

NO! GO, TELL

1. Revisit rules about private parts:

No one is allowed to touch or look at my private parts.

No one is allowed to make me touch or look at their private parts.

No one is allowed to show me rude pictures or take photos of my private parts.

My mouth is a special private part. No one is allowed to stick anything yucky in my mouth.

2. Introduce NO GO TELL:

We're going to talk about what you can do if someone breaks the rules about our private parts. We need to use the NO! GO, TELL steps – to tell them, "NO!", to go away from them and to tell a trusted adult.

NO!: If someone touches our private parts or breaks another rule about our private parts, we need to tell them "NO!" or "STOP!" in a big, strong voice. We could say "STOP, it's not allowed!", because we know that they have broken the rules about our private parts. Let's practice saying that together in a big, strong voice: "STOP, it's not allowed!". (practice 3 times)

When we say, "STOP, it's not allowed!" we can put our hands out in front of us telling the person with our body that we don't want them near us. Let's practice again, this time with our hands out in front of us. (practice 3 more times: "STOP, it's not allowed!" with hands outstretched).

It can take a lot of courage to tell someone, "NO!" or "STOP!", particularly if they are an adult or an older child. No matter who they are, they are not allowed to touch our private parts and we will not get into trouble for telling them, "NO!".

GO: The second thing we need to do if someone breaks a rule about our private parts is to go away from them straight away to a safe place. A safe place is somewhere there are people I know and trust and who will listen to me. A safe place is somewhere I feel safe and protected.

Q: Where would be a safe place you could go?

(Discuss safe places in different environments, e.g. at school, home at a friend's house or a shopping centre).

TELL: The most important step to remember if someone breaks the rules about our private parts is to tell an adult we trust about what happened. We need to make sure that the adult we tell understands exactly what happened so they can help us and can make sure that it doesn't happen again.

Let's pretend Mary's older brother James showed her some rude pictures in a magazine. Mary stood up and in a big loud voice told James, "STOP, it's not allowed!" and went to find her mother in the next room.

Q: *What should Mary say to her mum?* (Invite students to role play Mary telling Mum.)

Sometimes adults we tell might not listen to us or believe us. If this happens we need to find another adult to tell or call Kids Helpline (tel: 1800 55 1800). We shouldn't stop telling adults we trust until we get the help we need to feel safe again and to solve the problem.

Q: *What could Mary have done if Mum didn't listen to her or believe her?*
(Tell another adult she trusts and don't stop telling until she feels safe again.)

3. Discussion/role play:

Let's pretend Luke's Uncle Eric was playing a tickling game with Luke and stuck his hand under Luke's pants and touched his penis.

Q: *What should Luke do?*

(Encourage students to first discuss, then act out, "Stop, it's not allowed!"; going to a safe place; and telling a trusted adult).

Role playing making a disclosure is of particular value to students.

Additional role play scenarios are located on Worksheet 3.5. These scenarios may be used as part of this lesson or as a follow-up activity to reinforce the key points. Children become more equipped to respond to abuse with every opportunity they have to rehearse responsive strategies.

4. Summarise key points:

- It is never our fault if someone breaks the rules about our private parts.
- If someone breaks the rules about my private parts I need to: say, NO or STOP, it's not allowed!; go to a safe place; and tell an adult I trust.
- If they don't listen or believe me, I need to tell another trusted adult.
- If I can't find anyone to listen or believe me, I can ring Kids Helpline (1800 55 1800).
- I shouldn't stop telling adults I trust until I get the help I need to feel safe again and to solve the problem.

Note: Please change names if any students share the names of children in the scenarios.