

Lesson 8- Personal space and Safe and Unsafe touch

- **Personal space**

Complete Personal space bubble cube

There are different levels of closeness that people have with different people. You might have only one or two people that you would have a cuddle with, whereas you might feel comfortable giving a lot more people a hi-five. Some people it's appropriate to wave but not to give a hug to.

It's important to have a discussion about how other people have their own personal space plans too and we need to remember this and respect this as well!

I have attached a Personal space feels like, looks like, sounds like activity-

The first page is a t-chart, second page are examples that can be cut up and arranged into the correct place on the t-chart, third page is a safe choices and unsafe choices poster (you could draw or write some of your own examples here) and the fourth page has more examples.

Personal space- too close worksheet-

This is a simple pictures-based sorting activity to help determine whether something is too close by reading the situation and body language.

- **Safe and unsafe touch**

The appropriateness of touch is dependent upon a number of factors including who is doing the touching and whether or not you have choice and control. There are different levels of intimacy (closeness, affection, caring) between different types of people/relationships. For example a close cuddle with your mum, or giving your friend a hug when you meet up (discuss the differences).

There are some touches that are unsafe- this includes any touches involving private parts of your body, or touches where someone is hurt on purpose- these are never OK.

Discuss the different levels of comfort/touch with the same person but at different times. For example wanting a cuddle from mum or dad when feeling down or upset, and wanting to be left alone if you're angry.

Touches can change from being safe to unsafe. For example, being tickled is a safe touch if it is being enjoyed by both people, however if one person says they don't want to be tickled anymore and the other person keeps tickling them, it can become an unsafe touch.

Some touches can be safe/unsafe depending on circumstances. For example a light punch in the arm by a friend while play fighting or having a joke is a safe touch, but a hard punch from someone who is trying to hurt you is an unsafe touch.

How do we tell whether a touch is safe or unsafe?

- Safe touch feels good and is enjoyed by BOTH people
- Unsafe touch do not feel good and may give us some EWS (reinforce what these are). They may be painful or make us feel uncomfortable, confused or embarrassed.

If a touch is unsafe we = No, Go, Tell

It's good to practice this, so that if you ever need to, you will know how to say no assertively

How do you say No?

- Assertively – use a strong, loud voice, use body language to show you mean business – head up, shoulders back and look the person in the eye, you may put your hand up like a stop sign.

Where can you Go?

- Get away from the person, place or situation where you feel unsafe, find a person or place you feel that you feel safe as quickly as possible.

Who can you Tell?

- Tell a trusted adult on your network hand, if they are not available an emergency network person (eg someone in a uniform like a police officer or security guard). If you don't get help the first time you keep asking until you feel safe again.