

**THE**  
**CATHOLIC**  
**Vision of Love**  
Diocese of Pittsburgh

**Personal Safety  
Curriculum**



**Grade 5**

**Personal Safety**  
**5<sup>th</sup> Grade Lesson Plan**  
**Friendship and Respect**

**RELATIONSHIP BOUNDARIES**

**Stranger Danger, Respecting Ourselves, Respecting Our Bodies**

**LESSON OUTLINE:**

- Introduction & Opening Prayer: 5 – 7 Minutes
- Teaching on Friendship & Respect, focus on Relationship Boundaries: 5 – 7 Minutes
- Activity—Talking about Boundaries using Scenarios: 20 – 30 Minutes  
*(This can be done by dividing the group and letting the students talk about each scenario, and then share with the large group, or by facilitating discussion about each scenario with the entire group.)*
- Wrap Up & Connection to Catholic Social Teaching and Dignity of Human Person: 5 – 10 Minutes
- Closing Prayer

**LESSON BACKGROUND:**

**Human life is sacred:** *"Human life is sacred because from its beginning it involves the creative action of God and it remains forever in a special relationship with the Creator, who is its sole end. God alone is the Lord of life from its beginning until its end: no one can under any circumstance claim for himself the right directly to destroy an innocent human being."*<sup>56</sup>

(Catechism of the Catholic Church Paragraph 2258, Notation 56 CDF instruction, Donum vitae, intro. 5)

1. **Life has dignity:** *"The dignity of the human person is rooted in his creation in the image and likeness of God (article 1); it is fulfilled in his vocation to divine beatitude (article 2). It is essential to a human being freely to direct himself to this fulfillment (article 3). By his deliberate actions (article 4), the human person does, or does not, conform to the good promised by God and attested by moral conscience (article 5). Human beings make their own contribution to their interior growth; they make their whole sentient and spiritual lives into means of this growth (article 6). With the help of grace they grow in virtue (article 7), avoid sin, and if they sin they entrust themselves as did the prodigal son<sup>1</sup> to the mercy of our Father in heaven (article 8). In this way they attain to the perfection of charity."*

(Catechism of the Catholic Church Paragraph 1700 and Part Three - Life in Christ: Section one – Man's Vocation Life in the Spirit, Chapter one The Dignity of the Human Person )

2. **Charity is Christ-like:** *“The Ten Commandments state what is required in the love of God and love of neighbor. The first three concern love of God, and the other seven love of neighbor.” “As charity comprises the two commandments to which the Lord related the whole Law and the prophets . . . so the Ten Commandments were themselves given on two tablets. Three were written on one tablet and seven on the other.”*<sup>27</sup>

(Catechism of the Catholic Church Paragraph 2067, Notation 27 St. Augustine, Sermo 33, 2, 2: PL 38, 208.)

*All glory and honor goes to God, and to His heirs: “Give honor to all, love the community, fear God, honor the king.” (1 Peter 2:17)*

3. **God respects boundaries:** God gave all humankind free will, the ability to choose for oneself the degree to which any relationship may progress, including a relationship with God. Man may choose a relationship with God, and is responsible for his actions and choices. God created the world, placed people (created in God’s image) in it, gave them responsibilities, and set limits (tree of knowledge of good and evil), and allowed man to make choices.

God held (and still holds) men (and women) accountable for their actions. God heals broken relationships, yet does not seek to control choices. God is a respecter of boundaries and teaches us how to do the same. (Genesis Chapter 1, John Chapter 3, Verse 16).

**OPENING PRAYER** *(next page below) (Attached see also - student handout)*

**JESUS**  
**THE WAY,**   
 **THE TRUTH,**  
**THE LIFE.** 

**THE**  
**CATHOLIC**  
Vision of Love  
Diocese of Pittsburgh  
**5<sup>th</sup> Grade**

**FRIENDSHIP AND RESPECT**



**OPENING PRAYER**

**LEADER:** God loves us so much, as his sons and daughters, that He wants us all to be happy. When God made us, He wanted us to have a special friendship with each other. God made us in His image, which is SO good.

Let's start our talk today about friendship and respect with a prayer paying special attention to the words from Scripture.

**ALL:** In the name of the Father, and of the Son, and of the Holy Spirit.  
Amen.

**READER 1:** Worthy are you, Lord our God, to receive glory and honor and power, for you created all things; because of your will they came to be and were created worthy. *(Revelation 4:11)*

**READER 2:** God created man in his image; in the divine image he created him; male and female he created them. *(Genesis 1:27)*

**ALL:** Jesus, help us to live today as children created in your image.

**READER 3:** Know you not that you are the temple of God, and that the Spirit of God dwells in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple you are. *(1Corinthians 3:16-17)*

**ALL:** Jesus, help me to love myself and my neighbor today, as you have loved me.

**LEADER:** Jesus taught us how to pray to His Father, so let us together pray the Lord's Prayer.

**ALL:** Our Father, who art in Heaven....  
In the name of the Father, and of the Son, and of the Holy Spirit.  
Amen.

Teaching on Friendship and Respect,  
with a focus on Relationship Boundaries: 5 – 7 Minutes

**Explanation/Lesson Content:**

**1. Why did God give us the Ten Commandments?**

*(Allow the students to give some possible suggestions.)* God gave us the Ten Commandments to reveal our sins and show us a better way to live with each other, respect boundaries, and give honor to God. God revealed the Ten Commandments because humans needed to have a way to see their mistakes and make a decision to change. God didn't force change, though. Instead, God sent His only Son to help them learn how to change.

**Example:**

- *Imagine what happens with an X-ray machine at the hospital...if something hurts and you're not sure why, your mom or dad might take you to see the doctor. The doctor might talk to you a little and even examine you. But the doctor can't see what's happening inside your body. The doctor will have you visit the hospital and get an x-ray. What does the X-ray do? It shows a picture of what's happening inside your body, under your skin, and reveals what's hurting your body.*
- *The Ten Commandments can do something like this. They can help us to see what's happening in our hearts, and reveal when there is something wrong—the sin that hurts our heart and our relationship with God and others.*
- *So, can an X-ray machine heal your body? Nope. But it can help a doctor to see what needs to change so that your body can heal. The Ten Commandments can't heal your heart and relationships, but it can reveal what you need to change so that these things can heal too.*
- *God knew that we would need help with the healing, so He sent Jesus to be “the way, the truth, and the life”, and reminded us that following the Commandments will keep us close to God always. (John Chapter 14, verses 6,7, 15-21)*

## 2. God respects boundaries...Think about it:

a. **First...what are boundaries?** Boundaries are visible and invisible...they show us what we are responsible for and what we do not have access to without permission.

- **Examples of VISIBLE Boundaries:** A fence in between your yard and your neighbor's yard...The fence helps us to know what we are responsible for and what is not ours. If we want to go to our neighbor's yard, we should ask permission first.
- **Examples of INVISIBLE Boundaries:** Hampton School District, Pine Richland School District—even though there is no visible line drawn between the two districts, we see some signs that remind us of where we are.
- **Examples of VISIBLE Boundaries with People:** When your friend is in class across the hall, you do not have permission to talk to your friend or enter the classroom because of the door and the walls. Because you see these things, you know that you must ask for permission to enter the room and approach your friend.
- **Examples of INVISIBLE Boundaries with People:** The imaginary bubble around us! Although this boundary cannot be seen, we are aware of our comfort level when a stranger gets too close to our personal space, like in an elevator when everyone is packed together. When someone enters your invisible boundary by accident, you can say, "Excuse me" and try to back up or get away. When someone enters your invisible boundary on purpose, you can say "Step back! You're too close!" or "Help! No!", and run away.

## b. **How does God respect Boundaries?**

- God created the world, placed people (created in God's image) in it, gave them responsibilities, and set limits (tree of knowledge of good and evil), and allowed man to make choices.
- God gave all humankind *free will*, the ability to choose for oneself the degree to which any relationship may progress, including a relationship with God.
- Man may choose a relationship with God, and has responsibility for his actions and choices.
- God holds men accountable for their actions and heals broken relationships, yet does not seek to control choices.
- God respects boundaries and teaches us how to do the same. (*Genesis Chapter 1, John Chapter 3, Verse 16*).

**c. What do we do with Boundaries?**

- Because boundaries are so special and define ownership, we should treat boundaries with care and respect.

**Some ways to do this:**

- When we want to enter someone's home, we knock on the door and wait to be admitted. (Example: We don't barge in our neighbor's home.)
- When we want to enter a conversation, we say "excuse me" and wait to be addressed. (Example: We don't interrupt Mom talking to her friend.)
- When we want to enter someone's personal space, and determine if it is appropriate and welcome. (ex. We don't hug strangers.)
- When we bump into someone on an elevator by accident, we say excuse me.
- Remember, only certain people are allowed to hug us without asking, touch our bodies, or ask personal questions about our private life.



# DISCUSSION GUIDE ACTIVITY

20 – 30 Minutes

→ **Distribute Student Handout – Discussion Guide**

## **Catechist/Facilitator Notes:**

Talking with young people about boundaries is very important. This can be done in a couple of ways. One way to discuss this with young people is to split them in to small groups to discuss each scenario, and then bring the entire group together and have the young people explain their decisions.

Another way to do this is to read each scenario to the class and help them discuss what to do. Some things to ask, or to keep in mind:

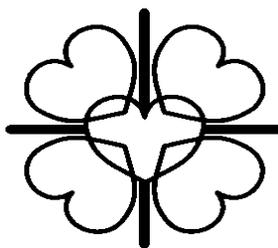
**“I don’t know....”** While there are times that this response from a child means what they are saying, often they are ways to say, “I don’t want to express my opinion around my peers,” “I’m afraid to say what I really think, “ or “I don’t want to think about this very hard.” Do not accept responses that avoid answering the question.

In those cases, consider responding with, “How about we all talk with a partner about this for a minute and then share with the group,” or “Oh, I bet if we all thought about it together we could figure it out,” or “Well, tell me a reason that you like— one in particular....”

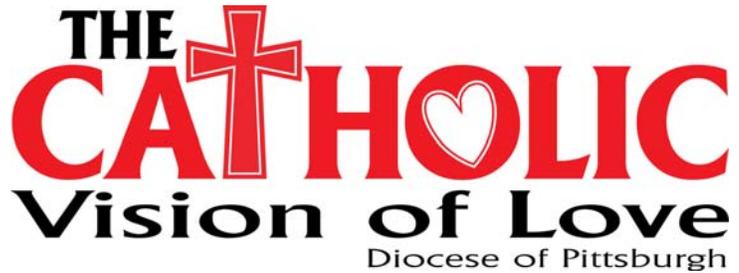
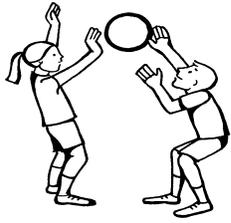
**“Why do you think that boy is crying?”** Emotions are often difficult to discuss—for everyone. But young people really need to practice empathy with their peers. Remember to ask open ended questions to clarify and help explain. Another great question to ask in conversations about tough topics, “What do you mean by that?”

It’s okay to say, **“This is complicated, so let’s really talk about it...”** Young people should be able to practice talking about their feelings, reactions, and experiences. This is a great way to open the door for conversations with their parents.

**Set boundaries for this kind of discussion with young people** (example: One person talking at a time; write down ideas and pass them to the front; get together with your group and discuss, etc).



Grade Five



## Discussion Guide

### Talking about Emotional Boundaries:

#### **“The other kids make fun of me!”**

In gym class the other day, some of your friends were talking about another friend, Jamie. After school, Jamie confided in you that she was being teased about her weight. You didn't stand up for Jamie with your friend, but now you feel bad about it. When you apologized to Jamie and tried to give her a hug, she didn't want to hug you back and was still really sad.

- Why would Jamie be sad still? What can you do to help Jamie feel better?
- What does God tell us about this situation?

#### **“Lunch Table Invader”**

Every day, since 3rd grade, you have had lunch with the same people. You really like your friends at your lunch table. One day, Sam, who doesn't always say the right thing around other people, sits at your lunch table. You used to play with Sam, and you were invited to Sam's birthday party last year.

- What do you do? What do you think Sam might be thinking about this?

#### **“You're Popular, I'm Not”**

You and Alex were good friends when you were little and you played together every summer, sometimes you would camp out in your back yard and plan water balloon attacks on the neighborhood. On Halloween, you would always go Trick or Treating together. Alex was always a lot of fun to hang out with. A couple of months ago, you started to play lacrosse at school and made some new friends. These new friends live in a different neighborhood and you get to sleepover on the weekends with them. Sometimes you see Alex around school, but you don't get to talk too much. Yesterday, you and Alex got off the bus together and Alex seemed mad at you. When you asked Alex to come over to see your new video game, Alex responded with, “You're popular, I'm not. No thanks” and went home.

- What happened with Alex? Is it ok to make new friends?
- What should have happened? How can you respond?

## Discussion Guide continued....

### Talking about Physical Boundaries:

#### “Bully Bully Bully”

Yesterday on the bus, a bunch of 7th graders were being rowdy and kept bumping your seat. When the bus stopped, you got up and moved to another seat, away from the older kids. But then THEY got up and moved to a seat behind YOU, and kept bumping you and laughing about it. When you went home, it really bothered you. Today, the same thing happened on the bus.

- What can you do tomorrow? Why do you think it bothered you?
- Do you feel like you were being bullied?

#### “Give Me A Hug”

Uncle Kenny always spends Thanksgiving at your house and it looks like he has a lot of fun with your brother and sister. They play games and wrestle and tickle each other. Sometimes Uncle Kenny brings you gifts and asks for a hug. Sometimes, Uncle Kenny wants to hug you when you don't want to be touched. Your mom might get mad if you don't hug Uncle Kenny because that's her brother.

- How can you explain to your mom that sometimes you don't like to be touched?
- What could you say to Uncle Kenny when he wants to give you a hug and you don't want to?
- Is it ok to not want to hug Uncle Kenny?

#### “I Need A Partner”

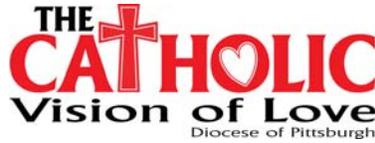
It's school picnic day at Kennywood and your friends are FINALLY old enough to walk around the park without Mom and Dad. Now you're in line for the Thunderbolt, which is great, except for one thing...there are 5 people in your group and you need a partner to get on the ride. There's an adult a little ahead of you in the line that doesn't have a partner either. This person notices that you need a partner to ride and asks you to wait for the next train and ride together.

- What would you do and how would you respond?
- What are some of the possible outcomes for waiting with and riding with this stranger?



CVOL Catechist - Grade 5

Catechist



**5<sup>th</sup> Grade**  
**FRIENDSHIP AND RESPECT**



**CLOSING PRAYER**

**LEADER:** We are always welcomed into God's presence. We don't have to wait until our hearts find the right words, or until we need something, to present ourselves. It is enough to just be there. It's ok to be speechless in God's presence. After all the main reason for entering God's presence is to simply acknowledge and honor Him.

**ALL:** Let us always remember that God, who always listens, is with us.

**READER 1:** Lord, we ask you to bless us and fill us with your grace and your love.

**ALL:** God always listens and is with us.

**READER 2:** Stay with us, Lord, as we grow to maturity and help us to learn the virtue of kindness toward others.

**ALL:** God always listens and is with us.

**READER 3:** Help us to experience the virtues of humility and patience.

**ALL:** God always listens and is with us.

**READER 4:** Help us to experience the virtues of patience, love and understanding.

**ALL:** God always listens and is with us.

**READER 5:** Let our friendships be good and valuable.

**ALL:** God always listens and is with us.

**READER 6:** Help us to always respect ourselves and others.

**ALL:** God always listens and is with us.

**READER 7:** Let our knowledge of you continue to grow day by day.

**ALL:** God always listens and is with us.

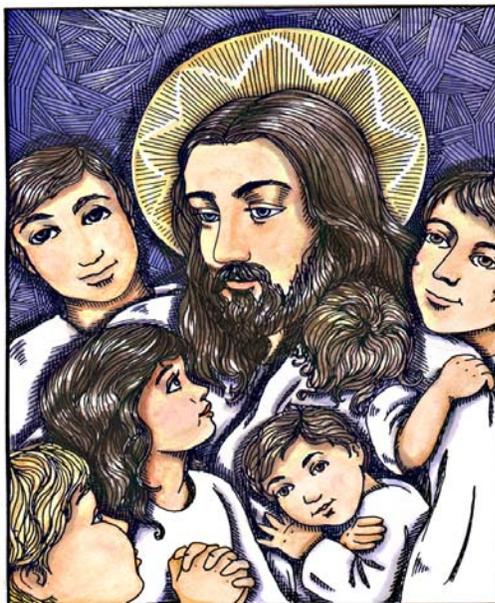
**LEADER:** Let us pray for God's blessing.

**O God of Love, bless these children and bring them peace and security. Grant them the nurture and love to grow to the fullness of their talents and skills. Bestow on them the gift of friendship.**

**Help them to find joy in little things, moments of wonder at your awesomeness, eagerness to discover, and excitement of expectation.**

**Give them the quickness to forgive others and hope for their days ahead. Ever surround them with your love. We ask these things in the name of your Son and our Brother, Jesus Christ.**

**ALL:** Amen.



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