



# Victor Pacini's



**Delicately Raising Awareness  
About Sexual Abuse and  
Giving Children a Voice to  
Speak Up!**

## **Curriculum Roadmap (K-2nd Grade)**

"It was an EXCELLENT program! Victor was energetic, humorous (when needed), and very passionate about the material. I believe that the students definitely got quite a bit out of the material that was covered in the presentation. Thank you!"

Teacher, Deerfield, IL

### **OVERALL GOAL OF THIS PROGRAM**

To create a safe and engaging environment where children will learn about the dangers of abuse and the difference between safe and unsafe touch. The terms "sexual abuse" are not used in the K-2 program.

A personal story of a boy's experience with abuse and how he kept it an UNSAFE secret. The discussion of how unsafe secrets are not healthy to keep. To empower children to have a voice in who they are, the confidence to speak up, and the awareness to recognize a potential dangerous situation.

There are additional resources for the teachers and parents at [www.victorpacini.com/bsh-teacher-tools](http://www.victorpacini.com/bsh-teacher-tools)

### **BE SEEN AND HEARD (K-2ND GRADE) COVERS:**

- What is a **Safe touch**? (Ex. Handshake, fist bump, cotton, the ground, high five)
- What is an **unsafe touch**? (Ex. Being pushed, hit, tripped, edge of a knife)



Questions?

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[www.VictorPacini.com](http://www.VictorPacini.com)

[www.VictimtoVictor.org](http://www.VictimtoVictor.org)

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- How do safe touches **make you feel?** (Ex. Feel good, loved, happy)
- How do unsafe touches **make you feel?** (Ex. Feel bad, sad, mad)
- Victor reads his book, **Be Seen and Heard**  
(Download a complimentary PDF copy of the book at [www.victorpacini.com/bsh](http://www.victorpacini.com/bsh))
- Discusses the importance of **Safe and Unsafe Secrets**
- Reinforces that the **voice** is an important safety tool
- Identifying **Trusted Heroes** and their importance
- Reinforce the 4 rules of body safety



## THE BODY SAFETY PLAN (THE 4 RULES)

1. If anyone tries to touch you in a way that makes you feel strange or uncomfortable, say, NO! GO TELL someone you know.
2. If someone tells you that their touches are a secret, say, NO! GO TELL someone you know. Your VOICE is a powerful tool. Don't be afraid to use it.
3. Don't let the person tell you that you are a bad child if you don't touch them or look at their private body parts. Say, NO! GO TELL someone you know.
4. If someone has touched your private body parts tell someone you trust. Keep telling them until they believe you.

## SUGGESTED TOOL FOR THIS PROGRAM

***Be Seen and Heard: LittleBoy's Secret and 4 Rules You Must Know to Keep You and Your Body Safe***



"I thought the presentation was so well done. Given how sensitive the topic, Victor addressed things directly while still keeping the kids comfortable and receptive. The book will hopefully help guide some quality discussions at home."

Teacher, Deerfield

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## Follow Up Questions

1. What is another example of an unsafe touch?
2. What is another example of a safe touch?
3. Expand on the concept of, "Private".
4. Make sure the students understand the concept that, "No one should touch their private body parts unless it is to keep them clean and healthy." Who are other people that should never touch your private body parts?
5. Expand on the "Trusted Hero" lesson. Go around the room and ask each student to identify this important person.
6. Go over the Trusted Hero Promise. Hang it up in your room. PDF found at [www.VictorPacini.com/bsh-teacher-tools](http://www.VictorPacini.com/bsh-teacher-tools) or on the online course website.
7. Why do you think Littleboy kept the secret for so long? Help them understand that he was scared and felt alone.
8. Go over the 4 Rules. Hang them up in your room. PDF found at [www.VictorPacini.com/bsh-teacher-tools](http://www.VictorPacini.com/bsh-teacher-tools) or on the online course website.