

Safe Environment Training for Children

Lesson and Background

Grades 3-5

Main Points for Safe Environment Training for Children Curriculum Gr. K-12:

1. We are made in the image and likeness of God.
2. Our bodies are special because they are Temples of the Holy Spirit.
3. No one should touch us in a way that makes us feel uncomfortable, particularly in the places normally covered by a swimsuit.
4. If someone does touch us in a way that makes us feel uncomfortable, we should have someone to whom we can go to get it to stop.

Preparation Activity:

- Ask the students to brainstorm different ways to say “Yes.” (Yep. You bet. Sure., etc...)
- Ask the students to brainstorm different ways to say “No.” (Nope. No way. Negative., etc...)
- Invite students to pick their favorite and shout out their response to the following questions. (If your environment requires a more quiet atmosphere, you might just ask one student to **BOLDLY** give his/her response.)
 - Does God love you?
 - Is it okay to be mean?
 - Is everyone in this room special?
 - Is it wise to eat junk food all the time?
 - Are the Chicago Bears the best football team ever? (Change the team if appropriate. This one should get mixed reactions!!!!)

Primary Proclamation:

Write “My body is a temple of the Holy Spirit!” on the board.

Share the following proclamation and practice it several times in order to memorize it.

Say, “Yes!” (They respond with enthusiasm, “YES!” and you respond:) I hear it!

Say, “No!” (They respond forcefully, “NO!” and you respond:) I hear it!

Cheer it! (They respond:) “My body is a temple of the Holy Spirit!”

Pray in these or similar words:

Jesus, you always said “Yes” to the plan your loving Father had for you.

Send your Holy Spirit into our hearts to help us say “Yes” to everything that is part of your plan and “No” to everything that is not part of your plan. We pray through the intercession of your mother, Mary, who said “Yes” to the Father’s plan and reversed the “No” of Adam and Eve. Hail Mary...

Explanation:

- Remind students that our body is a temple of the Holy Spirit because God lives within us.
- Explain that our soul is eternal (lives forever) because the Spirit of God is eternal and resides within our soul. You can draw on the board the outline of a person with a heart (symbolizing God who is love) inside the person to help visual learners remember this.

- Explain that the bible refers to our bodies as a temple of the Holy Spirit --- which means our body is like a church where God dwells. (Share this with enthusiasm. That's very cool!!) Draw a cross on top of the person, connecting it to the crosses that are often on churches.
- Ask students to name ways they protect and care for their soul. List appropriate answers on the board. (Examples: pray, celebrate the sacraments, do good works, avoid sin, learn about the faith)
- Explain that we take care of our bodies because they are good and created by God. We also take care of our bodies out of reverence for God who lives within us — within our soul. Ask students to name ways they protect and care for their bodies. List appropriate answers on the board. (Examples: eat healthy food, exercise, get enough sleep, practice good hygiene, learn fire safety rules, learn safety rules around strangers and on the Internet, practice modesty — which is keeping our private parts covered.
- Explain that an important part of protecting and caring for our body/"temple" and our soul is saying yes to those things that are good for us.
- Explain that in addition to saying yes, there are other steps that strengthen our yes such as hanging out with peers who support our yes, hanging out in places that help us say yes (It's tough to eat healthy food if we hang out in greasy fast-food restaurants!), talking to parents and other trusted adults about our decisions, etc.
- Explain that an important part of protecting and caring for our body and our soul is learning to say "No" to things that harm either our body or our soul.
- Ask students to name situations when they might need to say "No" for the good of their body and soul. List these on the board. (Eating too much junk food, taking gifts/rides from a stranger, looking at "bad" pictures, using drugs/alcohol, etc... If the students do not mention it, be sure to bring out that they should say "No" if anyone tries to see or touch their private parts -- those normally covered with a swimsuit -- or attempts any physical touch that makes them feel uncomfortable or "yucky" inside. It is important that children realize that they may, can, and should say "No" to ANY touch that makes them feel uncomfortable, even if the touch is not in the areas of their body that are private.)
- Give opportunities for students to practice saying "NO!" to the different situations listed on the board. (Recall and repeat the enthusiasm and variety of ways of saying "no" in the previous activities!)
- Explain that in addition to saying "No," there are other steps that strengthen our "No" such as getting away from the bad situation as quickly as possible (Run from a fire. Run from a stranger. Run from someone that offers drugs/alcohol or makes you feel uncomfortable in any way.)
- Remind students that after getting away from a bad situation, they should tell an adult they trust about the situation.
- Explain that if they tell a trusted adult and nothing happens, they should tell another adult and keep telling an adult they trust until something does happen. Remind students that they should tell an adult even if the person tells them to keep it a secret.
- Have students brainstorm about people who are trusted adults they could tell. (parent, teacher, priest, police, etc.)
- Give students the following situations, and ask them to describe what they would do. Make sure they include:

1) Say "No" -- with confidence!

2) Mention getting away.

3) Name someone they would tell.

- A stranger pulls up in a car alongside you and says your mom or dad wants you to get a ride home with him/her.
- Your uncle tickles you all the time. It was okay when you were little, but now you don't like it when he does that.
- Your friends are hanging out and decide to try smoking a cigarette.
- Your neighbor invites you into his house and starts hugging you in a way that makes you feel uncomfortable.
- Your best friend starts bullying another friend and tries to get you to join in.
- A high school student on the bus shows you "bad pictures" in a magazine.
- You are playing in the park and a stranger asks you to hold her puppy for her while she goes into the restroom.

Application:

- Distribute the activity sheet titled "3-5 Who to Tell Wksht for LESSON Presentation." This worksheet is available to download in the Shared Drives>Protection of Children>Safe Environment Training for Children Materials>Materials for Grades K-8 folder or by using this link: https://drive.google.com/file/d/1ZeGntrVuFZdOd1wZu3fGs_3lNFtywVR2/view?usp=sharing
- Remind students that there are times it is important to say, "NO" and to say it like you mean it. Work together to complete the worksheet. Older students may complete the worksheet in pairs or alone.
 - I protect my body and soul when I say "NO" to listening to _____. (bad music; gossip, lies, and rumors; vulgar talk)
 - I protect my body and soul when I say "NO" to looking at _____. (bad pictures, faults of others, the negative side of situations)
 - I protect my body and soul when I say "NO" to speaking _____. (gossip, lies, and rumors; swear words; God's name in vain; crude talk)
 - I protect my body and soul when I say "NO" to using my hands for _____. (hitting, stealing, touching people in ways that are uncomfortable to them)
 - I protect my body and soul when I say "NO" if someone wants to _____ or _____ my private parts. (see or touch)
 - I protect my body and soul when I say "NO" to letting my feet take me to _____. (places without my parent's permission, places where I might not be safe, restaurants with only junk food)
- Remind students to take the papers home to discuss at home what they have learned and to ask parents for other names they might add to the sentence.
- Note: As an alternative, you may use the simplified worksheet found by using this link: https://drive.google.com/file/d/1xu_POsSzm92yg9SfPKM0TRWseBrbaMDu/view?usp=sharing

Celebration:

- Repeat the Primary Proclamation
- Read 1 Corinthians 6:19-20 <http://www.usccb.org/bible/1corinthians/6>
- Read the following statements, and ask students to respond, "My body is a temple of the Holy Spirit." (You may need to write that on the board or hand out cards with those words.)

- God created me.
- The Holy Spirit lives in me.
- Jesus gave up his body out of love for me.
- I praise the Trinity when I try to say yes to what is good and no to what is bad.
- Pray: Glory be to the Father, and to the Son, and to the Holy Spirit... Amen.

Additional SETFC Media Resources:

A listing of additional SETFC Media Resources are available in the Shared Drives>Protection of Children>Safe Environment Training for Children Materials>Materials for Grades K-8 folder or by using this link:

<https://drive.google.com/file/d/1F9PpuUbMAhPP0nkYAhq8lvd4QnK3b0u6/view?usp=sharing>