

DIOCESE OF BIRMINGHAM



Safe Environment

Materials

Grades Pre-K – 8th

2013

Adapted, with permission, from the “Formation in Christian Chastity” program.

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CHILD PROTECTION & SAFETY - Classroom Information for Grades 4K-5K

YOUR CHILDREN'S SAFETY

Parents will receive an information sheet ("Know the Rules") containing tips for speaking with your children about their personal safety. In addition to this information, we strongly recommend that you consider a close monitoring of the computer use by your children.

1. Computers used by children should be in a common area of the house, under your immediate supervision.
2. Internet access should have filters to keep out unwanted and harmful materials.
3. Children should not be using "chat" rooms.
4. Children should protect their privacy and modesty both on the computer, as well as in other public settings (for example: when using restrooms or locker rooms).

CHILD PROTECTION & SAFETY - Classroom Lesson for Grade 1

Safe Environment Plan, “Keeping Myself Safe”

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.

Catechism of the Catholic Church (#336): From its beginning until death, human life is surrounded by their watchful care and intercession. Beside each believer stands an angel as protector and shepherd leading him to life. Already here on earth the Christian life shares by faith in the blessed company of angels and men united in God.

Objectives

- Students will know rules for keeping people safe.
- Students will understand the difference between good touch - bad touch.
- Students will understand that God loves and respects me and I in turn should love and respect myself.

God is our Creator and He made everything good. He made us in his image and likeness. As children of God, we should love and respect all things as well as ourselves. One way of showing respect is keeping our bodies safe.

God loves us very much and wants us to feel safe at all times. We feel safe when we know we are not in danger and we are not afraid. Some touches like hitting, shoving, grabbing and pushing are not good touches. It is important to know the rules that are listed below to keep us from harm and danger:

- When someone touches you and you feel it is not good touch, or it hurts, you should tell that person, whether they are another child or an adult, to STOP. It is okay to even to tell a big person "No" when you feel scared.
- Always tell someone, like your mommy, daddy, teacher, or grandparents right away when you feel scared and not safe.

Activities

- Discuss - What safety rules do you know that keep you safe? Looking both ways when crossing the street, wearing a seatbelt, not playing with matches, wearing a helmet when riding a bicycle, etc.
- What people give you good touches that make you feel safe and warm? Parent's hug, a friend's high five, shaking hands when meeting someone for the first time, snuggling up with grandma when reading a book.
- Draw a "Smiley Face" if you feel safe and a "Frown Face" if you feel sad and scared.

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 five for scoring a basket in gym class
- Your teacher gives you a pat on your back for spelling a word correctly.

Conclusion: God loves you very much and wants you to feel safe and happy. He gave us our parents, teachers, and friends to help us be safe and secure when we are at home, school, playground, and Church. Remember to follow the rules if you feel sad, scared or unsafe. God is our Creator and He made everything good. God gave us our guardian angel to love and protect us and keep us from harm.

CHILD PROTECTION & SAFETY - Classroom Lesson for Grade 2

Safe Environment Plan, "Keeping Myself Safe"

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.

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Objectives

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- Students will understand the difference between good touch - bad touch.
- Students will understand that God loves and respects me and I in turn should love and respect myself.

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- Always tell someone, like your mommy, daddy, teacher, or grandparents right away when you feel scared and not safe.

Activities

- Discuss - What safety rules do you know that keep you safe? Looking both ways when crossing the street, wearing a seatbelt, not playing with matches, wearing a helmet when riding a bicycle, etc.
- What people give you good touches that make you feel safe and warm? Parent's hug, a friend's high five, shaking hands when meeting someone for the first time, snuggling up with grandma when reading a book.
- Draw a "Smiley Face" if you feel safe and a "Frown Face" if you feel sad and scared.

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 five for scoring a basket in gym class
- Your teacher gives you a pat on your back for spelling a word correctly.

Conclusion: God loves you very much and wants you to feel safe and happy. He gave us our parents, teachers, and friends to help us be safe and secure when we are at home, school, playground, and Church. Remember to follow the rules if you feel sad, scared or unsafe. God is our Creator and He made everything good. God gave us our guardian angel to love and protect us and keep us from harm.

CHILD PROTECTION & SAFETY - Classroom Lesson for Grade 3

Safe Environment Plan, “Keeping Myself Safe”

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Objectives

- Students will know rules for keeping people safe.
- Students will understand the difference between good touch - bad touch.
- Students will understand that God loves and respects me and I in turn should love and respect myself.

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- Always tell someone, like your mommy, daddy, teacher, or grandparents right away when you feel scared and not safe.

Activities

- Discuss - What safety rules do you know that keep you safe? Looking both ways when crossing the street, wearing a seatbelt, not playing with matches, wearing a helmet when riding a bicycle, etc.
- What people give you good touches that make you feel safe and warm? Parent's hug, a friend's high five, shaking hands when meeting someone for the first time, snuggling up with grandma when reading a book.
- Draw a "Smiley Face" if you feel safe and a "Frown Face" if you feel sad and scared.

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 five for scoring a basket in gym class
- Your teacher gives you a pat on your back for spelling a word correctly.

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CHILD PROTECTION & SAFETY - Classroom Lesson for Grade 4

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Objectives

- Students will know rules for keeping people safe.
- Students will understand the difference between good touch - bad touch.
- Students will understand that God loves and respects me and I in turn should love and respect myself.

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God loves us very much and wants us to feel safe at all times. We feel safe when we know we are not in danger and we are not afraid. Some touches like hitting, shoving, grabbing and pushing are not good touches. It is important to know the rules that are listed below to keep us from harm and danger:

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- Always tell someone, like your mommy, daddy, teacher, or grandparents right away when you feel scared and not safe.

Activities

- Discuss - What safety rules do you know that keep you safe? Looking both ways when crossing the street, wearing a seatbelt, not playing with matches, wearing a helmet when riding a bicycle, etc.
- What people give you good touches that make you feel safe and warm? Parent's hug, a friend's high five, shaking hands when meeting someone for the first time, snuggling up with grandma when reading a book.
- Draw a "Smiley Face" if you feel safe and a "Frown Face" if you feel sad and scared.

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 five for scoring a basket in gym class
- Your teacher gives you a pat on your back for spelling a word correctly.

Conclusion: God loves you very much and wants you to feel safe and happy. He gave us our parents, teachers, and friends to help us be safe and secure when we are at home, school, playground, and Church. Remember to follow the rules if you feel sad, scared or unsafe. God is our Creator and He made everything good. God gave us our guardian angel to love and protect us and keep us from harm.

Child Protection and Safety - Grades 5-8 – Wise Decisions/Being Prudent

Prayer – Lord, thank You for another day within this life of mine. Give me the strength to live it well, whatever I may find; to use the hours wisely, for I cannot have them back; make amends for little slights or petty words inflicted on my friends. Lord, thank You for another chance in which to try to be a little more deserving of the gifts that You have given to me. For yesterday is over and tomorrow is far away. I remain committed to the good I do today!

Catechism of the Catholic Church (#1806) – Prudence is the virtue that disposes practical reason to discern our true good in every circumstance and to choose the right means of achieving it; “the prudent man looks where he is going”. Keep sane and sober for your prayers. Prudence is “right reason in action”, writes St. Thomas Aquinas. The prudent man determines and directs his conduct in accordance with this judgment. With the help of this virtue we apply moral principles to particular cases without error and overcome doubts about the good to achieve and the evil to avoid.

Objectives

- Student will know when to avoid dangerous and harmful activities.
- Student will know how to implement and the importance of a Buddy System.
- Student will develop a safety plan.
- Student will practice assertive body language.

Jesus is the Truth. We can know His truth about what is good and right through reason (our ability to think, understand and judge.) We have a conscience to know right from wrong, good from evil. It is wise and prudent to formulate a plan to avoid dangerous situations. God gave us our parents, friends and teachers to help us know when and how to avoid dangers. It is prudent to have a “Buddy System”. That is, you never go alone and always have a “buddy” with you. Now that you are older, parents are giving you more responsibilities and along with this you must be prepared for unexpected emergencies. To have a “Safety Plan” is very prudent of you. Here are some good rules for your plan:

- Always be with a group when outdoors. Be aware of your surroundings.
- Never hitchhike.
- Use well-lit streets, walkways and playgrounds. Do not use shortcuts.
- Carry identification with you.
- When home alone be sure you have emergency phone numbers and the number of a neighbor or a nearby friend.
- Never answer the door unless you know the person.

- Always be alert and cautious of your surroundings. Do not let yourself be distracted. Stand up straight and walk with authority.

Activities

You have read the “Safety Plan”. Sit in small groups and discuss what else you can include in your “Safety Plan”. Discuss with your parents your plan and ask for their guidance when you are on an outing. 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 man pulls up and asks you for directions. How can you respond to this situation?
- You are babysitting your younger siblings and the doorbell rings. How would you respond to this?
- 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?
- Your friend and you are shopping at the mall and a stranger is following you and asking you questions. How would you respond to this situation?

Conclusion: Jesus is the Truth and He wants us to know and follow Him. We can also know the truth about what is good and right through reason. Jesus wants us to be happy and safe and He gave us the gifts and tools to make good choices and have a plan when we are in danger. Always travel with a buddy and be sure you have a plan when you become scared or unsafe.