



## **Primary Grades (K-2) – Safe Environment Plan – Keeping Myself Safe**

**Note:** It is essential to have read *The Truth and Meaning of Human Sexuality* by the Pontifical Council for the Family before presenting this material. This booklet is available from the Office of Catechesis and Evangelization for \$4 or the document can be downloaded from the Diocesan website along with discussion questions. This resource can be applied toward Certification Credit of 4 hours under Doctrine, Life in Christ, Christian Sexuality.

### **Prayer**

*Angel of God, my guardian dear, to whom God's love commits me here. Ever this day be at my side, to light and guard, to rule, and guide. Amen.*

### **Objectives**

Refer to the Diocesan Religion Curriculum. Foundational information can be found under Life in Christ for:

Pre-school and Kindergarten: page 10 numbers 1, 2, 3, 6

Grade 1: page 11, numbers 1, 2, 3, 8

Grade 2: page 15 numbers 1, 2, 3, 9

In the first section of the Religion Curriculum, refer to the section entitled Scope: God (page 7), creation (page 8), and the dignity of the human person (page 15).

- Students will learn about God as Creator of all and develop gratitude for all the gifts God has given.
- Students will learn about their dignity (their incredible worth) as children of God.
- Students will learn that they show their love for God through obedience to Him in following the Ten Commandments. They are to love others as a response to God's love, including respecting, honoring and obeying their parents and other adults in authority over them, unless an adult is asking them to do something that is wrong.
- Students will learn and practice the virtue of respect.
- Students will learn about safety, safe environment and the care that is to surround them.
- Students will learn the respect that each person deserves as a child of God and the difference between appropriate, kind actions and behavior that make them feel safe, secure and loved and inappropriate, harmful actions and behavior that makes them feel uncomfortable or unsafe. Students will learn the difference between good touch and bad touch.
- Students will learn the importance of saying "no" to inappropriate, harmful actions and behavior that makes them uncomfortable or unsafe. Children will be encouraged to immediately tell a trusted adult when these situations arise. Students will learn the importance of saying "no" to bad touch and immediately telling a trusted adult if this should happen.

## Teaching Points

### Lesson

God made everything and all that He made is good. God created you and loves you very much. He made you in His image and likeness. It is right and good to be thankful to God for all of His gifts.

God gave you a guardian angel, loving parents, family members, and other adults to watch over and guard you. It is primarily through these people and the Church that you first come to know God's love. God tells you in the Bible that you are to love Him with all your heart, soul, mind and strength (Deuteronomy 6:5; Matthew 22:37). In order to love God, you need to know who God is. You come to know God through learning about Him and speaking with Him in prayer each day.

You show your love for God through a response to Him, by living according to His Ten Commandments. God gave us these laws of love to help you know how to stay close to Him and to live a life of joy and peace.

As a child of God, you have amazing dignity because of the love He has for you. Because you are so important to God and precious in His eyes (cf. Isaiah 43:4), you are to love and respect others and yourself. One way of showing respect is being obedient to God through obeying the rules of your parents, teachers and those in authority over you so that you are safe and free from harm.

God loves you very much and wants you to feel safe at all times. You are safe when you are not in danger. Some actions like hitting, shoving, grabbing and pushing are not good and kind – they are not good forms of touch. It is important to know the rules that are listed below to keep you from harm and danger:

- No person should ever treat you or touch you in a way that makes you feel uncomfortable or afraid. Always tell someone, like your mommy, daddy, teacher, or grandparents right away when you feel scared, not safe or not respected. However, if you have been disrespectful and/or disobedient to your parents, you will probably feel uncomfortable or afraid because you are deserving of a punishment.
- When someone hugs or pats you, if it makes you feel uncomfortable or scared, and you feel it is not good touch, tell that person, a child or adult, to STOP. It is O.K. to tell a big person “No”, I don't like that, when you feel uncomfortable or scared. It is also OK to run away from the situation and tell an adult that you trust. In some cases it is appropriate to scream for help.
- If you are at a friend's house, and a TV program, video or computer program makes you feel uncomfortable, suggest that you would like to watch something different or play a different game. Otherwise, it is ok to say that your parents do not allow you to watch certain programs and then call your parents.
- God gives you a guardian angel, which means that God gives you an angel to guard over and protect you. Pray to your guardian angel to help you.

### **Activities:**

- As a child of God, each person has incredible dignity and therefore this is the foundation of the Safe Environment Program. The enclosed virtue of respect, which includes an explanation of human dignity, is to be taught and practiced at each grade level.

Discuss the following age-appropriate activities from the virtue of respect, connecting them to real life.

- Kindergarten: page 3, numbers 4, 5
- First Grade: page 3, numbers 6, 13
- Second grade: pages 3-4, numbers 4, 5, 7, 26
- Discuss: What safety rules do you know that keep you safe? Look both ways when crossing the street, wear a seat belt, do not play with matches, wear a helmet when riding a bicycle, always go with someone to a public restroom etc.
- How do you show your love for your parents, grandparents, and friends that make you feel safe and joyful inside?  
Parent's hug, a friend's High-5, shaking hands when meeting someone for the first time, snuggling up with grandmother when reading a book.
- Draw a "Smiley Face" if you feel safe and a "Frown Face" if you feel sad and scared in the following situations..

Teacher reads:

- Mommy hugs you for cleaning up your room.
- Your friend gets angry at you and pushes you and you fall down
- You are watching TV and your sister's friend sits real close to you and you do not like it.
- Your friend gives you a High-5 for scoring a basket in gym class
- Your teacher gives you a pat on your back for spelling a word correctly.

### **Conclusion**

God the Father is our Creator. All that God made is good. God loves you very much and wants you to feel safe and happy. He gave you your parents, grandparents, priests, teachers, and friends to help you be safe and secure when we are at home, school, on the playground, and at Church. God gave you a guardian angel to love and protect you and keep you from harm.

Remember to follow the rules and tell an adult that you trust if you feel sad, scared or unsafe.

*Excerpts adapted from the Diocese of Harrisburg, Pennsylvania*