

# Personal Body Safety/Erin's Law

2025-2026

## **ECE-2<sup>nd</sup> grade**

Students will:

- understand that their body belongs to only them
- recognize the difference between good and bad touches
- realize that they have the right to say no to physical contact that hurts them or makes them uncomfortable
- understand the difference between good and bad secrets and that it's not safe to keep a bad secret
- Use NO/GO/Tell
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ECE

- *Read:* "Some Parts are Not for Sharing" by Julie Federico, "It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch" by Lory Britain
- *Watch:* "Safe Touch/Unsafe Touch"
- *Discussion:* touching rules, using NO/Go/Tell

Kindergarten

- *Read:* "It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch" by Lory Britain, "Your Body Belongs to You" by Cornelia Maude Spelman
- *Watch:* "Safe Touch/Unsafe Touch"
- *Discussion:* touching rules, using No/Go/Tell

1<sup>st</sup> grade

- *Read:* "Your Body Belongs to You" by Cornelia Maude Spelman, "The Trouble with Secrets" by Karen Johnsen
- *Watch:* "Safe Touch/Unsafe Touch"
- *Discussion:* No/Go/Tell, safe and unsafe touching

2<sup>nd</sup> grade

- *Read:* "Fred the Fox Shouts "NO!" By Tatiana Y. Kisil Matthews & "The Trouble with Secrets" by Karen Johnsen
- *Watch:* My Body Belongs to Me
- *Discussion:* Identifying good/bad secrets, when to share a secret, the touching rule

**3rd-6th grade**

Students will:

- Distinguish between appropriate and inappropriate touches and behaviors
- Identify their body boundaries
- Recognize types of situations that constitute sexual abuse
- Exercise the right to say no to unwanted touching
- Use the NO! Go! Strategy to respond to a potential abuser
- Identify adults to whom they can go to for help

3<sup>rd</sup> grade

- *Read:* “I said No! A Kid-to-Kid Guide to Keeping Private Parts Private”, by Zack and Kimberly King, “The Trouble with Secrets” by Karen Johnsen & “Fred the Fox Shouts No!”, “No Means No” by Tatiana Kisil Matthews
- *Watch:* “My body belongs to me”
- *Discussion:* Saying no, privacy, the touching rule

4<sup>th</sup> grade

- *Watch:* “It happened to me, 2008, PT 1, 3, 5
- *Discussion:* Adults I can trust, touching rule, personal body safety

5<sup>th</sup> grade

- *Watch:* “It happened to me, 2008 PT 1” , “Tom’s Secret”
- *Discussion:* Body safety, adults I can trust, No Go strategy

6<sup>th</sup> grade

- *Discussion:* personal body safety, touching rules, saying no, adults you can trust

### **7th-8th grade**

Students will

- Recognize appropriate and inappropriate touches and behaviors
- Understand situations that constitute sexual abuse
- Identify situations of abusive dating
- Differentiate between non-verbal, verbal, and physical abuse

7<sup>th</sup> grade & 8<sup>th</sup> grade

Discussion: harassment vs. flirting, self-advocacy, teen dating, personal rights, sexual abuse