

FACILITATOR: Hi boys and girls, welcome back. For the second part of our show we are going to meet some new puppets and see some more shows.

But first, who remembers from last time, what is a green light touch?

- ❖ (A touch that makes both people feel happy and safe and that you want to continue...hug, high five, pat on the back, back rub, etc.)

How about those red light touches, remember, what does a red light mean on a traffic light?

- ❖ (A touch that makes you feel mad or sad or scared and that you want to STOP!...punch, hit, kick, pinch, bite, etc.)

Who would like to explain a confusing yellow light touch?

- ❖ (A touch that happens on accident..... you feel uncomfortable and that you want to "Slow down"...Grandma pinching cheeks, hugging so tight it hurts, Dad tickling, etc.)

Yellow light touches are confusing because sometimes someone you love is giving you a touch you don't like... and is it okay to say **NO** to any touch that makes uncomfortable? Yes! Because your body belongs to: **YOU!**

Do you think that a green light touch can turn into a yellow light touch? *(yes)*

Can a yellow light touch turn into a red light touch? *(yes)*

All right! Great job! Now I have a story to tell you about a very special little seal.

NO-NO THE SEAL PUPPET SHOW

NO-NO -----GRAY BABY SEAL
UNCLE SEAL -----WHITE SEAL
MOM -----WHITE SEAL WITH BOW
WISE WHALE -----GREEN WHALE
LOTTIE -----OTTER
TABITHA TURTLE

FACILITATOR: Once upon a time, across the highest mountains, and past the lowest valleys, and out in the sparkling blue ocean, there was a little island. And on this island there lived a little seal, and his name was No-No.

NO-NO: (enters stage) Hi everyone! I'm No-No, that's me! (stays onstage)

FACILITATOR: No-No loved to sit on his favorite rock and watch all the big seals swimming out in the ocean.

NO-NO: I want more than anything to be the best swimmer on the whole island when I grow up.

UNCLE SEAL: (enters and makes swimming motions)

NO-NO: Oh, look there is my Uncle Seal! Wow, he is the biggest and best swimmer I know. I want to be just like him!

UNCLE SEAL: No-No, since you are my favorite nephew, how about I teach you how to swim.

NO-NO: Hooray, I'm so excited, Uncle Seal!

(No-No and Uncle Seal make swimming movements)

FACILITATOR: Together they went into the ocean. Uncle Seal taught No-No how to use his flippers, and soon he was swimming all by himself. **(Uncle Seal exits)**

That afternoon when No-No got home, his mother was there to meet him.

MOM: (onstage) No-No, I hear you're already swimming. I'm so proud of you, dear. There's something that I want to ask you. Your father and I need to go away for a couple of days. Would you like to stay with your Uncle Seal while we are gone?

NO-NO: Oh, yes! Uncle Seal is cool. He's my favorite uncle!

(Mom exits, No-No stays on stage and swims)

FACILITATOR: The next day his parents left, and No-No went swimming again. This time No-No learned how to do back flips. As he was practicing, he saw one of his friends, Wise Whale.

(Wise Whale breaches on stage)

WISE WHALE: No-No, what a good swimmer you are!

NO-NO: Thank you, my Uncle Seal taught me.

WISE WHALE: Well, he did a great job and I'm sure he's very proud of you. I'll see you tomorrow, No-No - goodbye.

(Wise Whale dives off stage and No-No exits)

FACILITATOR: That night No-No went to his Uncle Seal's house. After dinner, No-No climbed into his bed and his Uncle Seal came in to say goodnight. He lay down beside No-No and gave him a big hug. "Uncle Seal," cried No-No, "you're hugging me too tight!" But Uncle Seal did not stop hugging No-No, and he began to touch him in funny places - in private places where No-No did not want to be touched.

No-No was confused and scared, and he couldn't say anything. His Uncle Seal told No-No, "This is our little secret, and you are not to tell anyone. Remember, we're special friends."

(No-No enters) The next day, No-No went down to his favorite rock and he began to cry.

NO-NO: My world is falling down. My heart is broken and sad. When Uncle Seal's around I feel all mixed up - I feel scared. He's my friend. Why did he touch me that way? He hugged me hard, too hard. And I don't know what to do, or what to say. I don't want to hurt Uncle Seal or make Mom and Dad angry, but this very bad feeling is worse, because he told me not to tell anyone. Yes, it's worse because Uncle Seal told me to keep it a secret. **(No-No goes offstage)**

FACILITATOR: More than anything, No-No hoped Uncle Seal would leave him alone. But that night the same thing happened again. The next day No-No went down to his favorite rock and thought and thought. Then he decided to run away. No-No dove into the water and swam out to sea. **(No-No enters and swims across stage, exits)**

Boys and girls, was this a good decision? If your parents were out of town and you had a problem, is there another trusted grown-up you could talk to or call? Think of that person, and save them in your head.

Poor No-No didn't know what else to do. He didn't have a class like this to learn how to say **NO, GO** and **TELL** someone. Let's see what happens to No-No.

(No-No enters and swims frantically) As No-No was swimming the waves began to get bigger and bigger and the wind began to blow and the rain began to come down and there was thunder and lightning! No-No was in the middle of a big storm! He was trying to get to shore but he was getting more and more tired. Then, in the distance, he saw a familiar shape. It was Wise Whale.

(Wise Whale breaches)

WISE WHALE: No-No, what are you doing out in this storm?!! You're not safe!

NO-NO: Wise Whale, help me! I...umm, I just went out to play and got lost!

WISE WHALE: It's lucky I found you. A little seal like you should not be out in these big waves. Climb on my back and I will take you home.

FACILITATOR: Boys and girls, why didn't No-No tell Wise Whale the real reason he was out in the storm - that he was running away? (it's a secret)

Wise Whale and No-No went back to shore. When they got back, No-No saw that his mom was waiting for him.

MOM: (enters, frightened!) Oh No-No, where have you been? We were so worried about you!

NO-NO: I got lost. I didn't mean to worry you, Mama. Wise Whale found me. I won't do it again. (Mom and No-No hug)

FACILITATOR: What kind of touch is this? (green light)

(Mom exits)

That afternoon, No-No went down to his thinking rock again because he still felt badly inside about what had happened to him. While he was out at the rock, one of his friends, Lottie Otter, swam up. No-No and Lottie have been very good friends for a very long time.

LOTTIE: I heard you were lost out in the big storm last night. Why did you do a dangerous thing like that?

FACILITATOR: No-No thought to himself, "Maybe I could tell just a part of the secret to Lottie - maybe that would be okay."

NO-NO: Oh Lottie! I was running away because my Uncle Seal touched me in my private places. Do you know what I mean?

LOTTIE: Yeah, I do know what you mean. One time, your uncle gave me a big sloppy kiss. It felt yucky! Then he told me to keep it a secret. I didn't tell anyone, but I don't think that's right!

NO-NO: Oh my, he told you to keep a bad secret too? What are we going to do?

LOTTIE: Maybe we should tell someone.

NO-NO: But who? I'm afraid to tell my parents. Maybe I could tell Wise Whale?

LOTTIE: Yeah! Wise Whale - go tell Wise Whale!

FACILITATOR: So No-No went into the ocean and found his friend, Wise Whale.

(Wise Whale breaches)

NO-NO: Wise Whale, I need to talk to you. I have a secret...

WISE WHALE: Well No-No, is it a good secret or a bad secret? How does it make you feel?

NO-NO: Awful. It makes me feel just awful. But I don't know if I should tell you because someone told me to keep it a secret.

WISE WHALE: No-No, do you know the difference between tattling and reporting?

- A **tattle-tale** is someone who tells, just to get people in trouble.
- **Reporting** is to get help for yourself, when you need it.

FACILITATOR: Boys and girls, what do you think? If No-No tells Wise Whale his secret, is he tattling or reporting? (Reporting)

So No-No told Wise Whale what had happened with his Uncle Seal.

WISE WHALE: No-No, I'm so glad you told me. What happened is **NOT** your fault. Your uncle has a touching problem, and he needs help. I think you should tell your parents. I know that they would want to know.

NO-NO: But what will I say?

WISE WHALE: You will know what to say, because you will be telling the truth. Come on, No-No, let's go back to shore.

(No-No and Wise Whale swim across stage)

FACILITATOR: So No-No and Wise Whale swam back to shore together, and when they arrived, No-No went to look for his mother.

(Wise whale exits and Mom enters)

NO-NO: Mama? I need to talk to you...

FACILITATOR: No-No told his mother what had happened, and he told her everything.

MOM: I'm so sorry that this happened to you - it is not your fault. Your uncle should never have touched you like that, and I promise you that I will not let him touch you like that again. I'm so proud of you for telling me. You did the right thing.

(Mom and No-No hug and go offstage)

---PLAY ENDS---

FACILITATOR: That night, No-No's mother made him his favorite dinner, chocolate covered fish cakes. Sound yummy?

No-No did grow up to be the best swimmer on the whole island. And he became a good listener. Sometimes his friends would talk to him if they had a problem. You're going to meet one in just a minute, but first, I want to ask you:

- ❖ Do you think No-No was a tattle-tale? Right! Remember, **TATTLING** is when you tell on someone, just to get them in trouble. **REPORTING** is to get help for yourself. Did No-No need help?
- ❖ Was it No-No's fault that his Uncle Seal touched him like that? No, it wasn't No-No's fault. His uncle has a touching problem and HE needs to get help.
- ❖ Was this a good secret or bad secret for No-No to keep? How did it make No-No feel? If a secret makes you feel awful inside, you need to tell someone about it.
- ❖ Think again, inside your head only. If you had a problem like this and you couldn't tell your parents or the people who take care of you, who *could* you tell? Think about the trusted grown-ups you know, and don't forget the trusted grown-ups at school.

Now, No-No would like for you to meet another one of his friends.

---TABITHA---

NO-NO: Hey, Tabitha, Tabitha, come out and play with me. There are a lot of children here and I want you to meet them.

(Tabitha stays in her shell and shakes her body "NO")

NO-NO: (To class) Sometimes Tabitha can be very shy. Can you help me to get her out of her shell? On the count of three, will you all say "Tabitha" in a soft voice so we don't scare her? Okay, ready, One -Two - Three ---- Tabitha...

(Tabitha slowly comes out of her shell)

NO-NO: (excited to see Tabitha) Tabitha, do you want to play?

TABITHA: (Quietly) I don't feel much like playing today.

NO-NO: Tabitha, what's wrong? You don't look so good.

TABITHA: (Hesitantly) Well... No-No...my mom...she got really angry last night and she... spanked me really hard.

NO-NO: Oh, I know what you mean. Sometimes I get spankings too, and it doesn't feel so good. But I always feel better after I go out and play!

TABITHA: No-No, this is different. My mom hits me so hard that I have black and blue marks and I'm afraid to go home.

NO-NO: It sounds to me like your mom has a touching problem. We need to tell someone.

TABITHA: But who could I tell?

FACILITATOR: Class, if Tabitha goes to the little turtle school every day, who could she tell? **(lead into mentioning teacher)**

NO-NO: Telling the teacher is a great idea. Give it a try, Tabitha.

TABITHA: Teacher, can I talk to you about something?

TEACHER: Sure, Tabitha.

TABITHA: I don't know if I should tell you. My mom might get mad at me.

TEACHER: Whatever it is, Tabitha, if something is bothering you, I will help you with it.

TABITHA: Well, it's about my mom...

TEACHER: Yes?... What about your mom?

TABITHA: Well, mostly she's real nice, but sometimes she gets really mad.

TEACHER: What happens when she gets really mad?

TABITHA: Sometimes she hits me so hard that I get black and blue marks. Then I feel really afraid of her.

TEACHER: Oh Tabitha, I'm so glad you told me about this. You are very brave to tell me, and it's a good thing you told. It is not your fault. I'm going to get you some help so this won't happen any more.

TABITHA: You are?

TEACHER: Yes, I am. You need to feel safe when you go home at night. I'm going to call a friend who can talk to you.

TABITHA: (Sighs with relief) Oh, I'm SO GLAD I told you! Thank you!

---PLAY ENDS---

FACILITATOR: Boys and girls, was it Tabitha's fault that her mother hit her so hard? Now, some families use spankings to teach children something, don't they. For example, if you were reaching for a hot stove, and your mom slapped your hand away, what was she trying to teach you? So some families use spankings to teach. But, If those spankings are too hard, or if they leave marks or bruises, or if you feel afraid to go home, you need to tell someone!

Did Tabitha feel better after she talked to your teacher?

Do you think you could talk to your teacher if you had a problem like this?

(enter Wise Whale and No-No with telephone cards in his mouth)

FACILITATOR: We've been talking about trusted grown-ups, and I have something to send home with you... Who are the trusted grown-ups you have thought of? They could be your parents, your friend's parents, a family member, a neighbor or someone at school...

NO-NO: On the back of this card are four lines to write the **NAMES** and **PHONE NUMBERS** of your **TRUSTED GROWN-UPS**. They should be people over 18 years old who could easily help you if someone was giving you a red light touch or hurting you in some way.

WISE WHALE: On the bottom of the card there is a very special, free telephone number. If you ever have any **SERIOUS** problems like our puppets had today, or if you feel alone and scared and don't know what to do... there is a trusted adult, like a teacher, who will answer the phone day or night and help you in an emergency.

NO-NO: Now, I have a question for you, if you're at a friend's house and your friend's little brother throws sand at you, is that an emergency? (let kids answer-no!) No, you need to talk to the person taking care of you about that.

This number is for **EMERGENCIES**, and you can call anytime you are having a serious problem, especially a touching problem like No-No or Tabitha had.

(puppets exit - get ready to **SING SONG** slowly!)

FACILITATOR: If your house was on fire, what number would you call? (**911**) If your dad fell and broke his leg, what number would you call? (**M...**) This number is for red light touching emergencies, and you can call it if you don't have anyone else to talk to about those touches.

Are there any questions about the card? Writing down those names and phone numbers is a job you can do at home with someone who can help you, so I am going to give the cards to your teacher to put in your homework folders.

Let's sing our song one more time!

MY BODY IS MY OWN

(Sung to the tune of "The Farmer in the Dell")

My body is my own
My body is my own
I'm old enough to know this stuff
My body is my own

I like a green light touch
I like it very much
It's safe and free for you and me
I like a green light touch

My body is my own
My body is my own
I'm old enough to know this stuff
My body is my own

A red light touch is bad
It makes me scared and mad
It isn't OK to touch me that way
A red light touch is bad

My body is my own
My body is my own
I'm old enough to know this stuff
My body is my own

Yellow means slow down
My smile turns to a frown
It started fun, but now I'm done
Yellow means slow down

My body is my own
My body is my own
I'm old enough to know this stuff
My body is my own

Thank you for having us in your class. Are you ready to meet our puppeteers?

I am going to be right over here if anyone has any more questions or wants to talk to me. If you want to meet the puppets, raise your hand so your teacher can call on you to come up!