



## Activity: 3-4.3.3

### Key Message

- It is important to express your own feelings clearly and to be able to ask for help if other people are behaving in a way you don't like.

### Activity Details

#### Victorian Curriculum

**Health & PE** Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe  
VCHPEP090

**Capabilities** VCECU004

**Time** 30 minutes

**Levels** 3 & 4

**Equipment**

- class set of *Welcome with a kiss?* worksheet

# Welcome with a kiss?

## Purpose

To assist students to identify situations that make them feel uncomfortable or unsafe.

## Teaching notes

This worksheet and discussion is important as it explores what students can do if someone greets them by kissing or hugging (or touches them in any way) that they don't like. It links into the next teaching sequence which looks at personal safety.

## Procedure

- Begin by asking the students if they can think of different ways to greet someone.
- Make a list of these ideas.
- Ask students if you greet all people in the same way (e.g. your grandma and the Prime Minister).
- Explain that there are ways to greet people that are formal, casual, that demonstrate intimacy, and behaviours that are reserved for helping strangers (police, school crossing attendant etc.). You may wish to highlight that some cultures use other ways of greeting one another too.
- Hand out the worksheet and read through the instructions with the class. Point out that there might be more than one correct answer for each question.
- The worksheet can be completed in class or as a homework task.
- Discuss the completed worksheet with students by asking questions such as these:
  - Why do we reserve kissing and hugging for people we are close to?
  - Are some types of greetings more formal than others?
  - How does it make us feel if people use some greetings with us when we don't know them well?
- Conclude the session by asking students what they would do if someone is too familiar in their greeting.

Adapted with permission from Western Australia Department of Health 2010, *Growing and developing healthy relationships: Middle Childhood 2.2.4 Welcome With A Kiss?*  
[gdhr.wa.gov.au/resources/middle-childhood/middle-childhood-2.2.4-welcome-with-a-kiss/?searchterm=Welcome%20with%20a%20kiss](http://gdhr.wa.gov.au/resources/middle-childhood/middle-childhood-2.2.4-welcome-with-a-kiss/?searchterm=Welcome%20with%20a%20kiss).



# Welcome with a kiss?

How would you greet the following people at a party?

(Pretend, if you don't have all of these relations or know these people).

	Kiss	Hug	High five	Shake hands	Just say hello
Grandma					
Grandpa					
Uncle					
Aunt					
Brother					
Sister					
Cousin					
Teacher					
Best friend					
Tennis coach					
School crossing attendant					
Mayor					

Why do we greet people in different ways?

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What can we do if someone greets us (or touches us) in a way we don't like?

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