

Parent Lesson + Resource Guide: Body Safety During COVID-19 (Safe Touch Online)



Grades: PreK - 2nd

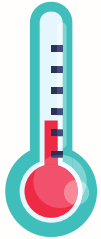
This guide is intended to support parents in navigating body safety conversations with their kids during the pandemic and beyond. Parents are encouraged to use this guide with our SafeTouch Online video lesson, "Body Safety During COVID-19." The lesson is intended to provide age-appropriate, kid-friendly language and modeling for students in grades PreK-2nd about how to keep their bodies safe from germs and unsafe touches. You can find the accompanying video to this lesson at www.ocrcc.org/safetouch/videos.

Lesson Review

[Click here for video lesson](#)



Feelings Thermometer



The feelings thermometer includes 5 "feelings zones." Each zone has its own color and coping strategies for the associated feelings. Parents can use this tool to support their children with emotional awareness and regulation:

[Click Here to Download the Feelings Thermometer](#)

Book #1: Staying Safe from the Virus

How can we work together to help stay safe from the virus?

- Wash your hands for at least 20 seconds- sing your favorite song while you wash!
- Stay clean and safe by washing hands before touching nose, eyes, mouth, or face
- Wave instead of giving a handshake, high five, or fist bump
- Stay at home as much as I can
- Stay at least 6 feet away from people I don't live with
- Wear a mask!



Lesson Review Continued

Book #2: Safe Touches Only



Safety is important. What are some things that you do to keep your body safe?

Buckle your seat belt in the car, wear a helmet when you ride your bike, brush your teeth



Some touches are safe—safe touches make you feel good and happy. What are some safe touches that you like?

Hugs, high fives, pat on the back, handshakes, etc.

Is it ok to say no or stop if someone gives you a touch that you don't like?

Yes, because your body belongs to you!



What should we do before we give someone else a safe touch like a hug?

Ask! To make sure that's a safe touch for that person.

What are some unsafe touches—touches that hurt or that you don't like?

Hit, punch, pinch, bite, etc.



An unsafe or uncomfortable touch would be if someone touched the private parts of your body. The private parts of your body are the parts covered by a bathing suit.



No one has the right to touch the private parts of your body, unless it's to help keep you safe and healthy (like at the doctor's office). Whether that person is a grown up or another child, it is still not okay for them to give you an unsafe or uncomfortable touch.



What can you do if someone gives you an unsafe touch?
Say No, Get Away, and Tell Someone.



Is it ever your fault if someone touches you in a way that you don't like?
No! Even if you didn't follow the safety saying, it is never your fault.



Who could you tell?
Parent, teacher, babysitter, doctor, school counselor, any adult you trust to help you!

Is it safe to keep secrets about touches?
No, you never have to keep a secret about any touch! It's always ok to tell a trusted adult.

Additional Resources for Parents + Caregivers

OCRCC 24/7 Helplines

Phone Helpline: (919) 967-7273

Text Helpline: (919) 504-5211

Online Chat Helpline: Click the button at the bottom of our website at ocrcc.org

Darkness to Light: [Protecting Children During a Crisis Resources](#)

OCRCC You Are a Special Person Coloring Book

[Click Here to Download in English](#)

[Click Here to Download in Spanish](#)

CONTACT OCRCC



Office: (919) 968-4647



1506 East Franklin St. Suite 200
Chapel Hill, NC 27514



www.ocrcc.org



What to Do if a Child Discloses

If a child discloses that they have experienced some form of abuse or bullying, online or in-person, follow these steps to support them and help keep them safe:

1

Young people need to be supported and encouraged by your listening. Let them lead the way in talking about what happened- "I believe you and it's not your fault. Do you want to tell me more about how your feeling?"

2

Respond calmly and with reassurance. "I am so glad you told me- it is not your fault. I am sorry this happened to you and I will do my best to help you and keep you safe."

3

Ensure their immediate safety. Depending on the nature of the incident, you may need to report it to your child's school, DSS, or law enforcement. You can contact OCRCC if you are unsure about your legal reporting requirements or if you need additional support. Our 24-Hour Phone Helpline is (919) 967-7273.

4

Get help from people trained to support children who have experienced abuse (school counselor, social worker, therapist). Respect a child's privacy around the details of the event and who is told.

5

Try to follow normal routines. This provides reassurance while children seek to reestablish a sense of control over their life.

6

Recognize your own feelings. It's ok to seek help for yourself while you are also helping others. Our trained advocates are just one phone call, text, or chat away to provide support to survivors and their loved ones.

If you would like support around talking to children in your life about body safety and sexual abuse, OCRCC's Phone, Text, and Online Chat Helplines are available in English and Spanish 24 hours a day, 7 days a week.