

MOCOSA

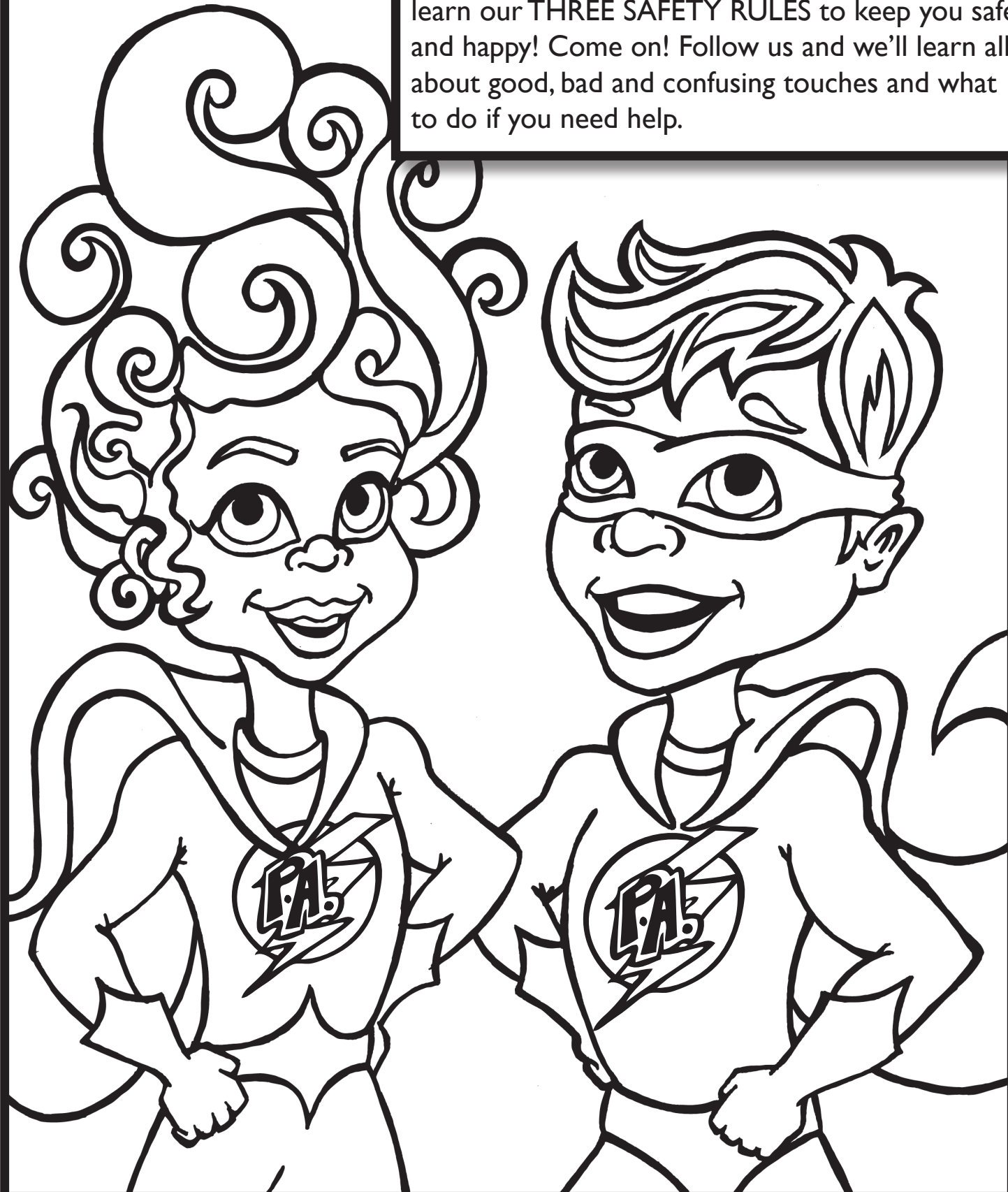
Metropolitan Organization to Counter Sexual Assault

**ACTIVITY
BOOK FOR
3RD-5TH
GRADES**



**PROJECT
AWARE**

Hi everybody! We are Ace and Pax and we want to teach you about PROJECT AWARE! In this activity book we'll teach you about different kinds of touches. Most importantly, we want you to learn our **THREE SAFETY RULES** to keep you safe and happy! Come on! Follow us and we'll learn all about good, bad and confusing touches and what to do if you need help.



EVERYDAY WE ARE TOUCHED BY SOMEONE.

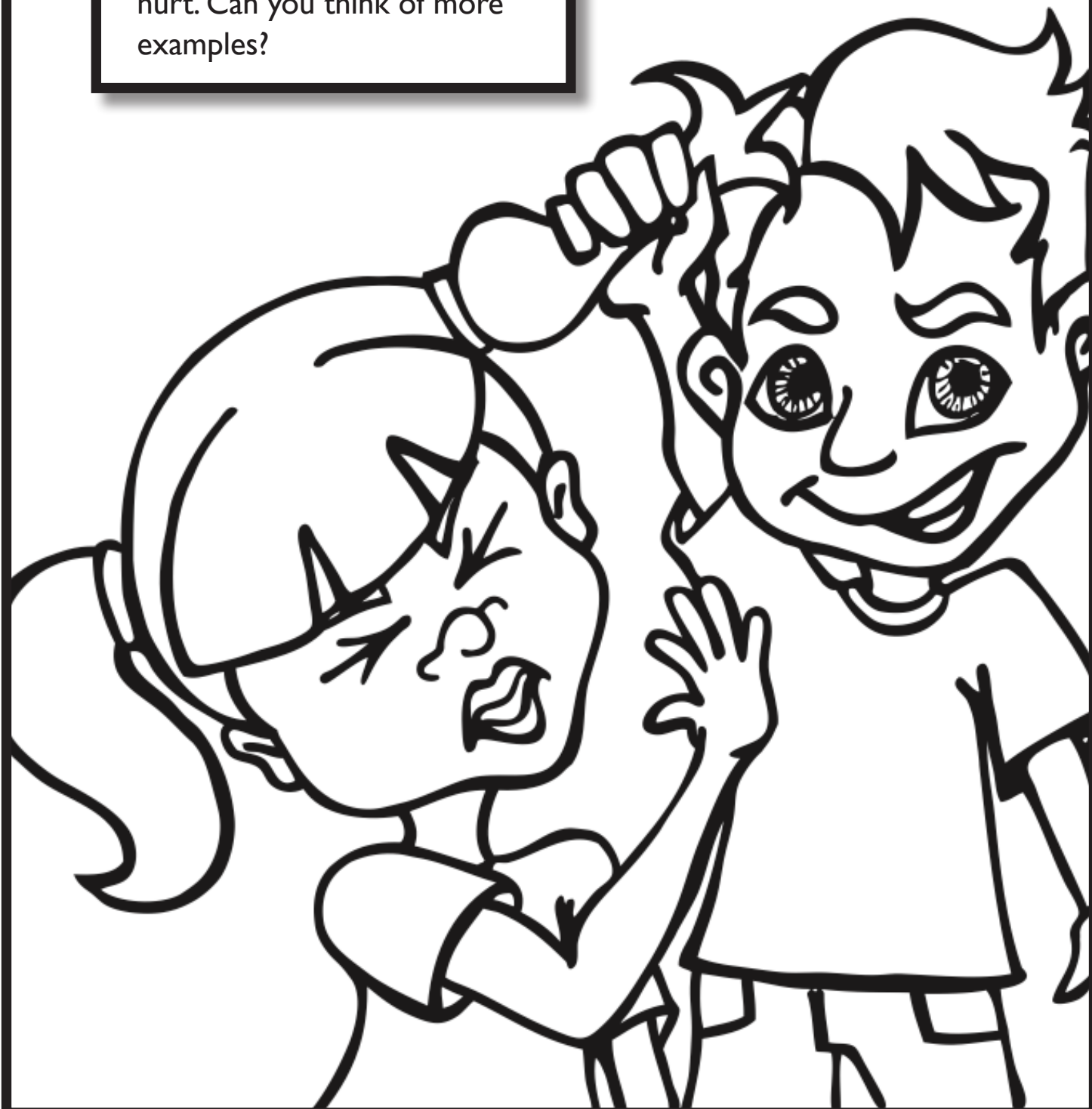
There are many kinds of touches. A **GOOD TOUCH** is a touch that makes us feel warm and happy inside. Like when we give each other high-fives or pats on the back. Those are all examples of good touches. Can you think of other good touches?

**REMEMBER THAT
YOUR BODY
BELONGS TO YOU!**

Another type of touch is called a BAD TOUCH. Bad touches, like pushing or kicking, can make you feel sad, mad and can hurt. Can you think of more examples?

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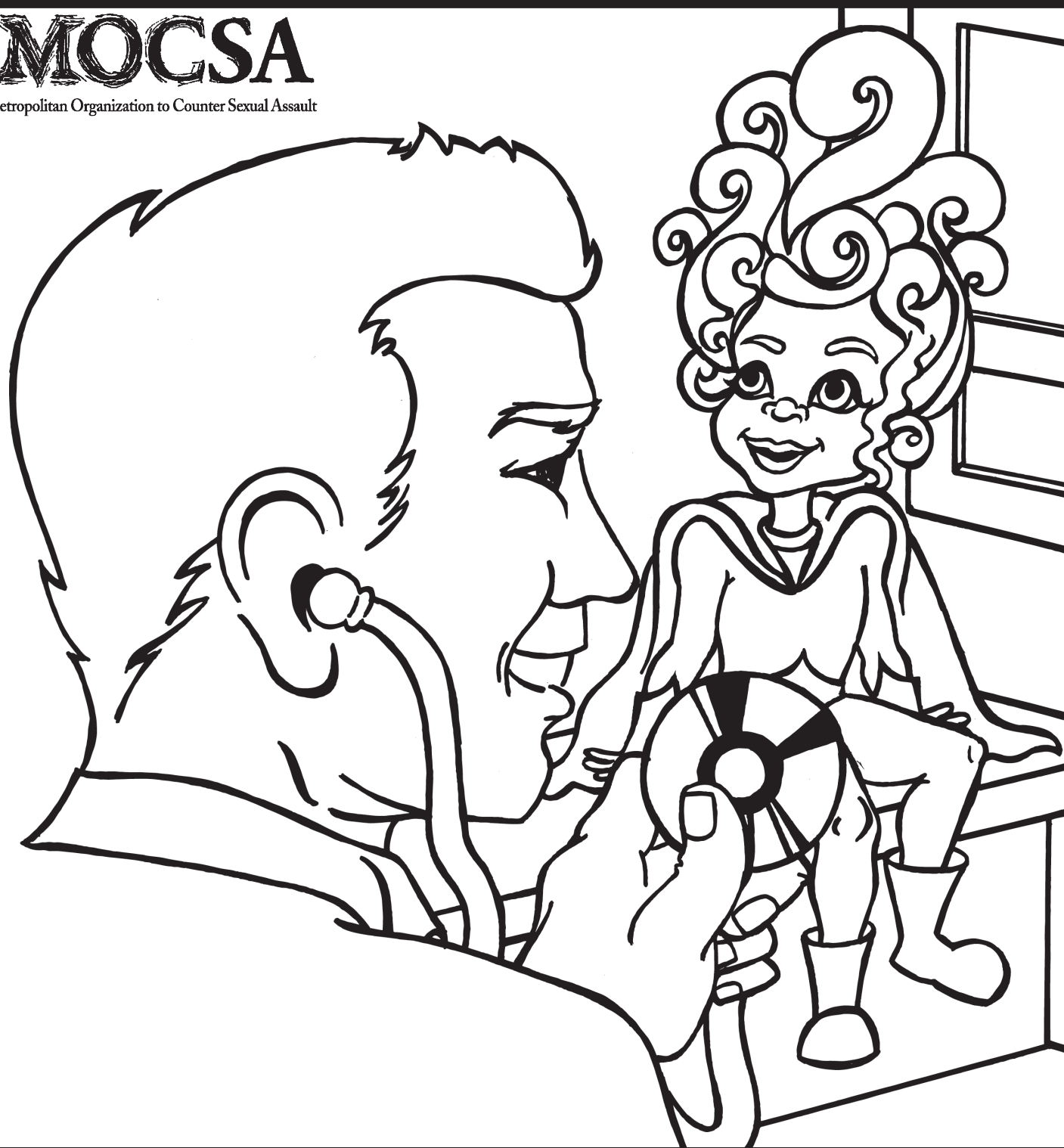
**WHAT ABOUT A TOUCH THAT MAKES
YOU FEEL FUNNY OR MIXED UP INSIDE?**

The last type of touch we want to teach you about is called a CONFUSING TOUCH. A confusing touch is when someone touches your private parts for no good reason. Your private parts are any parts that are covered up by a bathing suit. Confusing touches can make you feel funny, mixed up or uncomfortable.



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WHEN ARE PRIVATE TOUCHES OKAY?

Sometimes, a grown-up might need to touch your private parts to make sure that you're clean or healthy. When I was a baby, my parents had to change my diaper and give me baths. Or when Pax or I visit the doctor, sometimes he has to look at our private parts to make sure we're healthy. It's only okay for a grown-up to touch your private parts if it's to make sure you're clean or healthy.

Remember, your private parts belong to you, and it is not ok for someone to touch your private parts for no good reason. If someone tries to touch your private parts or tries to trick you into touching their private parts, remember your safety rules.

3 RULES

TO FOLLOW IF YOU ARE TOUCHED IN A
CONFUSING WAY:

SAY NO!

IT'S YOUR BODY!

2



TELL SOMEONE!

TELL A TRUSTED ADULT
WHAT HAPPENED!



GET AWAY!

LEAVE AND FIND A
SAFE PLACE!



SAY NO!

Unscramble the letters to finish the phrase. What are the ways can you say no?

RULE #1

1. How does a good touch make you feel?

RAWM NAD PAPYH NIDSEI

2. How does a bad touch make you feel?

DAS RO DMA

3. A confusing touch may make you feel...

NUFNY RO EDIRW SEIDIN

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1.) 2 16 12 24 15

2.) 13 18 7 16 26 16 12

3.) 7 18 19 19

2 15 6 18 15 24 18

Key

1 = J
2 = S
3 = Z
4 = P
5 = R
6 = M
7 = T
8 = B
9 = D
10 = H
11 = V
12 = Y
13 = G
14 = K
15 = O
16 = A
17 = C
18 = E
19 = L
20 = Q
21 = U
22 = F
23 = I
24 = N
25 = Q
26 = W

RULE #2

GET AWAY!

Use the key to decode the message.
How can you get away?

RULE #3

TELL SOMEONE!
 Finish the maze.
 Who's an adult you could talk to?

Who do you tell?

Start
↓

A Stranger

Your Pet

↓
Trusted Adult

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WHO ARE YOUR TRUSTED ADULTS?

If someone touches your private parts or touches you in a way that makes you feel funny, you should tell an adult that you trust. People like your mom, dad, grandparents, your teacher or school counselor, or your friend's parents are good adults to talk to.

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WHO CAN YOU TRUST?

Think of people in your life that you trust. Remember, good adults that you can talk to could be your parents or grandparents, your teacher or school counselor, even your friend's mom or dad.

Can you think of someone else you could tell?

Draw a picture of the person you would tell.



FOR PARENTS: HELPFUL INFORMATION AND TIPS

SCOPE OF THE PROBLEM:

Unfortunately, sexual abuse occurs more often than we would like to think. National statistics tell us that one out of every four girls and one out of every six boys will be sexually abused before age 18. Children with disabilities are at an even greater risk of being abused. Children are also more likely to be abused by someone they know; 85% of reported child sexual abuse is committed by relatives, family friends, or someone the child knows and trusts.

HOW YOU CAN PROTECT YOUR CHILD FROM SEXUAL ABUSE:

- Talk to kids every day and take time to really listen.
- Elevate supervision when children are alone with adults or other children.
- Teach children to say "no" to any unwanted touches. Encourage friends and family to respect the child's touching boundaries.
- Increase warm interactions by letting children know you are present and by offering support.

WHAT TO DO IF YOU THINK YOUR CHILD HAS BEEN ABUSED:

- Believe the child. Children rarely lie about sexual abuse.
- Support the child by listening and staying calm.
- Reassure the child that it is not his or her fault. A child's greatest fear is that s/he is responsible for the incident.
- Report the abuse or suspected abuse immediately to the Child Abuse Hotline or the police.

HOW DO YOU REPORT SEXUAL ABUSE?

Oral report must be made immediately to the state in which it happened.

In Missouri: **800.392.3738**
Out-of-state: **573.751.3448**
TTY: **800.669.8689**
In Kansas: **800.922.5330**
National Child Abuse Hotline: **800.422.4453**

The following is a partial list of indicators that may indicate a serious problem deserving more attention. Any major changes in a child's behavior might warrant further investigation.

BEHAVIOR INDICATORS:

- Any abrupt changes in behavior
- Poor peer relationships
- Low self-esteem
- Unusual interest in, or knowledge of, sexual matters
- Recurrent nightmares, disturbed sleep patterns and/or fear of the dark
- Report of sexual involvement with an adult or child
- Draws images that are sexual in nature
- Regression to more infantile behavior such as bed-wetting, thumb-sucking or excessive crying
- Thinks of body or self as bad or dirty
- Self-destructive behavior
- Change in eating habits

PHYSICAL INDICATORS:

- Sexually transmitted disease
- Pregnancy
- Frequent urinary tract infections
- Difficulty walking or sitting





MO Hotline: (816) 531-0233

KS Hotline: (913) 642-0233

mocsa.org



PROJECT AWARE

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