."**

Minute 28 to 30

Close

Point to the dark line. The class reads it with you: **"It is never my fault. Telling is always right."**

Point to 1098. Say: **"This number is for every child in India. It is free, day or night."** The class says "1098" three times.

Say: **"You will never be scolded for telling me. My door is open."**

Send the bookmark or the colouring sheet home the same day.

The poster at a glance

1. **My body is mine.** I can say no to any touch. Even a hug.
2. **My private parts are private.** They are under my underwear.
3. **No one touches my private parts.** Not even someone I know and love. Even if it does not hurt.
4. **No one shows me their private parts.** Or asks me to touch theirs, or takes photos of mine.
5. **Surprises are fine. Secrets are not.** I never keep a touch, gift or photo secret.
6. **I tell, and I keep telling.** If one big person does not help, I tell the next. I can call 1098.

It is never my fault. Telling is always right.
Even if I could not move, kept it secret, or broke a rule.

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