

## **Intermediate Grades (3-5) – 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**

*Our Father who art in heaven, hallowed be thy name. Thy Kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen*

### **Objectives**

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

Grade 3: page 17, numbers 1,2,3,8

Grade 4: page 17, numbers 1, 2, 3, 8

Grade 5: page 19, numbers 1, 2, 3, 8

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 about the virtue of respect which is based upon the dignity of each human person.
- Students will learn about safety, safe environment and the care that is to surround them.
- Students will learn 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 appropriate touch and inappropriate touch.
- Students will learn the importance of saying “no” to inappropriate, harmful actions, behavior and touch that makes them uncomfortable or unsafe. Children will be encouraged to tell immediately a trusted adult when these situations arise.
- Students will learn about the buddy system.

### **Teaching Points**

#### **Lesson**

God is our Creator. All that God made is good. He made you in His image and likeness. God gave each person a guardian angel, and loving parents, family members, and other

adults to watch over and guard you. We need to be grateful to God for all that He has given us.

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 must, with God's help, love and respect others and yourself. One way of showing respect is keeping yourself safe.

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. 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 and not safe.
- When someone hugs or pats you and if it makes you feel uncomfortable or scared (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 and scream for help.
- Never get in a car with a stranger.
- Scream "I don't know you," if someone tries to take you.
- Never go to a friend's house if their parents are not there.
- If you are going for a bike ride, always go with a buddy, and make sure to tell your parents when you leave, and call when you arrive at your friend's house.
- 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.

### **Activities:**

- The dignity of the human person as a child of God is the foundation of the Safe Environment Program. Therefore, 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.
  - Third Grade: pages 3-4, numbers 1-2, 12-14, 21 – first 5 practical tips
  - Fourth Grade: page 3, numbers 1, 4-6, 9 – St. Martin de Porres
  - Fifth grade: pages 3-4, numbers 10, 11, 16-memorize the first three Scriptures, 21-last 5 practical tips

- Discuss - What safety rules do you know that keep you safe? Look both ways when crossing the street, be alert and attentive in all situations, never go anywhere alone, wearing a seat belt, do not play with matches, wear a helmet when riding a bicycle, etc.
- Discuss with your parents rules for staying home alone if your parents leave to run an errand.
- 4<sup>th</sup> and 5<sup>th</sup> Grade – go through rules for staying home alone and babysitting.
- What signs of affection are appropriate and inappropriate?  
Parent’s hug, a friend’s High –5, shaking hands when meeting someone for the first time, snuggling up with grand mom when reading a book, hugging a friend who is moving away, hugging someone who is going through a difficult time.
- Practice saying “No” and acting in an assertive way by responding to these situations listed below:
  - You are walking home from school and a car with a young or old man pulls up and asks you for directions. How can you respond to this situation?
  - You answer the telephone and you do not recognize the voice on the phone. The person says very unkind words to you. What will you do?
  - A person that you do not know says: “Your mom told me to come and pick you up and take you home.”

### **Conclusion**

God is our Creator. All that God made is good. God loves you very much and wants you to feel safe and secure. He gave you your parents, grandparents, teachers, and friends to help you be safe and secure when we are at home, school, the playground, and Church. God gave you your guardian angels 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 and unsafe.

*Excerpts adapted from the Diocese of Harrisburg, Pennsylvania*