Body Safety Rules: 30-minute lesson, Class 4 to 5

Safe touch and unsafe touch

Before you start. Read the teacher note, both sides. Write three headings on the board: ✓ **Safe**, ? **Ask**, 💬 **Tell**. Make three sets of the 12 scenario cards, one per group, with card 12 taken out of each set.

Minute 0 to 4

Warm-up: what changes and what stays

Say: **"Name a rule that changes as you grow up."** Take two answers, such as bedtime or going to the shop alone.

Say: **"Today's rules never change. They are the same for you at 5, at 10 and at 15, and the same for girls and boys."**

Minute 4 to 10

The map

Point to rule 2 and the four children. Say: **"Many books just say private parts. Today we use their real names, the same names a doctor uses."**

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

Say: **"Vulva is the outside, and vagina is the opening inside. Testicles are under the penis. Chest is private for every child."**

Point to the legend. Say: **"Private: no one touches. Your mouth: no secret kisses. The rest of you: you choose who touches it, and you can say no."**

Point to the care line. Ask: **"Who might need to touch you to keep you clean and healthy?"** Take answers. Say: **"Yes. And it is never a secret, and you can ask for your big person to stay."**

Minute 10 to 14

The rules chant

The class reads the six headlines aloud together, then once more with the support lines.

After rule 4, say: **"This includes phones. No one asks for photos of your private parts, and no one sends you photos of theirs. Not a friend, not someone in a game."**

After rule 5, ask: **"What is the difference between a surprise and a secret?"** Take answers. Say: **"A surprise ends soon, and everyone is happy. A secret about a touch, a gift or a photo, you always tell."**

© 2026 Shashank Ayyar · CC BY-NC-ND 4.0 · Free to print and share, not to sell or change ·
Other languages: kaaval.org

Minute 14 to 23

Scenario card sort, in groups

Split the class into three groups. Give each group a set of cards 1 to 11.

Say: **"Read each card together. Put it under Safe, Ask or Tell. Be ready to say which rule helped you decide."**

After six minutes, take one card from each heading and ask a group to explain it. Read the reason line from the answer key.

Read card 12 aloud yourself and put it under Tell. Say: **"This one breaks rule 3. We always tell."**

Say: **"If you are not sure, it goes under Ask. Asking a big person is never wrong."**

Minute 23 to 28

My five big people

Each child traces their hand on the back of their notebook page and writes or draws one big person on each finger. They do not show the class.

Say: **"Put at least one person who does not live in your home."**

Say: **"If the first person does not help, or says you are making it up, go to the next finger. Keep going until someone helps."**

Minute 28 to 30

Close

The class reads the dark line together: **"It is never my fault. Telling is always right. Even if I could not move, kept it secret, or broke a rule."**

Point to 1098. Say: **"Any child in India can call 1098, free, day or night. You can also call about a friend, a cousin, or a brother or sister."**

Say: **"You will never be scolded for telling me. If you want to talk, find me after class."**

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.

© 2026 Shashank Ayyar · CC BY-NC-ND 4.0 · Free to print and share, not to sell or change ·
Other languages: kaaval.org