



Activity: 3-4.5.4

Key Messages

- Our bodies are our own.
- There are some types of touching we like.
- There are some types of touching we 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 VCICCB006, VCPCSE016

Time 10 minutes

Levels 3 & 4

Equipment • class set of *These are the people who can...* worksheet

These are the people who can...

Purpose

To identify certain types of touching within certain relationships.

Teaching notes

This homework activity allows students to discuss their feelings about physical contact with their family. It can help parents/carers identify types of touching that make their children uncomfortable. For example, a distant aunt who is not well known expecting a kiss from the child.

Please note: There might be some physical contact that students don't want with anyone. For example, a pinch on the cheek. If students are unable to (or refuse to) complete this activity with the parents for any reason, explain that they can do it on their own.

Procedure

1. Hand out the *These are the people who can...* worksheet. Explain that it may be filled out after discussion with parent/carers.
2. Revise ideas in previous activities:
 - There are different levels of intimacy in different relationships
 - There are different levels of physical contact depending on relationship
 - A child gets to say what they find appropriate, not the adult.
3. Read through the worksheet explaining students are to match people in their life to each of the types of physical contact.
4. Discuss during the next session.



These are the people who can...

A note to parents/carers: At school, we have been talking about appropriate physical exchanges with different people. Please discuss with your child the following physical exchanges, and assist them to identify any people your child would be comfortable to share such exchanges with.

'High five' me

| | | |
|--|--|--|
| | | |
|--|--|--|

Kiss me on the cheek

| | | |
|--|--|--|
| | | |
|--|--|--|

Hug me

| | | |
|--|--|--|
| | | |
|--|--|--|

Hold my hand

| | | |
|--|--|--|
| | | |
|--|--|--|

Tuck me in

| | | |
|--|--|--|
| | | |
|--|--|--|

Pinch my cheek

| | | |
|--|--|--|
| | | |
|--|--|--|

