



OxfordAgainstCutting
StopFemaleGenitalMutilation

LESSON PLAN FOR ‘WHO CAN YOU TELL?’

(OAC gives thanks to the NSPCC for the PANTS message)

Total time: 45 minutes

Target group: The lesson is for primary school children at Key Stage 1.

Teachers are best placed to know whether the children in their class will respond better to a lesson delivered to a mixed group or to girls and boys in separate groups. Ideally, this lesson will be delivered by 2 facilitators (such as the class teacher and school health nurse), so they can help with the small group discussions. Also, one of the facilitators can be on hand if the lesson becomes difficult for any of the children or there are disclosures.

Purpose: For children to understand bodily integrity (using the PANTS message); good and “sad” secrets; and to think about trusted adults. The lesson includes important learning for all children to understand body rights, as well as support for children at risk of female genital mutilation (FGM) or child sex exploitation (CSE). The issue addressed in each section is in italics.

Before the lesson

A few weeks prior to the session, it is best practice for the school to send a letter to parents/carers to explain the plans for the lesson delivery. The letter should include the issues covered and the date the lesson will be delivered. Parents/carers should also be invited to ask questions, view the full lesson plan and film, and, if necessary, seek further support from the school to help answer tricky questions at home.

You can purchase the blue rabbit toy from: https://www.etsy.com/uk/listing/575240082/oscar-rabbit-custom-order-toy-with?ref=shop_home_active_1

The rabbit is gender-neutral. A rabbit is considered to be wise in some African cultures.

Introduction

5 minutes

Facilitator to explain that the lesson is about bodies, secrets and keeping safe; we will be talking about what we need to do when someone is in danger or hurt by adults. Some of the things we will be talking about might be uncomfortable or new, so everyone needs to be extra careful and kind to each other during the lesson.

Blue Rabbit (name of toy) is very wise and will help us learn. Facilitator to pass the rabbit around for cuddles during the lesson.

Child protection – Facilitator to explain that teachers will try to get help for a child who is in danger/being hurt and they will not keep this a secret because it is important to keep children safe. If children are worried about themselves or a friend, rather than talking about this in the whole class, you can talk to a teacher afterwards or talk to the co-facilitator quietly during the lesson.

Drawing

10 minutes

Children to draw a picture of themselves (head to toe) and a blue rabbit. (If drawing is difficult for some children, they could use stencils).

Bodies – facilitator to ask children to think about which areas of his/her body they think should be private and which areas of our bodies belong to us, while they are drawing.

The film

5 minutes

The film can be viewed at: https://www.youtube.com/watch?v=DUGY_bNfUmQ

Key messages

10 minutes

Small groups to discuss what they think is the most important message in the film. The film could also be played in short sections, with stops and pauses, to break down the information.

Feedback to whole group. Facilitator to add (if not elicited from discussion):

Bodies – facilitator to ask whole group, looking at the pictures they have drawn of themselves, which areas of our bodies are private? Explain “P” (what is under your pants is private and no one has the right to see your privates unless they need to and ask your permission, for example if a doctor or nurse needs to look at a rash or an area that hurts). Facilitator to explain that in fact our whole bodies are “ours” and no one should hurt or change our body or touch us in a way we don’t want them to. Teachers may wish to include a visual image of the PANTS rule at this stage (see NSPCC website).

Secrets – facilitator to ask whole group to explain “what is a secret?”. Facilitator to explain that not all secrets are good secrets (an example of a good secret is a surprise, such as a surprise present) and if we are told to keep a secret about something that hurts us or makes us feel bad, then this is a “sad” secret. Good secrets NEVER involve harming or changing our bodies. We should tell sad secrets to someone we trust so they can help us.

Support

10 minutes

The trusted adult –

Ask whole group: Do you remember if Leyla in the film could talk about her worry with her Mum? (Answer: she tried but her mother wanted her to keep it a secret).

Facilitator to explain that some children can talk to their parents about things that worry them or sad secrets but there are other adults we can talk to as well.

Facilitator to ask whole group which other adults they might talk to about things that worry them.

Facilitator to explain what staff at primary school do, preferably with photographs of each named person – teacher, school health nurse and pastoral team and that children can talk to any of these people (the “trusted adult” is different for everyone).

Small groups to discuss how they would start a conversation to explain their worry. Feedback to whole group.

Facilitator to explain that they can say to a trusted adult at school, for example, “I would like to talk to you about the blue rabbit lesson”. Alternatively they could write a note. They could also ask a friend to come to talk to the teacher with them.

Close

5 minutes

Feedback -

Drawings – year 1 or year 2 children to add a speech bubble next to the rabbit on their pictures and write the main thing they have learned from this lesson. Reception children to call out the key messages.

After the lesson

The children’s drawings can be displayed at the school with the words: “[Name of school and year group] has learnt about our body and our rights with Blue Rabbit”.

Please send a photograph of your display and your school logo to:

news@oxfordagainstcutting.org and we will add your school to the schools champions on our website. Please ensure that children’s faces or full names are not included in any photograph you send us, thank you.

We welcome free sharing of this lesson plan and kindly acknowledge Oxford Against Cutting as appropriate.

