

THE GREAT BODY SHOP

Come in and learn about your body!

Child Sexual Abuse Prevention Grade 5 Power Lessons and Reinforcements

The Children's Health Market recognizes that the topics of child sexual abuse prevention and personal safety are subsets of the larger theme called Violence and Injury Prevention. Core prevention knowledge, values, and skills have been integrated into THE GREAT BODY SHOP and are evident in several locations throughout the Units, Lessons, Substance Abuse/Violence Prevention Portfolios, and Reinforcement Activities.

This document is designed to assist Oregon school districts in locating four **Child Sexual Abuse Prevention Power Lessons** that are aligned to the **OREGON HEALTH EDUCATION STANDARDS AND PERFORMANCE INDICATORS** and **SB856**. The lessons highlighted below are suggestions for your consideration. The Children's Health Market encourages each district to fully review these lessons, and others from the complete digital alignment, and customize **THE GREAT BODY SHOP** to meet their specific needs.

Oregon Objectives	Perf Obj	Unit	Lesson/Activity
Discuss human reproductive systems including reproductive anatomy and function.	HE.1.5.6	505	Send the Message: My Body Is Private, Lesson 4: Define the right to privacy; define "private parts;" identify safe, unsafe and confusing touch; identify tricks that perpetrators use to take advantage of children; define sexual harassment; identify social media as one way people harass and abuse others; demonstrate refusal skills; describe personal space of self and others; identify and access trusted adults
		506	Growing Up Male and Female, Lesson 2: Discuss human productive systems including reproductive anatomy and function.
Discuss the characteristics of a healthy relationship.	HE.1.5.14	505	Send the Message: My Body Is Private, Lesson 4: Define the right to privacy; define "private parts;" identify safe, unsafe and confusing touch; identify tricks that perpetrators use to take advantage of children; define sexual harassment; identify social media as one way people harass and abuse others; demonstrate refusal skills; describe personal space of self and others; identify and access trusted adults
		505	Friendship, Reinforcement Activity 15: Identify qualities of health and unhealthy relationships
		506	Growing Up with a Healthy Attitude, Lesson 4: Define maturity; demonstrate ways to express maturity, kindness, and respect in relationships; identify unhealthy relationships; describe how positive and negative peer pressure can influence relationships; demonstrate refusal skills; identify bullying behaviors

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Analyze a variety of ways people express affection within various types of relationships.	HE.1.5.17	505	Send the Message: My Body Is Private, Lesson 4: Define the right to privacy; define "private parts;" identify safe, unsafe and confusing touch; identify tricks that perpetrators use to take advantage of children; define sexual harassment; identify social media as one way people harass and abuse others; demonstrate refusal skills; describe personal space of self and others; identify and access trusted adults
		505	Your Emotions and Your Life, Lesson 2: Identify responsible and irresponsible methods of handling strong emotions; use decision making skills to demonstrate steps to determine responsible actions in emotional situations; practice positive coping skills
		505	Friendship, Reinforcement Activity 15: Identify qualities of health and unhealthy relationships
Discuss the sources of support, such as parents or other trusted adults, they can talk to about healthy and unhealthy relationships.	HE.3.5.7	505	Send the Message: My Body Is Private, Lesson 4: Define the right to privacy; define "private parts;" identify safe, unsafe and confusing touch; identify tricks that perpetrators use to take advantage of children; define sexual harassment; identify social media as one way people harass and abuse others; demonstrate refusal skills; describe personal space of self and others; identify and access trusted adults
		505	Troubled Times, Lesson 3: Analyze events that trigger various emotions, identify a support system to access resources and help when needed
		505	My Support System, Home Connection 3: Identify one's personal support system
		506	Talking About Sensitive Issues With A Trusted Adult, Reinforcement Activity 24: Identify parents and/or other trusted adults with whom one can ask questions or talk to about sensitive issues

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Oregon Objectives	Perf Obj	Unit	Lesson/Activity
Demonstrate effective verbal and nonverbal communication skills to enhance health.	HE.4.5.1	501	Your community and How to Call for Help, Lesson 3: Use decision making skills to determine who to call for help; identify the difference between assertive, aggressive and passive communications skills; practice asking for help
		505	Send the Message: My Body Is Private, Lesson 4: Define the right to privacy; define "private parts;" identify safe, unsafe and confusing touch; identify tricks that perpetrators use to take advantage of children; define sexual harassment; identify social media as one way people harass and abuse others; demonstrate refusal skills; describe personal space of self and others; identify and access trusted adults
		506	Talking About Sensitive Issues With A Trusted Adult, Reinforcement Activity 24: Identify parents and/or other trusted adults with whom one can ask questions or talk to about sensitive issues
Define sexual violence including but not limited to interpersonal violence (physical, verbal, emotional and sexual violence).	HE.6.5.3	505	Send the Message: My Body Is Private, Lesson 4: Define the right to privacy; define "private parts;" identify safe, unsafe and confusing touch; identify tricks that perpetrators use to take advantage of children; define sexual harassment; identify social media as one way people harass and abuse others; demonstrate refusal skills; describe personal space of self and others; identify and access trusted adults
		505	Different Types of Abuse, Portfolio 4: Explain types of abuse: physical, verbal, emotional and sexual
		506	Sexual Harassment, Portfolio 2: Practice speaking respectfully to another person by abstaining from sexual harassment to show respect for self and others; respecting personal space; identify sexual harassment as harmful and illegal behavior
Explain that everyone has the right to say who touches their body, when and how.	HE.1.5.15	505	Send the Message: My Body Is Private, Lesson 4: Define the right to privacy; define "private parts;" identify safe, unsafe and confusing touch; identify tricks that perpetrators use to take advantage of children; define sexual harassment; identify social media as one way people harass and abuse others; demonstrate refusal skills; describe personal space of self and others; identify and access trusted adults

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Oregon Objectives	Perf Obj	Unit	Lesson/Activity
Discuss why it is never ok to touch someone, or make someone touch you if they don't want to.	HE.1.5.16	505	Send the Message: My Body Is Private, Lesson 4: Define the right to privacy; define "private parts;" identify safe, unsafe and confusing touch; identify tricks that perpetrators use to take advantage of children; define sexual harassment; identify social media as one way people harass and abuse others; demonstrate refusal skills; describe personal space of self and others; identify and access trusted adults
		505	Different Types of Abuse, Portfolio 4: Explain types of abuse: physical, verbal, emotional and sexual
Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others.	HE.4.5.7	505	Send the Message: My Body Is Private, Lesson 4: Define the right to privacy; define "private parts;" identify safe, unsafe and confusing touch; identify tricks that perpetrators use to take advantage of children; define sexual harassment; identify social media as one way people harass and abuse others; demonstrate refusal skills; describe personal space of self and others; identify and access trusted adults
		506	Sexual Harassment, Portfolio 2: Practice speaking respectfully to another person by abstaining from sexual harassment to show respect for self and others; respecting personal space; identify sexual harassment as harmful and illegal behavior
Discuss sources of support such as parents or other trusted adults, including school staff, they can tell if they are experiencing sexual abuse.	HE.3.5.8	505	Send the Message: My Body Is Private, Lesson 4: Define the right to privacy; define "private parts;" identify safe, unsafe and confusing touch; identify tricks that perpetrators use to take advantage of children; define sexual harassment; identify social media as one way people harass and abuse others; demonstrate refusal skills; describe personal space of self and others; identify and access trusted adults
		505	Troubled Times, Lesson 3: Analyze events that trigger various emotions, identify a support system to access resources and help when needed
		505	My Support System, Home Connection 3: Identify one's personal support system
		506	Talking About Sensitive Issues With A Trusted Adult, Reinforcement Activity 24: Identify parents and/or other trusted adults with whom one can ask questions or talk to about sensitive issues

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Oregon Objectives	Perf Obj	Unit	Lesson/Activity
Discuss sources of support such as parents or other trusted adults, including school staff, they can tell if they are experiencing sexually harassed or abused.	HE.3.5.10	505	Send the Message: My Body Is Private, Lesson 4: Define the right to privacy; define "private parts;" identify safe, unsafe and confusing touch; identify tricks that perpetrators use to take advantage of children; define sexual harassment; identify social media as one way people harass and abuse others; demonstrate refusal skills; describe personal space of self and others; identify and access trusted adults
		505	Troubled Times, Lesson 3: Analyze events that trigger various emotions, identify a support system to access resources and help when needed
		505	My Support System, Home Connection 3: Identify one's personal support system
		506	Talking About Sensitive Issues With A Trusted Adult, Reinforcement Activity 24: Identify parents and/or other trusted adults with whom one can ask questions or talk to about sensitive issues
Demonstrate refusal skills that avoid or reduce health risks.	HE.4.5.3	505	Send the Message: My Body Is Private, Lesson 4: Define the right to privacy; define "private parts;" identify safe, unsafe and confusing touch; identify tricks that perpetrators use to take advantage of children; define sexual harassment; identify social media as one way people harass and abuse others; demonstrate refusal skills; describe personal space of self and others; identify and access trusted adults
Demonstrate asking for help and support, if they or someone they know is being hurt or feels unsafe.	HE.4.5.8	505	Send the Message: My Body Is Private, Lesson 4: Define the right to privacy; define "private parts;" identify safe, unsafe and confusing touch; identify tricks that perpetrators use to take advantage of children; define sexual harassment; identify social media as one way people harass and abuse others; demonstrate refusal skills; describe personal space of self and others; identify and access trusted adults
		506	Talking About Sensitive Issues With A Trusted Adult, Reinforcement Activity 24: Identify parents and/or other trusted adults with whom one can ask questions or talk to about sensitive issues

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Oregon Objectives	Perf Obj	Unit	Lesson/Activity
Practice how consent relates to personal boundaries.	HE.1.5.21	505	Send the Message: My Body Is Private, Lesson 4: Define the right to privacy; define "private parts;" identify safe, unsafe and confusing touch; identify tricks that perpetrators use to take advantage of children; define sexual harassment; identify social media as one way people harass and abuse others; demonstrate refusal skills; describe personal space of self and others; identify and access trusted adults
		506	Sexual Harassment, Portfolio 2: Practice speaking respectfully to another person by abstaining from sexual harassment to show respect for self and others; respecting personal space; identify sexual harassment as harmful and illegal behavior
Discuss potential impacts of power differences as they relate to person boundaries.	HE.2.5.9	505	Send the Message: My Body Is Private, Lesson 4: Define the right to privacy; define "private parts;" identify safe, unsafe and confusing touch; identify tricks that perpetrators use to take advantage of children; define sexual harassment; identify social media as one way people harass and abuse others; demonstrate refusal skills; describe personal space of self and others; identify and access trusted adults



Suggested “Power Lessons” for Child Sexual Abuse Prevention

TG505, Lesson 3 TG505, Lesson 4 TG505, Portfolio 4 TG506, Portfolio 2

Key Concepts and Skills: Anatomy, appropriate/inappropriate touch; touching of another person’s body; personal boundaries; consent, refusal skills, grooming

TG505, Lesson 4: Send the Message: My Body Is Private

TG505, Portfolio 4: Different Types of Abuse

TG506, Portfolio 2: Sexual Harassment

Oregon Alignment: HE.1.5.15, HE.1.5.16, HE.1.5.21, HE.2.5.9, HE.3.5.7, HE.3.5.8, HE.3.5.10, HE.1.5.6, HE.6.5.3, HE.4.5.7

Key Concepts and Skills: Identifying and talking to trusted adults

TG505, Lesson 3: Troubled Times

TG505, Lesson 4: Send the Message: My Body Is Private

Suggested Reinforcement: TG506, Reinforcement Activity 24; TG505, Home Connection 3: My Support System

Oregon Alignment: HE.3.5.7, HE.3.5.8, HE.3.5.10, HE.5.1, HE.4.5.8

Key Concepts and Skills: Avoiding or reducing health risks

TG505, Lesson 4: Send the Message: My Body Is Private

TG506, Portfolio 2: Sexual Harassment

Suggested Reinforcement: TG501, Lesson 3: Your Community and How to Call for HELP

Oregon Alignment: HE.4.5.1, HE.4.5.3

Key Concepts and Skills: Healthy Relationships

TG505, Lesson 3: Troubled Times

TG505, Lesson 4: Send the Message: My Body Is Private

Suggested Reinforcement: TG 505, Your Emotions and Your Life, Lesson 2; TG505, Reinforcement Activity 15: Friendship; TG506, Lesson 4: Growing Up with a Healthy Attitude

Oregon Alignment: HE.1.5.14, HE.1.5.17, HE.4.5.1