

## How to use the “*Empowering God’s Children*” Curriculum At Home Instruction by Parents

Thank you for providing the Safe Environment Curriculum: “Boundaries: You Have Rights!” instruction to your child. This meets our requirements with the United States Catholic Conference of Bishops (USCCB) “Charter for the Protection of Children and Young People.”

Below you will find print screens, arrows and text boxes to help you with this training. These will include the parent’s guide, age appropriate video and lesson plans, and activities. When you have completed all three areas, please fill out the parent verification and send it to the parish/school local coordinator. They will report it to the Diocese of Davenport Safe Environment Office.

If you have multiple children, we highly suggest you separate them during these video and lessons since the content for older children may not be suitable for all.

You do not need a VIRTUS account to complete this requirement. I have provided hyperlinks for all the items. The lesson plans will open in PDF format which can be printed and used for the activities.

Step 1: Read the Overview ([English](#) / [Spanish](#)) and “Founding Principles of the Teaching Safety - Empowering God's Children Program”. The Overview refers to several guiding documents provided by the Catholic Church to help you work comfortably in educating your child about preventing sexual abuse.

Step 2: Read *Teaching Boundaries and Safety Guide* (booklet [English](#) / [Spanish](#), revised 2016). This booklet is the primary resource to parents provided through the new Protecting God's Children program for parents. The booklet is designed to help parents have frank and effective conversations with their children about the dangers of child sexual abuse. The information helps parents to inform their children about the warning signs of abuse and to better evaluate the safety of those who interact with their children. Because educators support parents in this critical undertaking, it is important for you to understand the types of conversations that parents are (or at least should be) having with their children and the types of structures that you can help create in protecting your children.

After reading the “Teaching Boundaries and Safety Guide,” click the hyperlinks for the age appropriate video and lesson plans.

Step 3: Parental disclosure is critical to the success of this program. If you do not want your child to have this program, you can opt out. The opt-out form ([English](#) / [Spanish](#)) would need to be completed and sent to the parish/school within 2 weeks.

Step 4: Use the hyperlink to open the “Power to Protect 2.0” video appropriate for your child’s grade level ([Elementary](#) (8.5 minutes), [Middle](#) (7.5 minutes), [High School](#) (11:18 mins). Then discuss and answer any questions your child has.

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Step 5: Select the proper age appropriate lesson plan. There are 6 activities for each grade level. You are only required to do 1. If you wish to do more you can.

- [Grades K-2](#)
- [Grades 3-5](#)
- [Grades 6-8](#)
- [Grades 9-12](#)

**VIRTUS® Excellence Builds Trust**

**Protecting God’s Children®**  
*Teaching Safety – Empowering God’s Children™*

Instructions for Lesson Leaders

**Lesson 3 for Grades 3, 4 & 5** **Boundaries: You Have Rights!**

**PRINCIPLE**  
Children must understand they have a right to be safe, and they are allowed to create boundaries to protect themselves in situations where they feel uncomfortable, or where they could be harmed.

**OBJECTIVES**  
Through this lesson, the adult lesson leader reinforces the parent’s message about boundaries. After Lesson 3, children should be better able to:

- Identify and define various types of boundaries
- Begin to set their own boundaries and communicate them to others
- Honor appropriate boundaries in different types of relationships
- Technology Component: Understand boundaries can apply for Online activities, too

**CATECHISM / SCRIPTURE**  
*Freedom is exercised in relationships between human beings. Every human person, created in the image of God, has the natural right to be recognized as a free and responsible being. All owe to each other this duty of respect. The right to the exercise of freedom, especially in moral and religious matters, is an inalienable requirement of the dignity of the human person. This right must be recognized and protected by civil authority within the limits of the common good and public order.*  
—Catechism of the Catholic Church, #1738 (1997)

**Background for Lesson Leaders:**

Before beginning this session, the Lesson Leader should read the *Teaching Boundary and Safety Guide*, as it gives a wealth of information regarding boundaries and how to address them.

The best approach to working with this age group is through non-competitive games in which the children can establish individual goals. At this age, more explanation is necessary

Step 6: You’ve completed the video and lesson plan, great! Complete the information below and send to your local coordinator at the parish/school.

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**Virtus Completion Form**

\_\_\_\_\_  
Parish/School

\_\_\_\_\_  
City

I have showed the age-appropriate Empowering God’s Children “Power to Protect” Video to my child (ren). I have also reviewed and trained my child (ren) using the age-appropriate Empowering God’s Children Lesson 3 – Boundaries: You Have Rights!

Child (ren): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Grade: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Parent Name

***Please return this form to the school or parish***