

# Episode 7

## Navigating the world



# Episode 7 Overview



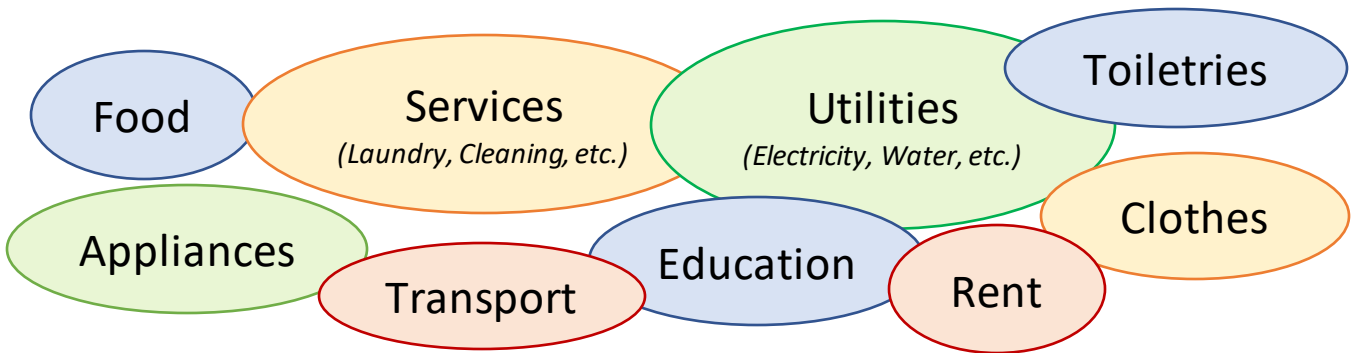
## Materials Needed

- Pencil/Pen
- Paper

A **budget** is a set amount of limit on money we set aside for something. It helps us spend and save money wisely.

**Expenses refer to the money spent to buy the things we need.**

1. Identify 5 to 8 typical expenses in a month.
2. Calculate the cost of each of these expenses and find the total.
3. Try to divide these expenses into categories



4. Now divide your expenses into essential and non-essential:

**Essential expenses** are a set amount spent on important things or our needs (Eg: rent, education, etc.).

**Non-essential expenses** are the amount we spend on things we want but we can manage without them. (Eg: gifts, toys, etc.).

Does it happen that you have some money left, but you don't want to spend it? You can **save** up the money to make your dream purchase!

## Activity 2

# Good Touch Bad Touch

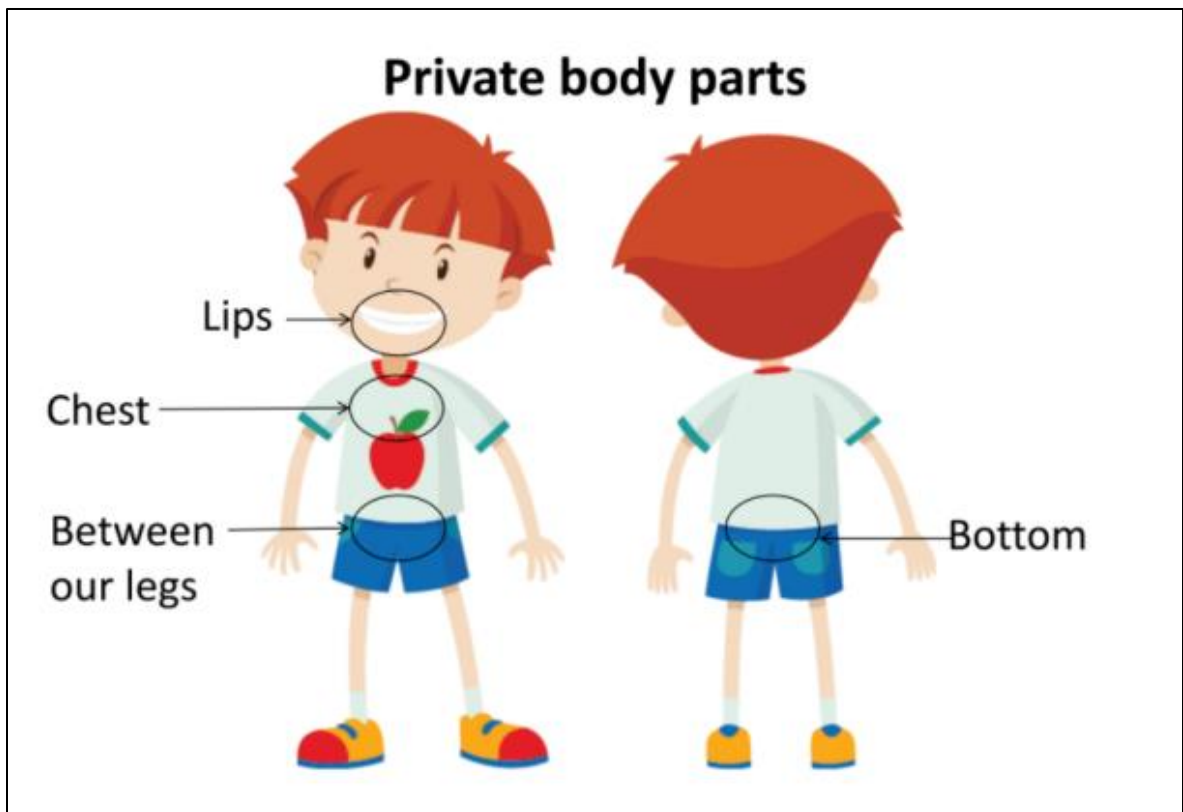
Make sure to do the following activities with an adult who you trust

## Good Touch:

Good touches make you feel good, safe or comfortable. They could be hands shakes, hugs, high-fives, holding hands, putting our arms over another's shoulders etc.

What are some good touches that make you feel happy?

## My Private Body Parts:



Only **you** can touch these parts and nobody else because you are the boss of your body! Whether it is strangers or people you know well, nobody should be allowed to touch you on these parts unless you give them **permission**.

### Activity 3

# Bad Touch

Not all touches are good. Some are bad and make us feel sad or uncomfortable. They hurt our feelings and bodies. These are unsafe and bad touches.

Look at the following flashcards:

It is bad touch if ...



someone puts their hands under your clothes.

It is bad touch if ...



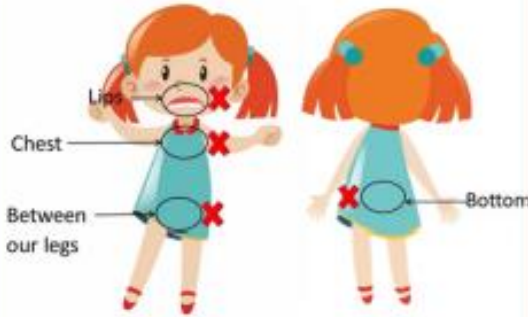
someone hurts you.

It is bad touch if ...



the touch makes you feel sad or scared

It is bad touch if ...



someone touches your private body parts.

There are also some touches that may be like the safe ones, but you may not want them in the moment. These are **unwanted touches**.



## Activity 4

# Safe Circle

When we face a situation that makes us sad, we must talk about it with people we feel safe with. Let us find out who these people are in your life!

Think about 3 or 4 grown-ups in your life with whom: **You can speak to freely, you feel safe with, and you love very much.** These people do not always have to be a family member such as a teacher or friend.

Draw a chart or stick pictures of people in your life that you can talk to about anything. This is your 'Safe Circle'. Below are some samples:



The body is our first home, and we should feel comfortable and safe in it. Each of us has "body boundaries" some of us have more, some have less. So, it is important for us not to cross someone else's boundaries, as much as it important for other not to cross ours. So, we must always ask for permission.

## Activity 5

# Responding to Bad Touch

### How to respond to bad touches:

What do we do when we are in a situation with a stranger that makes us feel scared? If someone touches you badly, follow 3 simple steps:

**NO**



1. Say 'NO!' in a loud voice.

**- GO -**



2. Go to a place that is safe or that has other people.

**TELL**



3. Tell a person in your safe circle about what happened.

### Thumbs Up, Thumbs Down:

Read the following statements. Show a thumbs up if it is a good touch and a thumbs down if it is a bad touch.

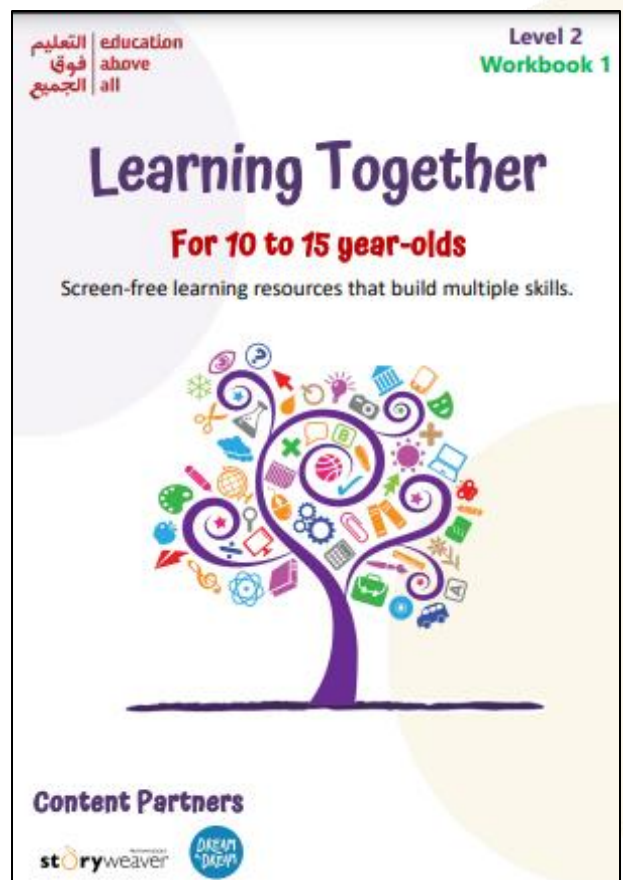
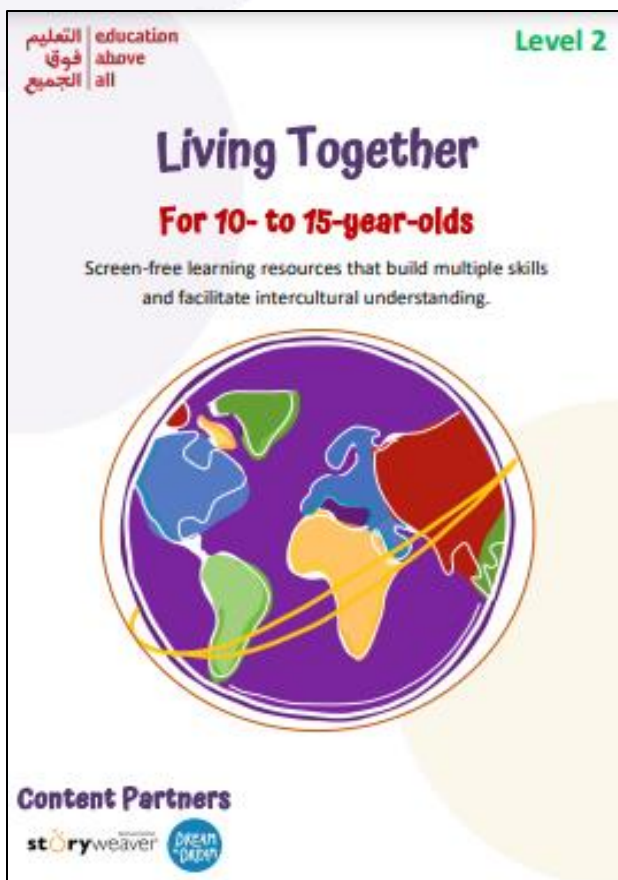
1. The doctor touches you in front of your parents.
2. Grandparents hug and kiss you.
3. The teacher pats you on the back to appreciate you.
4. A stranger touches your chest in a bus.
5. A friend gives you a high-five.
6. A friend pulls your hair tightly.
7. Someone puts their hand under your clothes.
8. A friend tickles you near your private parts

# To Learn More

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<https://resources.educationaboveall.org/>

This episode was inspired by the Living Together Package and Learning Together Package from Education Above All's Ukrainian Emergency Education Response



The Ukrainian Emergency Education Response is available in English, Ukrainian and Polish.