

## Lesson Plan 05

# It's Okay to Say No!

### Goal(s):

Understand how humans and animals interact in a safe manner.



### Objectives:

By the end of the lesson, students will be able to:

1. Explain how different animals, including humans, avoid or refuse unwanted interactions and touch.
2. Discuss what to do when an animal shows it doesn't want to interact or be touched.

### Subject(s):

Health, Science, Social Emotional Learning

### TEKS:

Health (b)(3) Mental health and wellness--social and emotional health. The student identifies and applies strategies to develop socio-emotional health, self-regulation, and healthy relationships. The student is expected to: (G) discuss how others may experience situations differently than oneself; and (H) demonstrate strategies for resolving conflicts.

Science (b)(2)(A): Scientific investigation and reasoning. The student uses scientific practices during laboratory and outdoor investigations. The student is expected to plan and implement descriptive investigation, including asking and answering questions, making inferences, and selecting and using equipment or technology needed, to solve a specific problem in the natural world.

### Social Emotional Learning:

#### Responsible Decision Making

- Identify safe and unsafe situations and how to respond.

### Time:

Total Time: 90 minutes

Lesson: Two 30-minute sessions

Assessment: One 30-minute session  
(Time estimates are approximate)



## Materials:

- Chart paper (or whiteboard) and markers to replicate the T-Chart Example for Activity 1
- Device for each student, or the teacher may present or project to the class
- Teacher copy of the Safety Guide “Be a Dog’s Best Friend.”
  - [View this Safety Guide on YouTube](#)
- Print a class set of It's Okay to Say “No” | Lesson 05.3 Assessment
- Classroom copy of the Doggie Language Mini-Poster (Lesson Plan 02)

## Vocabulary:

**Aggressive** - ready or likely to attack or confront.

**Bribe** - to get someone to do something, typically something they don’t want to do, by giving a gift of some kind (money, favor, candy, or something else).

**Consent** - permission for something to happen or an agreement to do something.

**Interact** - act in such a way as to have an effect on another.

## Activity 1:

Prepare a large T-Chart to record the class discussion. Use the questions below to generate ideas before, during, and after playing the video for the class.

Using a device applicable to your classroom, [watch the video, “Be a Dog’s Best Friend.”](#)

After watching the video, remind students about Lesson 02 and learn to “Speak Dog” show students the Doggie Language Mini-Poster if necessary.

Ask students to answer the following:

- “What do you do when you don’t want to interact with someone?”
- “What do you do when you don’t want someone to touch you?”

Record Responses on chart paper or the whiteboard.

Ask students to answer the following:

- “Have you ever seen an animal do anything that lets you know it doesn’t want to interact or be touched?”

Record Responses on chart paper or the whiteboard.

Ask students:

- “How are people and animals alike?”
- “How are people and animals different?”

## Activity 2:

In front of the class, student volunteers role-play. (Choose volunteers who have the emotional skills to respect boundaries.) One approaches as if to touch or hug, and the other demonstrates ways to say no, through words, actions, or both.

After the demonstration, begin a class discussion.

Ask students:

- “What do you think are the best ways for people and animals to avoid interaction or touch?”
- “Are those ways the same for people and animals?”
- “Why or why not?”

## Assessment:

Distribute the class set of the It’s Okay to Say “No” | Lesson 05.3 Assessment to students.

Instruct them to complete the assessment by following the instructions on the page.

## Teacher Tip:

Observe pets and other animals interacting in person or online videos. Can you tell when they don’t want to interact or don’t want to be touched? What do they do? Write a description of what they do. Do you think what they do is a good idea?







# BE A DOG'S BEST FRIEND

## **A Safety Guide for Kids**

by Renee Payne, CPDT & Jennifer Czapysz

Illustration by Keith Gladysz

TEXAS HUMANE  
NETWORK

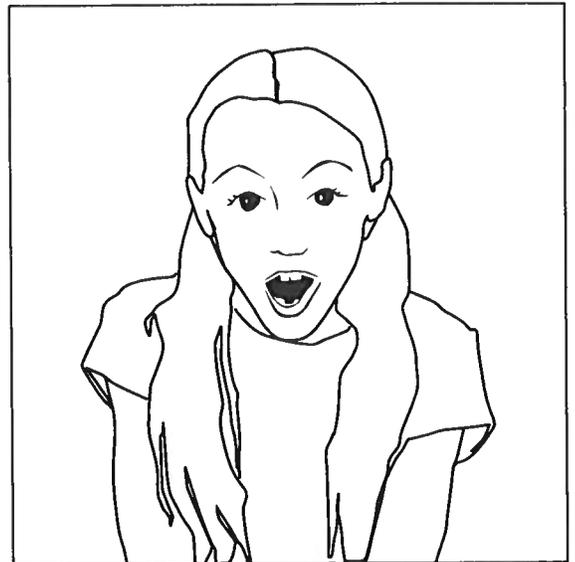


## PART ONE: BODY LANGUAGE

Body language is the way we move our body to communicate. Many times we can just look at someone and tell how they are feeling.

Look at the pictures below. Can you tell when I'm feeling happy? Mad? Sad? Surprised?

Because most people use similar types of facial expressions and movements, it's easy for us to read another person's body language.

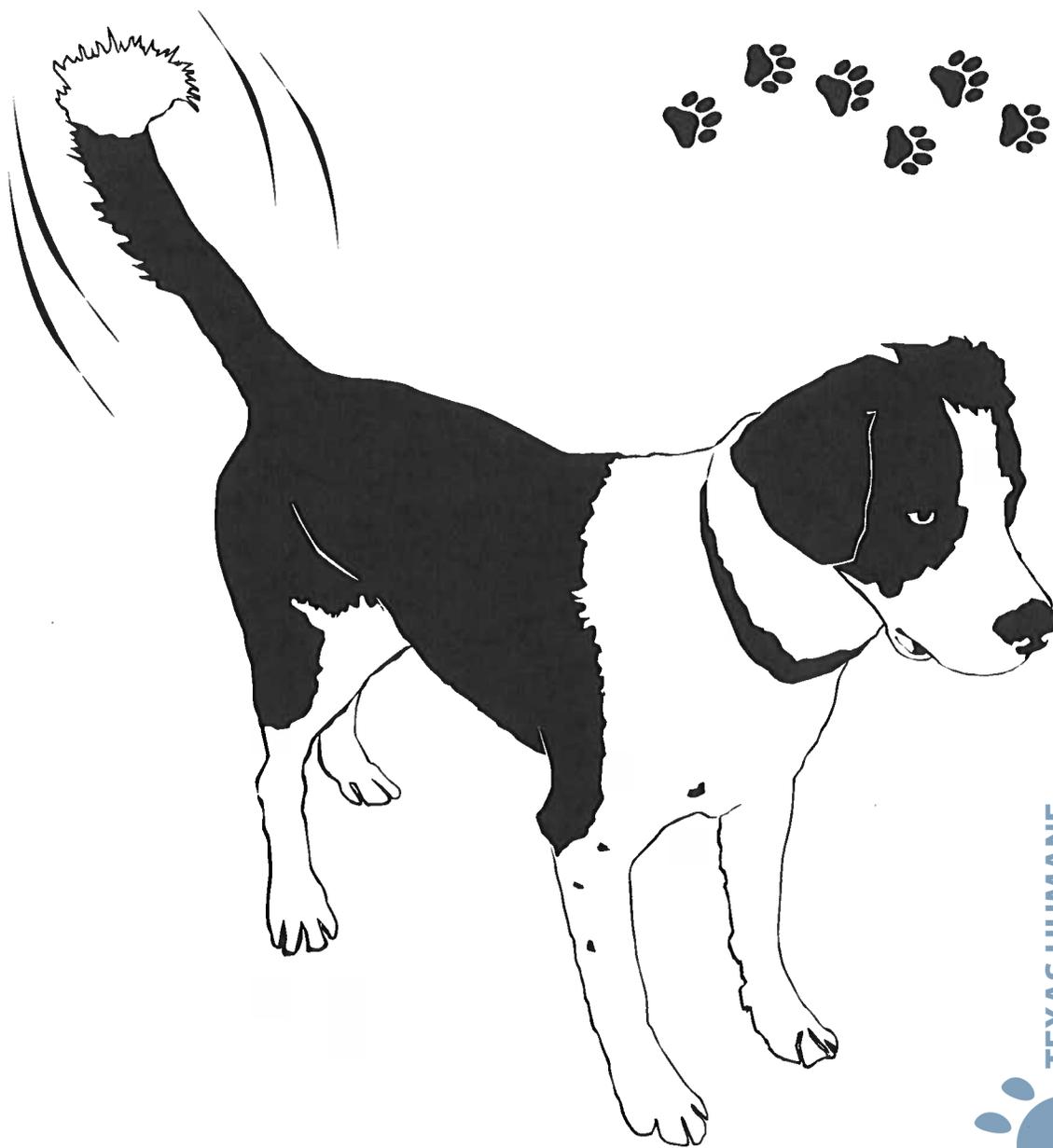


Dogs use body language too; but because their bodies are different than ours, sometimes it's not as easy to tell how they're feeling.

Many people think that if a dog is wagging his tail he is friendly and happy. Most of the time this is true, but sometimes it isn't.

It's very important to look at more than just a dog's tail.

Let's look at some ways dogs use their other body parts to tell us how they feel.

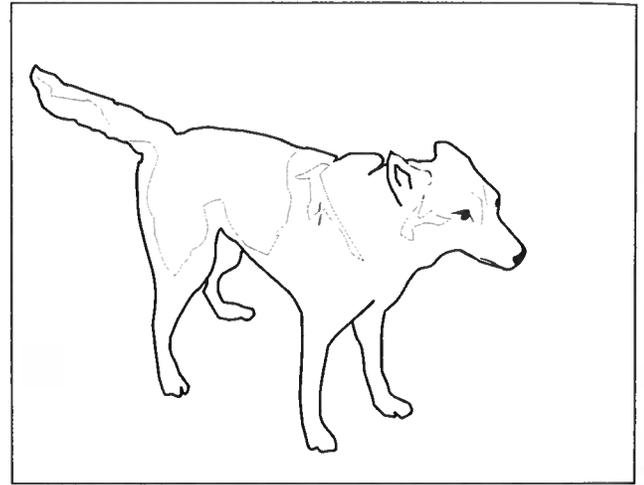
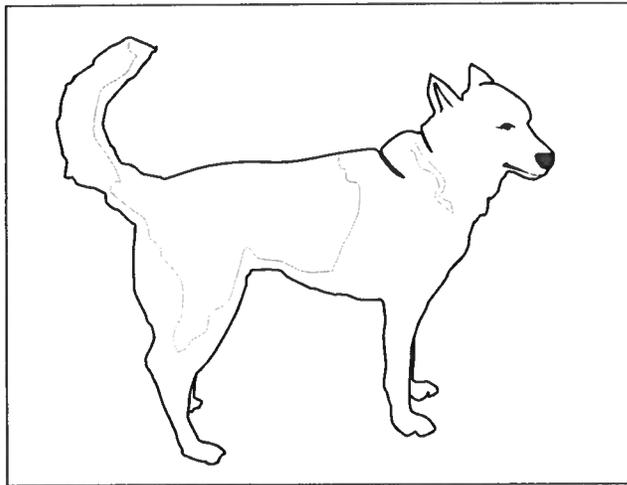


**Stiff Body / Relaxed Body:** Look at these two pictures of the same dog.

In which picture does the dog look relaxed?

Can you see where she looks stiff?

When would it be a better idea to approach this dog?

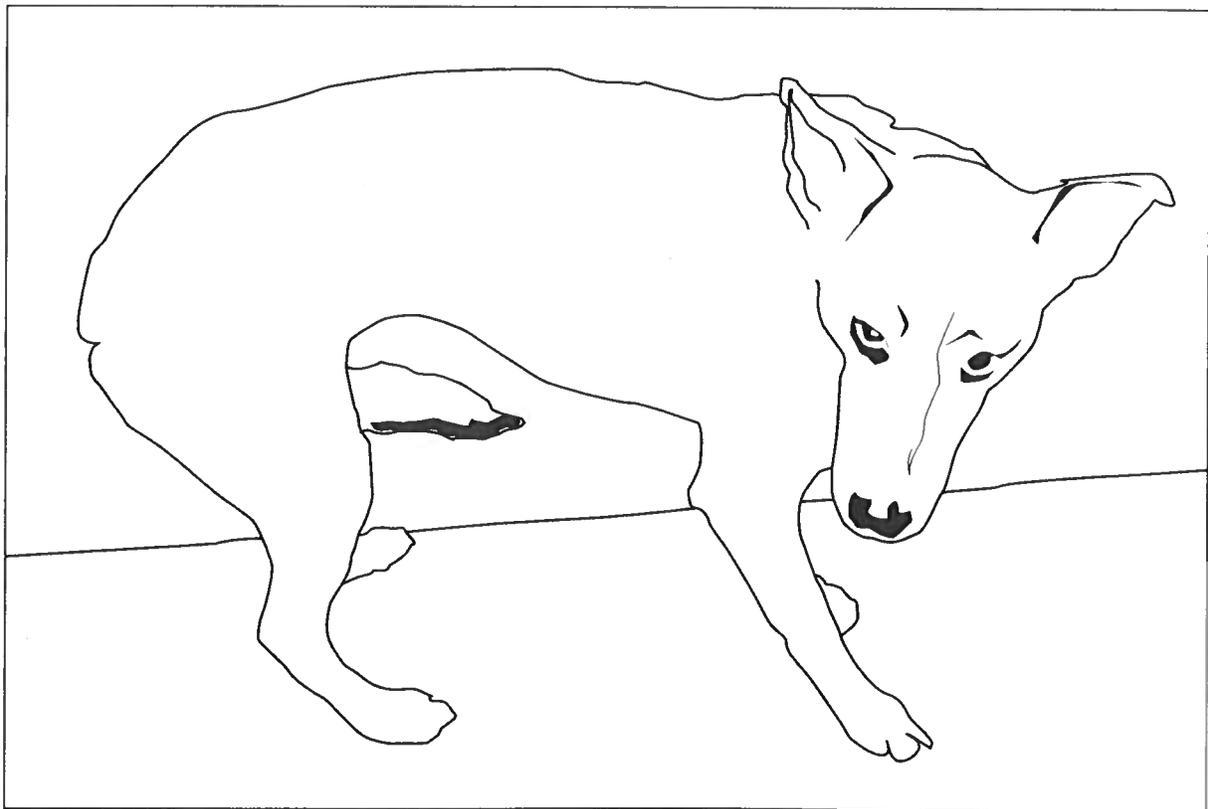


## Cowering and Tail Tucking:

If a dog is cowering, he is trying to make himself small -- that means he's scared! And sometimes when dogs are scared they bite.

So when you see a dog that has his tail under his body and he's low to the ground, he's asking you to please go away. You should always respect a dog's wishes and leave him alone.

Sometimes if you go sit down quietly this will help a scared dog understand that you are nice. If you wait, he may come up to sniff you. Go slow and don't make any fast movements. Wait for his signal that it's ok to pet him and have his owner nearby to help you make friends.



**Growling and Showing Teeth:** This is an easy one! It is never a friendly sign when a dog is growling and showing teeth at a person. Stay away from him!

Sometimes growling can be “talking” for a dog, like when he’s playing with a toy or with another dog.

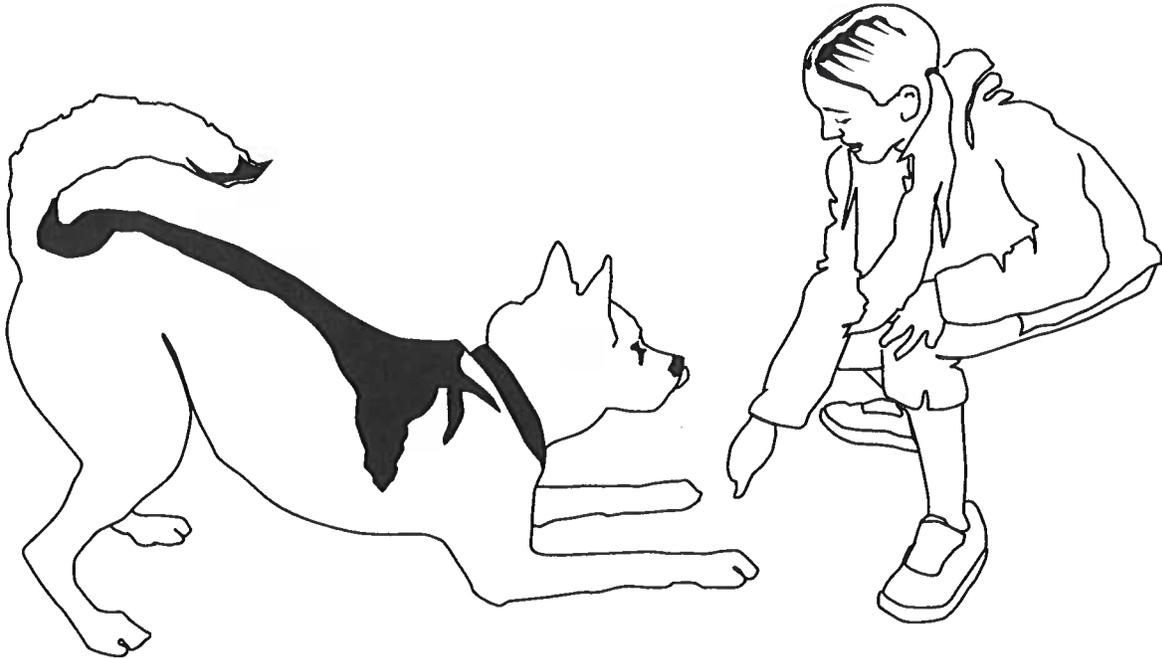
My dog Bowie growls when she wants to play or to go outside. She also makes that noise when I ask her to do something and she’s “talking back” to me! This is ok, because I know Bowie very well and my mom explained what this growling means.

If a dog growls and you don’t know what he’s trying to say, make sure an adult knows and they will help you to understand if he’s just talking or if he’s warning you to stay away. It’s always better to play it safe!



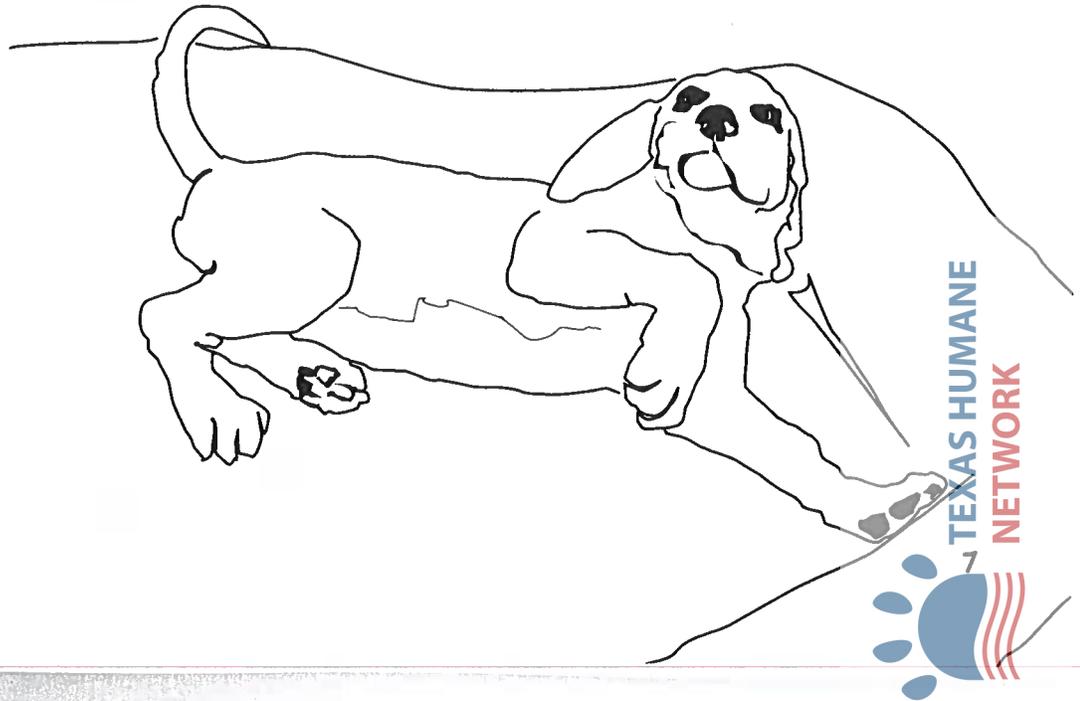
## Play Bow:

Can you see what this dog is doing now? This is called a play bow and it's a dog's way of inviting you or another dog to play.



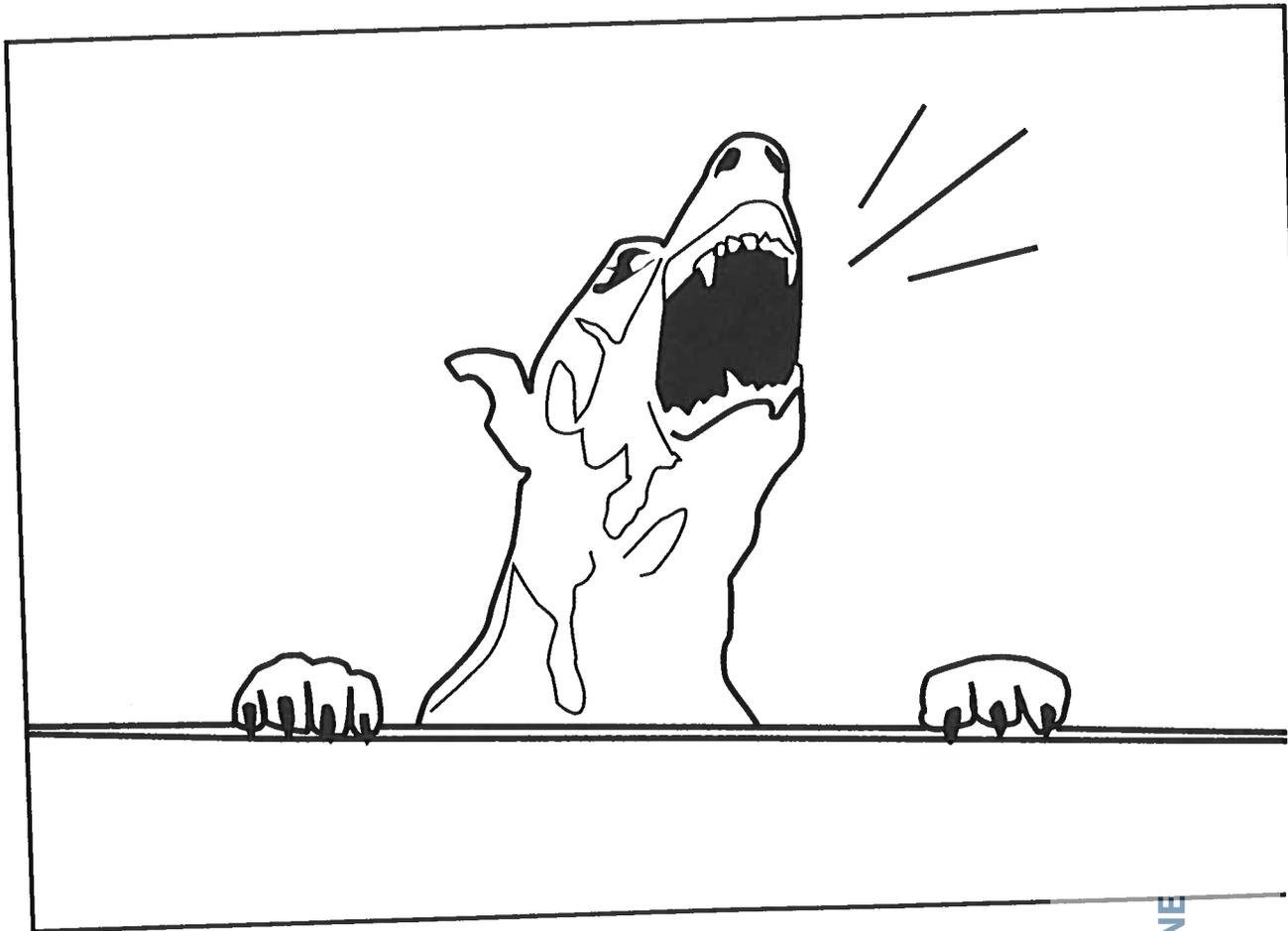
## Rolling Over and Showing Belly:

This is a good one! If a dog rolls over onto his back and shows you his belly, he wants to be friends. That's his way of saying, "scratch right here!"



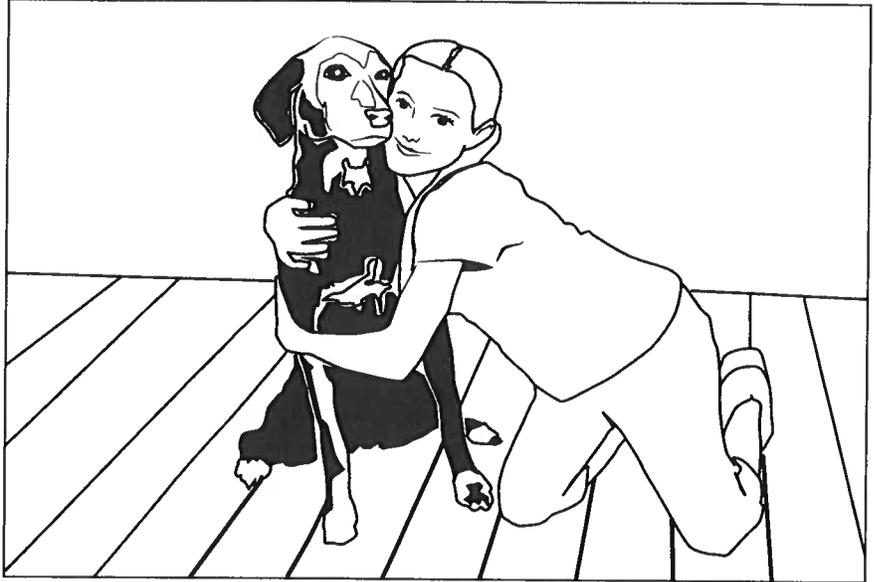
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**Barking:** Dogs bark for many reasons. They could be saying hello or asking you to play; or they could be afraid of you or warning you to stay away. If a dog you don't know is barking at you, play it safe and don't approach him.



## PART TWO: HOW TO SHOW A DOG YOU LOVE HIM

Think about the people who love you. How can you tell? Is it from hugs and kisses? Or maybe the special times you spend together? Is it the way they take care of you? Or the games you play with each other? There are many ways to show love.



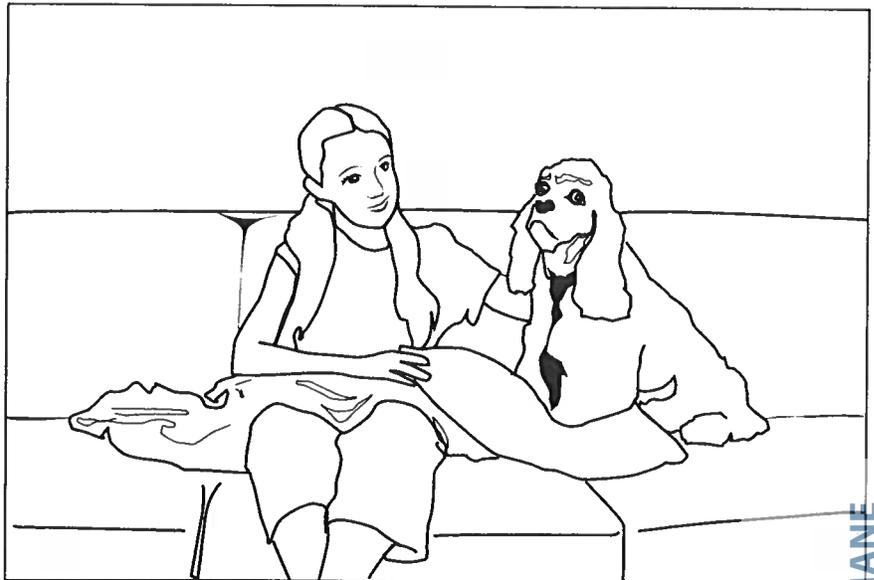
When it comes to showing a dog you love him, you might need to think about what HE likes more than what you like. We need to remember that not every dog likes all the ways people use to show love. Let your dog tell you what's ok and respect his space, mood and wishes.

Some dogs love hugs and petting.

Some dogs love to play ball.

Some dogs love when you sit by them and watch TV.

Some dogs love to go with you to training class.

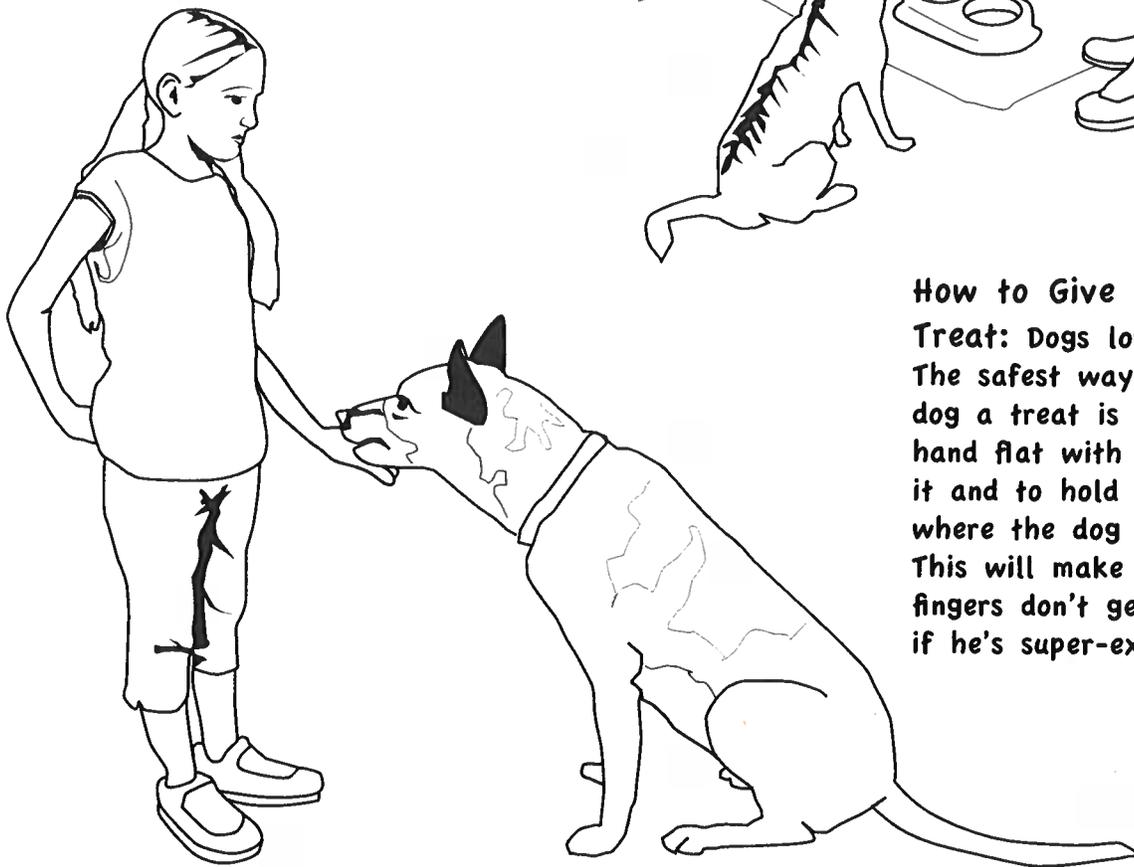


**Remember:** No dog likes to have his tail pulled. Also, never tease a dog, especially with food or a toy.

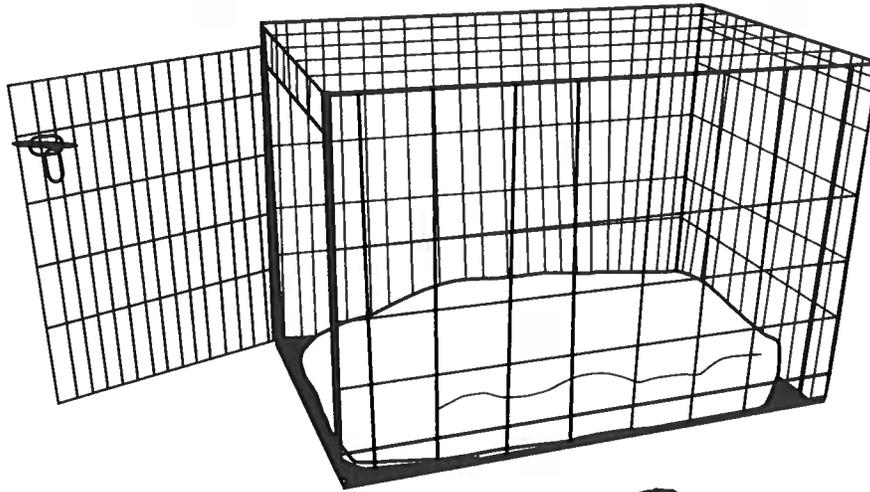
Most dogs don't love to be picked up but if an adult says it's ok, here's how: Place one arm around the dog's chest and your other arm should cradle his behind.



**Feeding Your Dog:** If an adult says it's ok, it can be your job to feed your dog every day. This is a great way to help take care of your dog, but remember, never walk up to your dog's food WHILE he's eating.



**How to Give a Dog a Treat:** Dogs love treats! The safest way to give a dog a treat is to keep your hand flat with the treat on it and to hold it out low where the dog can reach it. This will make sure your fingers don't get in the way if he's super-excited!



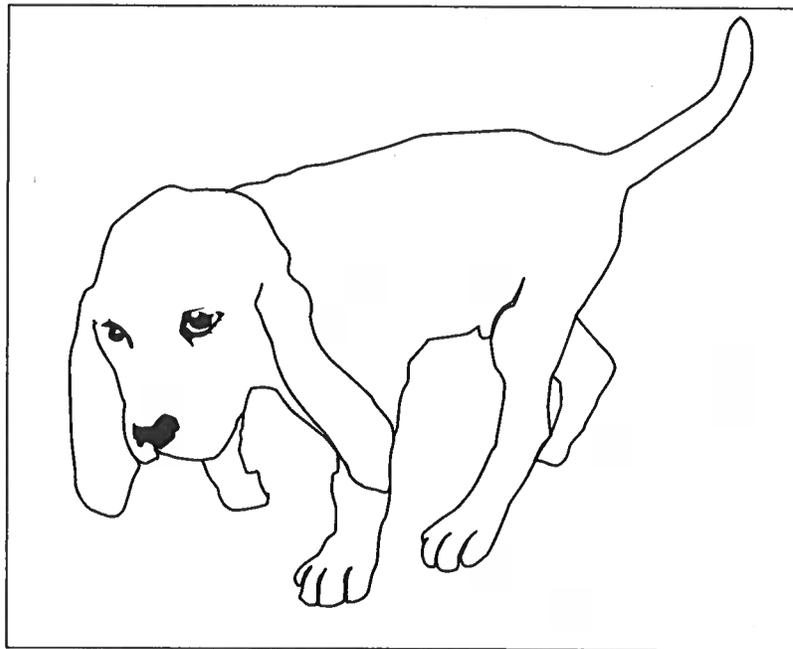
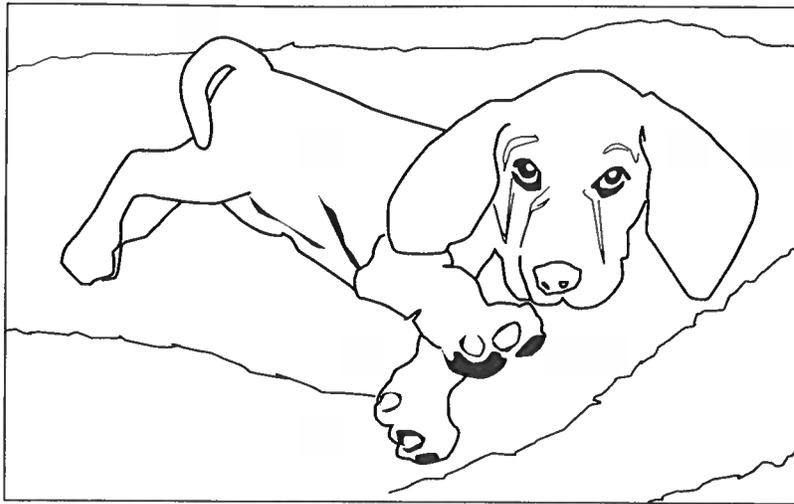
**Your Dog's Crate:** Some dogs have a crate that they like to hang out and sleep in. This is their bedroom. It's never ok to crawl into your dog's crate - whether he's in it or not. Help make your dog's crate nice for him with blankets, toys and treats if your parents say it's ok.

**Playing with Your Dog:** Playing with your dog is fun! Maybe your dog likes to play fetch, run with you at the park or play with his toys.



Just be careful not to make your dog too excited. When this happens he might hurt you by mistake. It's good to take breaks while you're playing together.

Also be careful when playing tug of war; this might be a game left for the adults.



**Young Puppies:** If you have a young puppy, be extra careful not to get him too excited. Puppies like to nip when they play with other puppies their age. When they get too excited, they might play with you this way. Your puppy is just playing, but those teeth are very sharp! If your puppy likes to use his mouth a lot, give him a toy to chew on instead.

## PART THREE: WHAT TO DO WHEN...

### What to do when your dog gets mad:

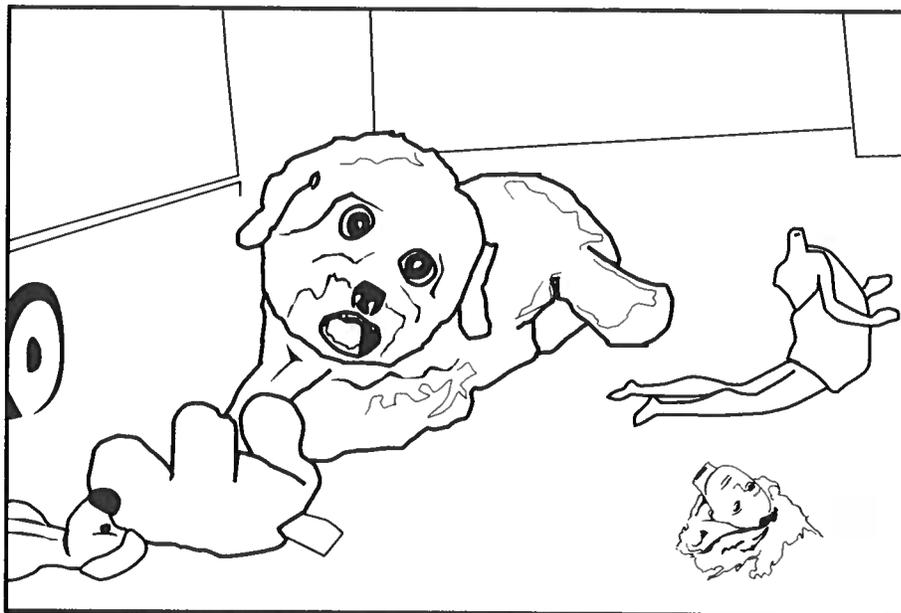
Just like people get mad, dogs can get mad or upset too. Maybe you've gotten too close to their bone or favorite toy or maybe they don't feel like being pet or played with right now. Dogs show that they're mad by getting stiff, growling, or showing teeth.



If this happens, just back away quietly. Don't run, scream or point. And never hit! Tell an adult right away. The good news is, dogs don't stay mad! They usually forget all about it once you back off and leave them alone.

**What to do when your dog's been bad:**

Sometimes dogs do things that make us mad, like peeing in the house or ripping up our favorite toys. If your dog does do something bad, never yell, point or scold him. And never hit. Go tell an adult.



**Important:**

Dogs don't know the difference between their own toys and your toys. Your toys might even seem better to your dog, since they smell like you and you're their best buddy.

So remember, don't leave your toys where your dog can get them.



If you have a mad or bad dog, it may be time for some training. Talk to an adult to see if you can take your dog to class or have a trainer come over to the house to help him learn to behave. It can be a lot of fun for you and your dog to learn new things together.



## PART FOUR: MEETING NEW DOGS

I love to meet new dogs! But there are some things to remember when you're meeting a dog for the first time.

The most important thing is to ask the dog's owner if it's ok to say hello. If the owner says yes, then here's what you want to keep in mind - we'll start with what you should do and then I'll tell you some things you should NOT do.



### The Do's:

1. Keep your eyes down so you're not making direct eye contact.
2. Stand sideways; or if you're greeting a small dog, sit down.
3. Let the dog come to you.
4. Move slowly.
5. Put your hand out low with your palm down.

**Most Important:** Let the dog decide if he wants you to pet him. He'll let you know by showing you friendly body language such as having a relaxed body, wagging his tail and moving closer to you. There's nothing better than a happy, friendly dog!

And now the fun part! When it's time to pet the dog, pet his back, sides and under his chin. Pet him with long, slow strokes.



**Caution:** If the dog seems uninterested in you, leave him alone! This may be a sign he doesn't want to be your friend, and he could turn unfriendly if you try to get close to him.

## The Don'ts:

1. Never bother a sleeping dog. I know I hate to be woken up, too!



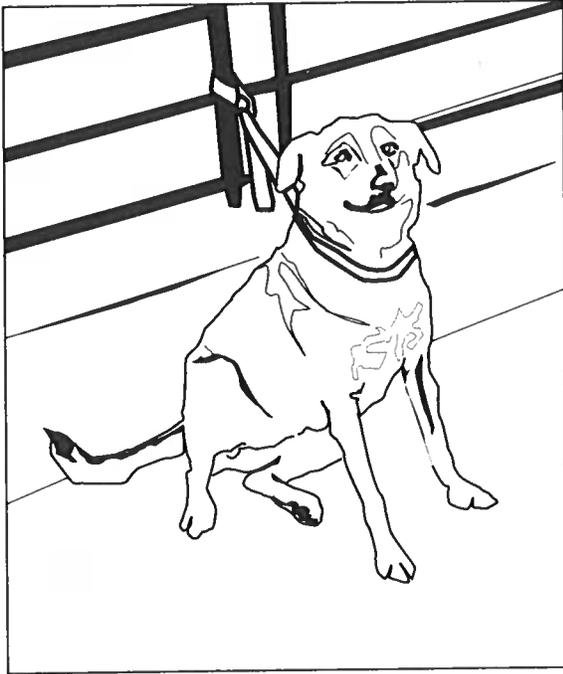
2. Don't stare into a dog's face. In dog language, staring into another dog's face can be a sign of anger or bossiness.



3. Never pet a dog that is behind a fence. Sometimes dogs get mad when they feel trapped. It's kind of like not bothering the animals at the zoo!

4. Don't pat a dog on the head. Some dogs don't like that. They usually prefer strokes, almost like you're brushing them with your hands.

5. Never approach a dog if he has food or a toy. Dogs don't always know how to share.



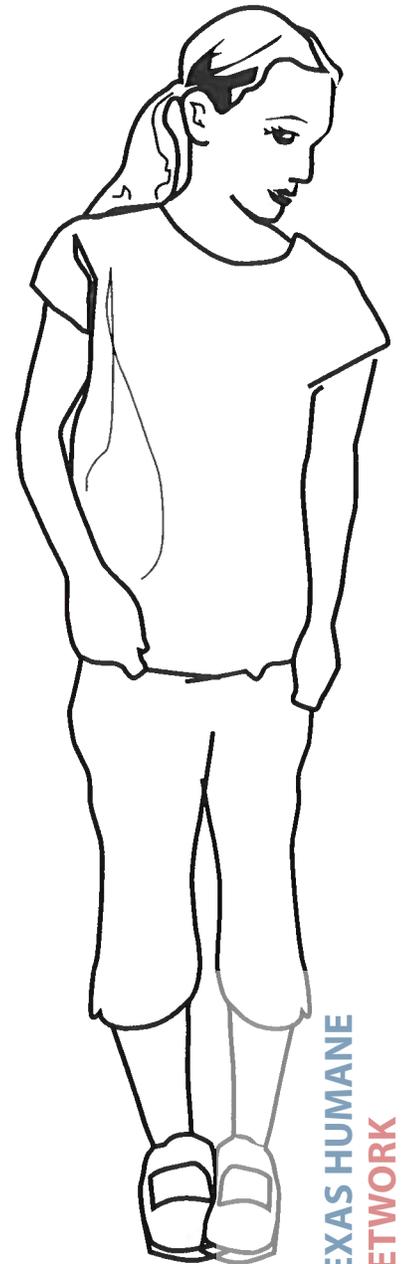
6. Never approach a dog that is tied up outside of a store or in a yard - even if they look cute and friendly!

7. Don't stand over or lean over a dog, especially a small dog. You might scare them.

8. Never pick up a small dog. It's rude!

9. If a dog offers kisses, that's great... but never put your face next to a dog's mouth to ask for them.

What to do when a strange dog comes up to you and the owner is not around: This can be a little scary, and when you're scared or nervous it's easy to do the wrong things... so remember, don't stare, scream or run. Never raise your arms and make jerky movements. Just wait quietly with your head down until the dog goes away. Then slowly back away (don't run) and tell an adult.



## It's Okay to Say "No" | Lesson 05.3 Assessment

Name \_\_\_\_\_ Date \_\_\_\_\_

Answer the following questions in sentence format:

1. **Write a paragraph describing a situation where you wanted to touch an animal and it didn't want to be touched. What did you do? What will you do next time?**



# DOGGIE LANGUAGE

starring Boogie the Boston Terrier



ALERT



SUSPICIOUS



ANXIOUS



THREATENED



ANGRY



"PEACE!"  
look away/head turn



STRESSED  
yawn



STRESSED  
nose lick



"PEACE!"  
sniff ground



"RESPECT!"  
turn & walk away



"NEED SPACE"  
whale eye



STALKING



STRESSED  
scratching



STRESS RELEASE  
shake off



RELAXED  
soft ears, blinky eyes



"RESPECT!"  
offer his back



FRIENDLY & POLITE  
curved body



FRIENDLY



"PRETTY PLEASE"  
round puppy face



"I'M YOUR LOVEBUG"  
belly-rub pose



"HELLO I LOVE YOU!"  
greeting stretch



"I'M FRIENDLY!"  
play bow



"READY!"  
prey bow



"YOU WILL FEED ME"



CURIOUS  
head tilt



HAPPY  
(or hot)



OVERJOYED  
wiggly



"MMMMM...."



"I LOVE YOU,  
DON'T STOP!"

TEXAS HUMANE  
NETWORK



# AWAREness Journal

NAME \_\_\_\_\_

## SKETCH

Draw the animal covered in your lesson.



## FAVORITE

What was your favorite part of this lesson?



## WRITE

Answer your teachers writing prompt following the lesson you just completed.