

Saying “No” to Unwanted Touch

Session 12 Supply List:

Basic Supplies:

Scissors
 Glue
 Magazines
 String
 Coat hangers
 Puppets
 Sombrero or hat

Equipment:

None

Other:

Snacks for children and parents

Materials that need to be made:

None

Learning Center Materials:

- Building and Construction: Lego’s, Lincoln Logs, cardboard bricks, etc.
- Books and Reading: Books magazines, etc.
- Arts and Creativity: Magic markers, crayons, paint, butcher block paper, construction paper, glue, scissors
- Dress-Up and Costume: Pretend clothes, costumes, etc.

Session 12 Agenda:

Activity	Time	Required Materials
12.1 Hello Time: Something Good About Me	15 Minutes	None
12.2 Circle Time: Saying No	25 Minutes	None
12.3 No Mobile	25 Minutes	Scissors, glue, magazines, string, coat hangers
12.4 Family Nurturing Time: Here’s One Foot	20 Minutes	Snacks and beverages
12.5 Puppet Power: No and Tell	20 Minutes	Puppets
12.6 Red Light, Green Light	10 Minutes	Large area free of obstacles
12.7 Learning Center Time	10 Minutes	None
12.8 Closing and Good-bye	10 Minutes	None

Activity 12.1 Hello Time: Something Good About Me

Time 15 Minutes
Construct Self-Awareness
Materials None

Teaching Goal:

To increase positive self-concept and self-esteem.

Procedures:

1. Have the children sit in a circle on the floor.
2. Ask each child to respond to the following statements:

Right now I am feeling _____.

Something good about me is _____.

Notes and Suggestions:

Help children come up with something good about themselves. Those who say nothing is good about themselves need extra praise for being and doing.

Activity 12.2 Circle Time: Saying No

Time 25 Minutes
Construct Self-Awareness
Materials None

Teaching Goal:

To increase positive self-concept and self-esteem.

Procedures:

1. Assemble the children for discussion.
2. Explain that today we are going to talk about **SAYING NO**. Sometimes we have to say “No” to other kids and adults so we don’t do things we really don’t want to do. Saying “No” is not always easy.
3. Encourage children to brainstorm all the ways they say “No.”
 - a. Discuss with the children times when it is okay to say “No.”
 - b. Discuss times when it might not be okay to say “No.”
 - c. Encourage the children to think of verbal ways to say “No,” non-verbal ways to say “No” (body language). Discuss.
 - d. Role-play ways to say “No” and not really mean it. Discuss.
 - e. Role play ways to say “No” with conviction. Discuss.
 - f. Role play scared “No.” Discuss.
 - g. Role play aggressive ways to say “No.” Discuss.
 - h. Role play assertive ways to say “No.” Discuss.
4. Play act the following situations with the puppets in which the puppets refuse to participate by saying “No.”
 - a. A stranger asks you to go for a ride. How do you say “No?”
 - b. A friend wants you to steal something with them. How do you say “No?”
 - c. A stranger on the playground asks you to go for a walk. How do you say “No?”
5. Just after the invitation has been made to perform the unacceptable behavior, elicit from the children what the puppet should do. In all the above cases, the puppet should say “No” and walk away. Have the children practice saying “NO!” by shouting the word. After the children have shouted “NO!” continue with the skit and have the puppet say “No” and walk away.

Notes and Suggestions:

Help children come up with something good about themselves. Those who say nothing is good about themselves need extra praise for being and doing.

Activity 12.3 No Mobile

Time

25 Minutes

Construct

Self-Awareness

Materials

Scissors, glue, magazines, string, coat hangers

Teaching Goal:

To empower children with the ability to control their own behavior and protect themselves.

Procedures:

1. Explain that we are going to make a mobile that says “No” to remind us to say “No” when we want to say “No.”
2. Encourage the children to think of all the ways they can say “No.” Have them cut pictures out of magazines, draw the word, etc.
3. Help them put their mobiles together using string, tape, and coat hangers.

Notes and Suggestions:

Encourage the children to share the concept of “No” with other family members by telling them why it is important to say “no.”

Activity 12.4 Family Nurturing Time: Here's One Foot

Time	20 Minutes
Construct	Empathy
Materials	Snacks and Beverages

Teaching Goal:

To demonstrate ways parents and children learn to bond and enjoy each other through play and good times.

Procedures:**Please note:**

- The goal of the activity is to promote nurturing through music and food.
 - A great idea is to make this time a cultural awareness time. Celebrate different cultures with their foods, their games, and their music.
 - For parents and babies, use the activities in the Nurturing Book for Babies and Children.
 - The songs presented during Family Nurturing Time are suggested activities.
 - Substitute at will but keep the focus on food, fun and nurturing.
1. Have the food and drink available for parents and children. Have plenty to eat and drink and tables and chairs if possible.
 2. Initiate the activity after snacks and beverages have been served. Request that parents and children stand in a circle to participate in this activity.
 3. Ask the group if they know the song, "*This Old Man*." Sing a bit so they know the melody.
 4. Tell the group that we are all going to do a variety of things. Demonstrate what you want to do using the following verse:

Here's One Foot ((This Old Man))

*Here's one foot
Here are two
Each is wearing one new shoe
So I'll stand up, turn around, dance around the floor
Dancing is what feet are for*

5. Alter the movement by suggesting or requesting from the group other movements such as walking, running, walk on tip toes, skipping, marching, etc.
6. Finish the snack activity with the Good-Bye Song.

Notes and Suggestions:

See if one of the parents wants to lead the activity.

Activity 12.5 Puppet Power: No and Tell

Time 20 Minutes
Construct Behavior Encouragement
Materials Puppets

Teaching Goal:

To model situations in which it would be appropriate to say, "No."

Procedures:

1. Have the children sit in a semi-circle on the floor.
2. Discuss with the children times when it is okay to say "No." Discuss times when it might not be okay to say "No."
3. Play act the following situations with puppets in which the puppets refuse to participate by saying "No."
 - a. A stranger asking the child to go for a ride.
 - b. An invitation to steal something with a friend.
 - c. A stranger approaching a child on the playground to go for a walk.
 - d. An invitation to smoke or drink alcohol or drugs.
 - e. Any relevant class situation.
 - f. Someone wanting to touch your penis or vagina.
4. Just after the invitation has been made to perform an unacceptable behavior, elicit from the children what the puppet should do. In all the above cases, the puppet should say "No" and walk away and go tell a parent, teacher or trusted grown-up. Have the children practice saying "No" by shouting the word. After the children have shouted "No" continue with the skit and have the puppet say "No" and walk/run away and tell a trusted grown-up.

Notes and Suggestions:

Follow through on the above situations by modeling the desired behavior.

Activity 12.6 Red Light, Green Light

Time

10 Minutes

Construct

Behavior Encouragement

Materials

Large area free of obstacles

Teaching Goal:

To reinforce behavior control.

Procedures:

1. Have the children seated on the floor in a semi-circle prior to starting the activity while you explain the rules.
2. Explain the rules of the game. One child stands in front of the group with their back towards the group. The remaining children are standing behind. The goal is to sneak up on the child in front without being caught. The child in front says "Green light" which gives the others permission to sneak up. At any time, the child in front may yell "Red light" and quickly turn around. If any children are caught moving, they must return to the rear of the group and start over. The game ends when the child in front is touched by another. That child then gets to stand in front of the group. The game begins again.
3. Repeat the game for 10 minutes.

Notes and Suggestions:

1. Remind the children to touch the child in front "lightly."
2. Almost always controversy will arise regarding whether a child was caught moving or not. One leader may act as the game official whose job is to settle disputes.
3. A reminder – it is always wise to have children seated in a semi-circle prior to beginning each activity. Such action serves to reduce non-attentive behavior and reinforces group cohesiveness.
4. If you have a large number of children, form two Red Light, Green Light games. Inactive children will pose problems sooner or later. Keep children active and managed.

Activity 12.7	Learning Center Time
Time	10 Minutes before the end of group
Construct	Developmental
Materials	See supply list for materials

Teaching Goal:

To encourage children's creativity and cooperative play.

Procedures:

1. Allow children free time at the four Learning Centers. Older children and younger children should be encouraged to play together.
2. If there are four staff, each staff supervises a Learning Center
 - a. **Arts** area. Encourage creative play with the sand table and art materials.
 - b. **Building Blocks** area. Great fun for children to work cooperatively in building things.
 - c. **Book and Reading** area. Encourage children to look at books on their own, Better yet, have one of the staff read stories and watch children gather around!
 - d. **Dress-up** area. Rules will be needed for this area. Children will likely want to take items home. Also, any dress-up clothes that portray "violent action figure" will definitely result in like play. An important rule: no clothes that depict violence; no violent pretend play.

Notes and Suggestions:

Encourage the children to have fun. Happy children are easier to manage than unhappy ones. Free time learning develops important social skills. It's an important component to the Nurturing Program.

Activity 12.8	Closing and Good-bye
Time	10 Minutes
Construct	Empathy
Materials	None

Teaching Goal:

To reach closure on session in a nurturing way.

Procedures:

1. An appropriate closing activity is one that parallels the parent program: the group hug. Have children and staff standing in a circle together holding hands.
2. Tell children that each weekly session will end with a group hug: a time when we can say good things to each other. Anyone can say anything as long as it's positive.
3. You may choose to add a closing story or song if you like. Be creative.
4. Wish the children well and tell them you look forward to seeing them next session.

Notes and Suggestions:

1. Encourage children to say nice things to each other.
2. You may also choose to end the group with a quiet story time.