

# Red Flag Green Flag<sup>®</sup>

## A Program for Elementary Aged Children to

Promote Personal Boundaries and Body Ownership

Developed by

The Rape and Abuse Crisis Center of Fargo-Moorhead

Illustrated by McCal Joy Illustrations

**We acknowledge the following for their contributions to the Red Flag Green Flag<sup>®</sup>**

## **Program:**

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# PREFACE

The Red Flag Green Flag® Workbook and the Red Flag Green Flag® Facilitator’s Program Guide together complete a program to promote personal boundaries and body ownership for early elementary aged children (ages 5-8).

Through the use of the program, children are encouraged to talk about the different kinds of touch they are giving and receiving. They are introduced to the concepts of body ownership and that all parts of their body, including private parts, are deserving of care and respect. They learn how to recognize potentially harmful situations, practice assertive responses, and to identify their trusted adult helpers.

The intention of this program is to help children feel empowered to speak up and take action as they are able in a variety of situations; however, when thinking about situations of violence or abuse specifically, it is very important to remember that children are never responsible for any violence or abuse that may be happening to them, and they are never responsible for making it stop. It is always the adult’s responsibility to set appropriate boundaries and stop any behaviors that are inappropriate.

When a child tells someone that they have experienced sexual abuse, it’s often referred to as a disclosure. Each child will respond to and disclose differently. Some will be very matter of fact about telling, while others may hesitate to tell; some children may be very emotional – all of these responses are normal. Regardless of how they tell, the most important thing you can do is listen to them and believe them.

Although this workbook is designed primarily to be used in teaching personal boundaries and body ownership skills to children in a classroom or group setting, it is also used by social service agencies, child protective services, law enforcement agencies, and medical professionals in working with children on an individual basis. Parents also find the workbook helpful in providing a non-threatening, focused discussion about personal safety that is comfortable for both the child and adult.

Rape and Abuse Crisis Center of Fargo-Moorhead is a champion of primary prevention efforts to end child sexual abuse. Prevention of physical and sexual violence is possible when everyone – schools, parents, communities – are involved. Adults and leaders within homes and communities are responsible for providing safe environments, recognizing and responding to problematic or inappropriate behaviors, and taking appropriate action if a child discloses violence or abuse. Recognizing that Red Flag Green Flag® is a secondary prevention tool, when implemented as recommended, it is an integral part of overall and comprehensive personal safety and sexual abuse prevention strategy.

Thank you for choosing Red Flag Green Flag®, guiding children in defining their personal boundaries and leading a discussion about body ownership. It is because of helpers like you that children understand they deserve care and respect, can be comfortable with their own body, develop healthy boundaries, and are able to openly communicate with friends, family, and helpers about their questions or concerns. Congratulations on being one of the first to make the “My Helpers” list!