

## Saying “No” to Unwanted Touch

### Session 23 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 23 Agenda:

| Activity                                 | Time       | Required Materials                              |
|--|------------|---|
| 23.1 Hello Time: Something Good About Me | 15 Minutes | None  |
| 23.2 Circle Time: Saying No              | 25 Minutes | None  |
| 23.3 No Mobile                           | 25 Minutes | Scissors, glue, magazines, string, coat hangers |
| 23.4 Family Nurturing Time: Hokey Pokey  | 20 Minutes | Snacks and beverages                            |
| 23.5 Puppet Power: No and Tell           | 20 Minutes | Puppets   |
| 23.6 Red Light, Green Light              | 10 Minutes | None  |
| 23.7 Learning Center Time                | 10 Minutes | None  |
| 23.8 Closing and Good-bye                | 10 Minutes | None  |

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**Activity 23.1 Hello Time: Something Good About Me**

Time 15 Minutes  
Construct Self-Awareness  
Materials None

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**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.

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**Activity 23.2      Circle Time: Saying No**

Time                      15 Minutes  
Construct                Self-Awareness  
Materials                None

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**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.

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**Activity 23.3    No Mobile**

Time

25 Minutes

Construct

Self-Awareness

Materials

Scissors, glue, magazines, string, coat hangers

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**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.”

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**Activity 23.4    Family Nurturing Time: Hokey Pokey**

Time                    20 Minutes  
Construct              Empathy  
Materials               Snacks and Beverages

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**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. Mention to the group that they will play a game called the “Hokey Pokey.” Let one facilitator stand in the center of the circle and lead the activity.

**Hokey Pokey**

*You put your right hand in, you take your right hand out,  
You put your right hand in, and then you shake it all about.  
You do the hokey pokey and you turn your self around.  
(hand in air, body swaying as you turn around in place)  
That's what it's all about!*

Repeat with substituting left hand, right and left arms, right and left feet, right and left leg, etc. Use all parts of the body and let children suggest the body parts.

3. When the snack activity is completed, end with the Good-Bye Song.

**Notes and Suggestions:**

1. Some parents may feel a little silly dancing. Having fun is not common among some families. Encourage parents to join in.
2. Make sure all facilitators and volunteers participate in the activity.

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**Activity 23.5 Puppet Power: No and Tell**

Time 20 Minutes  
Construct Behavior Encouragement  
Materials Puppets

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**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.

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**Activity 23.6     Red Light, Green Light**

Time

10 Minutes

Construct

Behavior Encouragement

Materials

Large area free of obstacles

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**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.

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|----------------------|------------------------------------|
| <b>Activity 23.7</b> | <b>Learning Center Time</b>        |
| Time                 | 10 Minutes before the end of group |
| Construct            | Developmental                      |
| Materials            | See supply list for materials      |

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### 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.

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| <b>Activity 23.8</b> | <b>Closing and Good-bye</b> |
| Time                 | 10 Minutes                  |
| Construct            | Empathy                     |
| Materials            | None                        |

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### 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.