

**DIOCESE OF
ALLENTOWN
CHILD PROTECTION
CATECHESIS**



GRADE ONE

CHILD PROTECTION TEACHING OBJECTIVES GRADE ONE

1. God made me special and others must respect me and I must respect myself.
2. We have families, friends, and a church family to help us grow in love.
3. Safe touch makes a person feel loved and cared for. Unsafe and unwanted touch makes a person feel uncomfortable and unhappy. Unsafe and unwanted touch must be avoided and immediately reported to a parent or trusted adult.
4. We show respect for others and ourselves by how we talk and how we act. Each person must show special respect for the private areas of our bodies. Areas of the body covered by the bathing suit zone are private.
5. Good choices help us to be happy and bad choices on our part or on the part of others can cause great unhappiness. We must make good choices even if others are making bad choices.
6. Small children, older children, and adults can do things or behave in ways that are wrong. We avoid and report bad or wrong behaviors to be safe.
7. Some secrets are not good and can harm us. We must tell secrets to a trusted adult. Good games and play are fun for each person. Bad play is not play, it is wrong.
8. We learn to tell good friends from bad friends. Some friends love and help us. Other friends are not truly friends. Good friends do not ask us to do bad things or things that harm us.
9. I am surrounded by people who love me and who will help me be safe. My parents and family members and trusted adult in my life help to keep me safe. If anyone ever harms me in any way, I will find help.
10. My parents and family members and other trusted adults will listen to me and help me. I will make a list of three trusted adults I can go to with any problem in addition to my parents and family members. My parents and I will make this list together.

**PRAYER SERVICE
GRADE ONE**

**DOES GOD ANSWER MY PRAYER
Guided Meditation**

(Teacher would read this slowly to the children)

It is a quiet and gentle place. Goodness lives there. No anger, no sadness, or worry could ever frighten away the goodness in this place. (Pause)

Love lives there. There we can live and grow and know that we are always safe. (Pause)

This is the place where Jesus lives. It is inside each and every one of you. No matter who you are, what you look like, or what you have or don't have, this place is in you.

(Pause)

Find that wonderful place within you now. Imagine that you see Jesus there.

(Pause)

See Jesus coming to meet you? Look how happy he is to see you! (Pause)

He's stand with you now. His eyes are gentle and kind. You can see that He loves you. He is smiling at you now. His smile makes you feel safe. (Pause)

Listen to what Jesus is saying to you now. What is he telling you? (Pause)

Perhaps Jesus is saying something like this to you.

Dearest Child,

I am so very happy that you are here with me now. I want you to know that

whenever you need me, and need to feel my love, all you need do is come here to

this special place inside of you. I will always be here with you. I will never leave

you. I will always love you, for all of your life. (Pause)

What would you like to say to Jesus? (pause)

Now, in a moment, you're going to open your eyes. But when you do, you're going to remember this wonderful way you felt knowing that Jesus is always with you, and that he loves you.

You're also going to remember that you are never alone. Jesus is always with you, loving you, no matter what.

Now slowly begin to open your eyes.

Pray the following prayer and have the children repeat after you.

Let us pray.

Jesus, we know we are never alone. You live within each of us, smiling within us, loving us. Thank you Jesus, for always being with us, and thank you for loving each one of us so much. Amen

LESSON PLAN

GRADE ONE

Discussion

- Each of us has our very own built-in personal computer. Who knows what it is?
Our Brains
- What is a gigabyte? ***A unit of memory in a computer. It tells us how many things a computer can remember.***
- How many gigabytes do you think the human brain has at five years old? ***Each of our brains contains over five million gigabytes when we are five years old. Just imagine – we have more than 5 million gigabytes of information in our brains! That’s a lot of brainpower!***
- Is there another computer anywhere in the world that can compare with the human brain? ***No there is not.***
- Our brains are amazing and powerful tools. Do you think we can use them to help keep ourselves safe?
- Well that is exactly what we are going to be doing. We’re going to be programming our built-in computers to Think First \$ Stay Safe. Does everyone have their computer between their ears turned on?
- Good! Because we’re going to be programming our built-in computers to do what?
To think first & Stay Safe!
- What is your favorite kind of weather?
- What kind of weather is safest?
- What kind of people do we like best? ***Most of us like nice, “sunny” people.***
- Is it possible for a nice sunny day to suddenly become a stormy day?
- Can a person we thought was nice suddenly become a not-so-nice person?
- Lightning can strike almost anytime or anywhere. During a lightening storm, can we stay safe by: staying indoors? Staying away from trees? Not standing in open areas? Staying away from water and metal?
- Would we ride a bike during a tornado?
- Would we go on a picnic during a hurricane?
- OK, now let’s use our built in computers and think: If we take precautions from dangerous weather, should we also take precautions against Bad Weather People?
- Now there is one thing we have to remember: Most of the time, is the weather safe or unsafe?
- Again, like the weather, most people are what? ***Most people are nice and safe.***

THE CONCEPT OF LURING

Discussion:

- How many of you like to fish?
- What do we use to catch fish?
- What's another word for bait? **Lure**
- What exactly does a lure do? ***It attracts fish and tricks them into biting the hook.***
- Now remember what we learned about Bad Weather People, people who may seem nice but then turn mean or dangerous? Well, these Bad Weather People have their own kind of lure – “child lures” – to fool children into trusting or going with them.
- Know that, should we go with someone if they:
 - Ask us to help look for a lost puppy?
 - Offer us money
 - Tell us there is an emergency?
 - Know our name?
 - Offer to give us a ride home?
 - Say we've done something wrong and need to come with them.

THE CONCEPT OF LAW

Discussion:

- Do we have rules we must follow at home? At school?
- Did Jesus give us rules to keep us safe and to help us choose good things?
- What happens when we break those rules?
- Grown-ups have rules they must follow. What are those rules called? **Laws**
- When grown ups break the law, what is that called? **A crime.**
- Do they get punished for crimes? **Yes, sometimes they even go to jail.**
- Which parts of the body does a bathing suit cover? **The private parts of the body.** So let's call the private parts of the body the "Bathing Suit Zone".
- To whom does your body belong? **My body belongs to me. It is my very own private property. I am made in the image and likeness of God. Our bodies are temples of the Holy Spirit.**
- Should anyone touch us in the Bathing Suit Zone or ask us to touch their private parts? **No**
- Why not? **It is against the law. It is a crime.**

PRACTICE SCENARIOS

OK, now it's time to Think First and Stay Safe! Jacob has a babysitter who tries to touch inside his Bathing Suit Zone. What should Jacob do? Should Jacob tell the babysitter, "No, Stop! That's against the Law"? Should Jacob tell a trust grown up. **Yes**

Why should Jacob tell a trusted grow up? **It's the job of grown ups to protect and help children.**

Who are some trusted grown-ups Jacob could tell? **Parent, grandparent, teacher, guidance counselor, principal, school nurse – any grown up he trusts.**

Who are some trusted grown ups YOU could tell if this happened to you?

Why might it be hard for Jacob to tell someone about what happened?

Might he be scared or embarrassed?

Might the abuser be someone he cares about, and he doesn't want to get him or her into trouble?

Might Jacob have been threatened not to tell anyone, so he is afraid to tell?

What if Jacob tells a trusted grown up that his babysitter touched him in his Bathing Suit Zone, and for some reason they can't or won't help him? What should he do? **Jacob should tell another trusted grown up. He should keep telling until someone helps him.**

Grown ups want to help children and keep them safe.

How can Jacob help protect other kids by reporting abuse?

- ***Child molesters abuse many children over time.***
- ***When police and parents know who the child molesters are, they are better able to protect kids.***

Jacob should also ask his parent to help him report what happened to the police, because it's what? ***Because sexual abuse is against the law. It is a crime.***

We hear about this in our Religion class also. Jesus gave us the commandments that help us to understand that we need to respect the human body and respect one another.

If Jacob made up this story, would that be against the law?

Remember, it is wrong to accuse someone of a crime they did not commit. This is lying and against the eighth commandment that Jesus gave us. We need to always tell the truth.

There are times when someone may need to see or touch the private parts of Jacob's body for health or cleanliness reasons. Can you think of when those times are?

- ***If Jacob hurt his private parts.***
- ***During a doctor's visit with Jacob's Mom or Dad there.***
- ***If Jacob needed help taking a bath/shower or going to the bathroom.***

LISTENING TO OUR INSTINCTS

Discussion:

- What are instincts? *Feelings we have inside that can give us important information about people and situations. Sometimes instincts warn us when things are wrong or dangerous.*
- What does a siren tell us? *Something is wrong, someone is in danger, someone has been hurt.*
- How do we feel when we hear a loud siren? *Worried, frightened, excited*
- Point to where those feelings come from. *(children will point to their stomachs).*
- Yes, we pointed to our stomachs, our “guts”. What do we call those feelings? *Instincts*
- Some people call instincts “gut feelings”, because we actually feel them in our gut or belly.
- Instincts are our very own personal sirens. Like yellow traffic lights, they tell us what? *Slow down, be careful, proceed with caution.*
- Let’s talk about how our instincts work in every day situations: when something comes toward our eyes quickly, what do we do? *Blink* When we touch something very hot? *Pull our hand away quickly* When something large is thrown at us? *Bring our hand up and turn away* When we are suddenly frightened or hear a loud noise? *Jump or freeze*
- Now, a show of hands: Have any of you ever met someone you would describe as “weird” – who makes you feel uneasy? Have you every been online and seen pictures that gave you a funny or sinking feeling in your gut? Have any of you ever had a really strange feeling about a person or situation, but didn’t know why?
- Most of us have had those feelings at one time or another. What makes us feel that way? *Our instincts, our inner sirens*
- If we get a funny feeling in our gut about a person or situation, what are our instincts telling us? *That something is wrong, and to be careful*
- If someone or something sets off our inner siren, should we tell a parent or another trusted adult?
- Besides instincts, what else are we all born with that we can use to protect us from harm? *Our brains, our built in computers*
- We also should pray every day asking Jesus to protect us and be with us so that we may stay safe.

WHAT IS A STRANGER?

Discussion:

- How many of you have ever heard someone say “Never talk to strangers!”
- Everyone please take a few minutes to draw a picture of a stranger. After five minutes or so, ask students to hold up their drawings for others to see. Chances are, most of the drawings will be of scary looking characters.
- What does a stranger look like? **Children may say “mean” or “scary”.**
- Some strangers do look scary or mean, but a stranger can look like anyone – even you!
- What exactly is a stranger? **A stranger is someone we’ve never seen before or don’t know anything about.**
- Let’s think of some examples. Are the following people strangers?
 - The checkout person at the supermarket
 - Someone we meet online
 - Our principal
 - Kids at the mall you’ve never seen before
- How often do we meet or see strangers?
- Most of the time, when someone is lured, is it by a stranger, or by a person they already know? **Most people are lured by someone they already know**
- Could it even be someone very close to us? **Yes, it could be a bus driver, garbage man, friend’s parent, mailman, janitor, or someone else.**
- Suppose someone we’ve never met before starts talking to us. He is very friendly and funny. After a while, would we still consider that person a stranger? **Probably not**
- How would a stranger who was trying to lure someone act? Would he act mean or pretend to be nice? **Strangers who try to lure children usually pretend to be nice to get kids to trust them.**
- Would we be more willing to trust a person who acts nice or acts mean? **A person who acts nice**
- How might that “nice” person act once they got us into a car or alone somewhere? **They might become a Bad Weather Person.**
- So when it comes to our personal safety, should we just be careful of people who look a certain way or people who act a certain way? **People who act a certain way. We should be alert to behaviors that set off our inner siren. Remember, we can’t just tell by looking at someone if they are dangerous or not.**
- Now, there are times we may need to depend on the very kindness of strangers. For example, if we got hurt or lost. Would the following people be safe choices, if we need help?
 - **A Mom or Dad with children of their own**
 - **Someone working behind a store counter**
 - **A uniformed police officer with a marked car**
 - **A man who walks up to you and offers to help**

Isn't it much better for us to make a safe choice, than for a Bad Weather Person to choose?

Remember, most people are what kind of people? ***Good Weather People. Most People are kind and caring and would never hurt children.***

Jesus wants all of us to be good weather people all the time. He asks us to follow the commandments and the laws of the church so that one day we'll be with Him in heaven.

THE CONCEPT OF DIGNITY; FOSTERING SELF ESTEEM

Discussion:

- Think for a moment about all the things you like about yourself.
- Now think for a moment about one or two things you don't like so much about yourself – but don't be too hard on yourself.
- What does “unique” mean? ***Special, one of a kind***
- Is there anyone else in the entire world just like you? ***No, everything about us, both the things we like and even the things we aren't so crazy about, makes us a one of a kind person. Even identical twins are different from each other.***
- Whose image and likeness are we all made in? ***We're made in the image and likeness of God.***
- Each one of us is special in god's eyes. He made us who we are.
- We've all been given special gifts from God that make us unique.
- Just think of it: out of all the billions of people in the whole world, there is no one else just like you. Doesn't that make you feel special?
- How do plants get water and food? ***Through their roots***
- Words have roots, too. (Print the word DIGNITY on the blackboard) The root of the word dignity is the Latin word “dignus” which means worth. Print the word WORTH on the board.
- Display \$5 or \$10 bill. How much is this bill worth? How much are you worth? ***Much much more. You are priceless. You are special.***
- Why should we expect people to treat us with respect and dignity?
- Why should we treat others with respect and dignity?
- If someone tries to abuse or hurt us, is that treating us with respect?
- Sometimes children who have been abused mistakenly think it's their own fault. They think they did something to bring on the abuse or that somehow they deserve the abuse. Is there every a time when sexual abuse is a child's fault? ***No. Sexual abuse is NEVER EVER a child's fault. Grown ups know that abuse is wrong, and that it is against the law.***
- Is someone abuses us, does it make us any less special and wonderful? ***Absolutely not! Remember, no one can take away our dignity or self worth. This is a gift from God.***
- Just like snowflakes each one of us is different and beautiful in our own way. And each one of us deserves to be treated and to treat each other with respect and dignity.

**PARENT PAGE
GRADE ONE**

I am God's Child

I must receive and give respect in the ways I talk and act and in the ways others treat me.

I learn the difference between true friendship and false friendship.

My body is private and must be respected.

I learn the difference between good play and bad play.

I learn the difference between safe touch and unsafe touch.

Some secrets are not good. Secrets can separate us from others and can harm us.

People make good choices and bad choices and I learn how to tell the difference.

When someone does something wrong, I must tell someone I trust.

My parents and I name three people I can go to for help besides my parents!

ELEMENTARY REVIEW

Are most people safe or dangerous?

Safe

What two built in personal tools do we have to protect ourselves from “bad weather people”?

Brains and instincts

If a stranger wanted to lure you, would she/he act mean and scary or nice and friendly?

Nice and friendly

Do all strangers lure children?

No. Most strangers are kind and safe people

A bathing suit covers which parts of the body?

The private parts of the body – the parts that are holy and good. These cover the “Bathing suit Zone”.

What do we call an adult who touches a child’s Bathing Suit Zone or asks the child to touch theirs?

A child molester or pedophile

Who can be a child molester?

Anyone. A neighbor, coach, camp counselor, clergy, even a relative.

When are some times that an adult may need to see or touch the private parts of a child’s body?

- **Bathtime for very young children.**
- **In case of injury to the private parts**
- **Visit to the doctor with parents present.**

Why must we never make up stories about sexual abuse?

Sexual abuse is a serious crime, and reports of abuse are taken seriously. It is against the law to accuse someone of a crime they did not commit.

Who do you tell if someone touches or tries to touch you in the Bathing suit zone?

A trusted adult. Then you should tell the police with the help of that trusted adult.

Why might it be hard to report abuse, even to a trusted adult?

- **It can be embarrassing to talk about something so private.**
- **The abuser may be someone you care about, and you don’t want to get them into trouble.**
- **You may feel that it was somehow your fault – even though it wasn’t.**

Is sexual abuse ever a child's fault?

No. Sexual abuse is never a child's fault.

What should you do if you tell a trusted adult about sexual abuse and they can't or won't help you?

Tell someone else. Keep telling until someone helps you.

What should you do if someone in a vehicle stops to ask for directions?

Stay at least three giant steps away from the vehicle and be prepared to run the other way. Kids should not talk to drivers who try to engage them in conversation.

What are some examples of when you do not have to obey adults?

- **If they tell you to do something that is against the law.**
- **If they put you in danger.**
- **If they try to touch the private parts of your body or ask you to touch theirs.**
- **If they do anything that makes you fear for your personal safety.**

What should you do if someone shows you a badge and tells you to go with them?

Explain that you are only allowed to go with a uniformed police officer in a marked car. If the person insists, get the attention of another adult. Scream for help if necessary.

Why must parents be present for all auditions and interviews?

To ensure your safety. Also, if you are under 18 years of age, by law, a parent must co-sign any contract.

What should you do if someone tells you there has been an emergency in your family?

Stick to your Family Plan of Action. Call or run home to verify the emergency.

What type of games should you refuse to play?

Those that involve getting undressed or touching the Bathing Suit Zone.

What should you do if an adult wants to tie you up, duct tape, or handcuff you, even as part of a game?

Refuse to let them, leave immediately, and tell a trusted adult.

What should you do before agreeing to do any errand or accepting any job?

Get permission from your parents or guardians

If you need to mark belongings, where should you place your name?

Where it can't be seen by passers-by.

What should you do if an adult or older student shows you X-rated pictures, videos, computer images, or websites?

Leave immediately and tell a trusted adult.

Should you keep secrets from your parents if another adult asks or tells you to? Why or why not?

No. Secrets we are asked to keep from parents should be told to them immediately.

If threatened with a weapon, what should you do?

Make a commotion to get the attention of others and get to safety.

Why should we report all threats, either verbal or with a weapon?

Because it is a serious crime (a felony) to threaten someone with a weapon or verbal threats.

How should you respond to violent or X-rated e-mail?

Don't respond to it. Report it to parents, www.cybertipline.com and your Internet provider.

How could you stay safe when meeting an online acquaintance in person?

Meet your cyberpal in a public place with your parents.

What should you do if you see someone being bullied?

Report it immediately to school authorities.

What should you do if you hear a rumor that someone brought a gun to school?

Immediately tell a teacher, principal or other school authority.

Why should you expect people to treat you with respect and dignity?

Because you are made in God's image and are a child of God. we all need to respect the Christ in one another.

EVALUATION
GRADE ONE

Name _____

Do all strangers try to lure children?

Yes No Don't Know

Are there some bad people in the world we need to watch out for?

Yes No Don't Know

Can we tell just by looking at someone if they are dangerous?

Yes No Don't Know

Is the human brain the most powerful computer in the world?

Yes No Don't Know

Does a bathing suit cover the private parts of the body?

Yes No Don't Know

Is sexual abuse against the law?

Yes No Don't Know

Is it wrong to accuse someone of a crime they didn't commit?

Yes No Don't Know

Do children always have to do what an authority figure says?

Yes No Don't Know

Should we keep secrets that make us feel worried or scared?

Yes No Don't Know

Is sexual abuse ever a child's fault?

Yes No Don't Know

Are there dangerous people online?

Yes No Don't Know

Are most people kind and safe?

Yes No Don't Know

Are you made in God's image?

Yes No Don't Know

Does God ask us to show respect and dignity to one another?

Yes No Don't Know

Will God love you no matter what you do?

Yes No Don't **Know**