

# Stranger Danger Physical Contact



# Physical Contact and Stranger Danger

## Purpose

To understand what is appropriate and inappropriate physical contact.

To know how to keep safe if approached by a stranger.

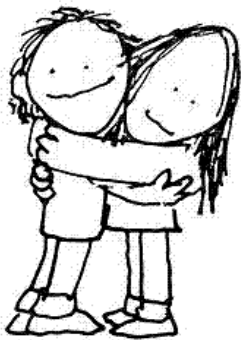
## Entrance of Pupils

*A thought provoking slideshow introducing the theme of 'Physical Contact and Stranger Danger' for the pupils to enter assembly to (10 minutes)*

## Three types of physical contact

Touch is an important part of communication. It can show kindness, love, warmth, keep you from danger. Without touch, we would be less able to show our emotions, less 'human'.

However it is really important to be able to know the difference between safe touches, unsafe touches and unwanted touches.



## Safe Touches

These are touches that keep people safe and are good for us, making us feel cared for and important. Safe touches can include hugging, pats on the back, an arm around the shoulder. Safe touches can also include touches that might hurt, such as removing a splinter, a doctor or nurse giving us an injection or someone holding us back if we are likely to hurt ourselves or others.



## Unsafe Touches

These are touches that hurt children's bodies or feelings for a bad purpose, for example, hitting, pushing, pinching, smacking and kicking. These unsafe touches are NOT okay and you should not have to put up with them.



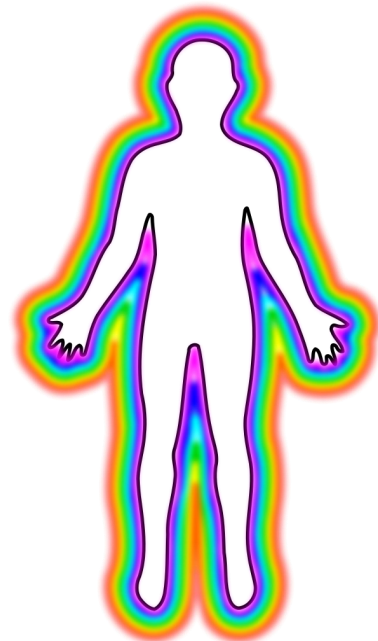
## Unwanted Touches

These are touches that are not wanted or are inappropriate. They might include touching a person or being touched by a person on a private part of your body or in a way that you are not comfortable with. It is important to know that you can say no to an unwanted touch, even if it's from a familiar person.



## Using the Correct Names of Body Parts

It is often hard to tell adults about unwanted touch (sexual abuse) because we may feel uncomfortable about finding the right words to use. Learning correct (anatomical) words for private body parts gives us the vocabulary we need and helps us to know that it's okay to talk about those body parts.



## The Safety Rules

- It's not okay to touch someone else's private body parts with or without clothes on
- It's not okay for someone to touch his or her own private body parts in front of you.
- It's not okay for someone to ask you to touch his or her private body parts with or without clothes on.
- It's not okay for someone to ask you to take your clothes off or to take pictures or videos of you with your clothes off.
- It's not okay for someone to show you photos or videos of people without their clothes on.
- You can decide who can touch you, who can kiss you, or who can give you a hug. You have the right to say, "no."



## Trust Your Instincts

- Your instinct is there to keep you safe. It's that little voice, that feeling inside you telling you if something is okay or not. It can be described as an "uh-oh" feeling.
- Sometimes your instinct may be wrong, but if it's telling you that you might be in danger or that a situation is unsafe, you should always listen to it, just in case.
- If you ever feel scared or uncomfortable, you should get away as fast as you can and tell a trusted adult what happened or what worried you.



## What Do You Do If Someone Touches You in an Unsafe Way?

There are different things that you can do to be safe and to stop unsafe touches:

- ⇒ Say no!
- ⇒ Tell the person that you don't like it and you don't want to be touched.
- ⇒ Call for help.
- ⇒ You can scream and make a scene
- ⇒ Get away fast!
- ⇒ Run away from the person whose touch you don't like.
- ⇒ Do everything you can to stay away from the person who is touching you in the wrong way or making you feel uncomfortable. ·
- ⇒ Believe in yourself. You did nothing wrong.
- ⇒ If someone touches you in the wrong way, tell someone you trust what has happened and if the person you go to doesn't believe you, go to someone else you trust until someone believes you and helps you.
- ⇒ Don't let threats scare you into running away or keeping quiet.
- ⇒ When a person touches you and asks you to keep it a secret between the two of you, ask yourself, "Does the secret bother me?" ·
- ⇒ Don't keep secrets that make you feel uncomfortable.
- ⇒ "It's never too late to tell.



## Stranger Danger

90% of people who have been hurt know their abusers. It is far less common for this person to be a stranger, however it is still very important that we know how to keep safe from strangers who may wish to harm us.

A stranger is anyone that your family doesn't know well. It's common for people to think that "bad strangers" look scary, like the villains in cartoons. This is not only false, but it's dangerous for us to think this way. Good looking strangers can be just as dangerous as those who appear less 'normal'. You cannot know what a person is like just by the look of them.



## Who are Safe Strangers?

Safe strangers are people we can ask for help when we need it. Police officers, nurses and firefighters are three examples of very recognisable safe strangers. Teachers, teaching assistants and librarians are adults that you can trust too and they are easy to recognise and find when they're at work.

Where possible, go to a public place to ask for help if a stranger approaches you.

## Recognising and Handling Dangerous Situations

Perhaps the most important way that we can keep safe is to learn to be wary of potentially dangerous situations – this will help us when dealing with strangers as well as with known adults who may not have good intentions.

Recognise the warning signs of suspicious behaviour, such as when an adult asks you to disobey their parents or do something without permission; asks you to



keep a secret; asks children for help; or makes you feel uncomfortable or suspicious in any other way.

Consider these scenarios and think about what you would do:

- A nice-looking stranger approaches you in the park and asks for help finding their lost dog.
- A woman who lives in your neighborhood but that the you have never spoken to invites you into her house for a snack or to help with a small job
- A stranger asks if you want a ride home from school or suggests that your parent has asked them to give you a lift
- Your think you are being followed.
- An adult you knows says or does something that makes you feel bad or uncomfortable.
- Whilst walking home from a friend's house, a car pulls over and a stranger asks you for directions.

### **Other Safety Precautions**

- Let someone know where you are at all times.
- Have access to a phone with important contact numbers in (parents, key family friends etc)
- Know where there are safe places. This may include shops/cafes
- Be assertive.
- Stay with your friends. There is safety in numbers!

**Remember that the vast majority of people are good, kind and safe. We do not need to spend our life fearing the worst. A few precautions and a good knowledge of how to keep safe will mean that most people do not have to face abusive situations.**

### **Online Safety**

There are many dangers connected with online safety. These are extremely important to learn about and are covered by a separate programme available in Series C of Key Stages 2 and 3 called 'E Safety' at [www.teacheasy.org.uk](http://www.teacheasy.org.uk)



## The Bible Says

Jesus said:

‘Be not afraid. I go before you. Come follow me and I will give you rest.’

**John Chapter 6**

## Let's Pray

Dear Lord

We pray for all those people who live with difficult and abusive situations. Give them the strength and courage to tell someone about what is happening so that the situation can be dealt with and their lives improve.

Amen

## Putting It Into Practice

Make a list of 10 people that you would be able to go to if you , or a friend of yours, was in a difficult situation. If possible, research their telephone number, email and address.

Keep it somewhere safe—like on the notes section of your phone.

## Exit of Pupils

*A thought provoking slideshow of the key issues raised in the assembly about the theme of Physical Contact and Stranger Danger' for the pupils to exit assembly to (10 minutes)*



## Collective Worship and Putting it into Practice for the Rest of the Week

### Day 2

Dear God

Thank you for giving us the gift of free will. Bless all those who decide each day to live a good and moral life. Help those who choose bad paths to be led to better decisions and to change their life choices.

Amen

**Consider the following scenarios and discuss with others what would be the safe thing to do in each case:**

- A nice-looking stranger approaches you in the park and asks for help finding their lost dog.
- A woman who lives in your neighborhood but that the you have never spoken to invites you into her house for a snack or to help with a small job
- A stranger asks if you want a ride home from school or suggests that your parent has asked them to give you a lift
- Your think you are being followed.
- An adult you knows says or does something that makes you feel bad or uncomfortable.
- Whilst walking home from a friend's house, a car pulls over and a stranger asks you for directions.

### Day 3

Dear God

Save us Lord, while we are awake; protect us while we sleep ; that we may keep watch with Christ and rest with him in peace.

Amen

**Compline (Night Prayer)**



Think about places that are usually safe and places that can be dangerous.

Sort this list into one or the other category and explain why you think that:

Park, large shop', police station, empty church, schools, town centre, short cut home, graveyard, motorway underpass, bus or train station; taxi rank; a football match.

#### Day 4

Dear God

'Christ be with me, Christ before me,

Christ be behind me, Christ be within me,

Christ be beneath me, Christ be above me.

Christ on my right hand, Christ on my left hand,

Christ when I lie, Christ when I sit,

Christ when I stand, Christ ever be.'

Amen

#### St Patrick's Breastplate

Research the term 'Bounded Confidentiality'.

What does it mean?

What does it tell you to do?

Make a poster that explains that a victim of abuse should tell someone and the friend of a victim should tell also.



## Day 5

Dear God

'Christ be in the heart of everyone who thinks of me,  
Christ be in the mouth of everyone who speaks of me,  
Christ be in the eyes of everyone who sees me,  
Christ be in the ears of everyone who hears me.

Amen

**St Patrick's Breastplate**

With permission, research staying safe from abuse on NSPCC website or the Childline Website.

In a group, prepare a short play, drama or assembly on staying safe which is suitable and informative for your friends.

