Keeping Kids Safe
Lesson Plan for Grades Pre-K, K, & 1

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.

Introduction

"Today boys and girls you will learn about how wonderful and special you are and how much you are loved. God loves us very much and made us in his own image and likeness. As children of God, we should love and respect all things, including ourselves. One way of showing respect is keeping our bodies safe. Your mommy, daddy, and teachers want you to keep yourself safe."

Safety

"We feel safe when we know we are not in danger and when we are not afraid. Some touches like hitting, grabbing, and pushing are not good touches – these kinds of touches do not make us feel safe. It is important to know the rules that keep us from harm and danger:

- When someone touches you and you feel it is not a good touch or if it hurts, you should tell that person, whether they are another child or an adult, to “STOP.” It is O.K. to even tell a big person "NO" when you feel scared. No one except your mommy, daddy, and doctor should see or touch the parts of your body which are covered by your bathing suit. The parts of your body covered by your bathing suit are private. Private means that they belong to you and are not seen or touched by anyone else except your parents and doctor.

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

Activity#1

“What safety rules do you know that keep you safe?” (Examples: looking both ways when crossing the street, not jumping on your bed, wearing a seat belt, not playing with matches, wearing a helmet when riding a bicycle, not going on the computer without mommy or daddy’s permission, etc.)

“What people give you good touches that make you feel safe?” (Examples: mommy and daddy’s hugs, a friend’s High-5, shaking hands when meeting someone for the first time, etc.)
Activity #2

Draw a "Happy Face" if you feel good and safe and a "Sad 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.
- Someone pinches you on your arm.
- Your friend gives you a High-5 for winning a game.
- Your teacher gives you a pat on your back for doing well on your class work.

Activity #3

"Now, look at the paper with the boy and girl figures. Notice that the boy and girl are dressed in bathing suits. Those parts covered by a bathing suit are private. "Private parts" means something that belongs to one person. It is not seen by anyone else, except for your parents and your doctor. Have the children color the boy and girl.

"Now I will give your parents HOMEWORK! Look at the 3 lines on the bottom of the paper. When you bring this paper home today, you and your family together will decide names of three trusted adults besides your parents to whom you can talk. Write down those names on the 3 lines. Put this safety sheet on your refrigerator or another spot to remind you of what to do to keep safe."

"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 when we are at home, school, the playground, and Church. Remember to follow the rules if your feel sad, scared and not safe (reference the rules in the “Safety” section again). God gave us our guardian angel to love and protect us and to keep us from harm."

Closing Prayer

Catechist: Thank You, Dear God for giving me people who love me and care for me.

Children: Thank you, Dear God for giving me people who love me and care for me.

Catechist: Thank you, Dear God for keeping me safe in Your love.

Children: Thank you, Dear God for keeping me safe in Your love.

All: Amen
### Keeping Kids Safe

**Pre-K, K & 1 Lesson**

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<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
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</tr>
<tr>
<td>Your friend gives you a ‘High 5’ for winning a game.</td>
<td>Your teacher gives you a pat on your back for doing well on your class work.</td>
</tr>
</tbody>
</table>
Three other people who can help me are:

My bathing suit covers the private parts of my body.
KNOW THE RULES...

GENERAL TIPS FOR PARENTS AND GUARDIANS TO HELP KEEP THEIR CHILDREN SAFER

While many parents and guardians feel they are faced with new and unprecedented challenges when trying to keep their children safer in today's fast-paced and increasingly global society, the National Center for Missing & Exploited Children offers these commonsense, general safety tips to help families put these challenges into perspective.

1. **Make sure you know where each of your children is at all times.** Know your children's friends and be clear with your children about the places and homes they may visit. Make it a rule for your children to check in with you when they arrive at or depart from a particular location and when there is a change in plans. You should also let them know when you're running late or if your plans have changed to show the rule is for safety purposes and not being used to "check up" on them.

2. **Never leave children unattended in a vehicle, whether it is running or not.** Children should never be left unsupervised or allowed to spend time alone or with others in vehicles as the potential dangers to their safety outweigh any perceived convenience or "fun." Remind children to **never** hitchhike, approach a vehicle or engage in a conversation with anyone within a vehicle they do not know and trust, or go anywhere with anyone without first getting your permission.

3. **Be involved in your children's activities.** As an active participant, you'll have a better opportunity to observe how the adults in charge interact with your children. If you are concerned about anyone's behavior, take it up with the sponsoring organization.

4. **Listen to your children.** Pay attention if they tell you they don't want to be with someone or go somewhere. This may be an indication of more than a personality conflict or lack of interest in the activity or event.

5. **Notice when anyone shows one or all of your children a great deal of attention or begins giving them gifts.** Take the time to talk to your children about the person and find out why the person is acting in this way.

6. **Teach your children they have the right to say NO to any unwelcome, uncomfortable, or confusing touch or actions by others and get out of those situations as quickly as possible.** If avoidance is not an option, children should be taught to kick, scream, and resist. When in such a situation, teach them to loudly yell, "This person is not my father/mother/guardian," and then immediately tell you if this happens. Reassure them you're there to help and it is okay to tell you anything.

7. **Be sensitive to any changes in your child's behavior or attitude.** Encourage open communication and learn how to be an active listener. Look and listen to small cues and clues indicating something may be troubling your children, because children are not always comfortable disclosing disturbing events or feelings. This may be because they are concerned about your reaction to their problems. If your children confide problems to you, strive to remain calm, noncritical, and nonjudgmental. Listen compassionately to their concern, and work with them to get the help they need to resolve the problem.

8. **Be sure to screen babysitters and caregivers.** Many states now have a public registry allowing parents and guardians to check out individuals for prior criminal records and sex offenses. Check out references with other families who have used the caregiver or babysitter. Once you have chosen the caregiver, drop in unexpectedly to see how your children are doing. Ask your children how the experience with the caregiver was, and carefully listen to the responses.

9. **Practice basic safety skills with your children.** Make an outing to a mall or park a "teachable" experience in which your children practice checking with you, using pay telephones, going to the restroom with a friend, and locating the adults who may be able to help if they need assistance. Remember, allowing your children to wear clothing or carry items in public on which their name is displayed may bring about unwelcome attention from inappropriate people looking for a way to start a conversation with your children.

10. **Remember there is no substitute for your attention and supervision.** Being available and taking time to really know and listen to your children helps build feelings of safety and security.

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**The National Center for Missing & Exploited Children**

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What are the most important things parents and guardians should know when talking to their children about this issue?

Don't forget your older children. Children 11-17 are equally at risk of being victimized. At the same time you are giving your older children more freedom, make sure they understand the important safety rules as well.

When you speak to your children, do so in a calm, nonthreatening manner. Children do not need to be frightened to get the point across. Fear may actually work at cross-purposes to the safety message, because fear can be paralyzing to a child.

Speak openly about safety issues. Children will be less likely to come to you if the issue is enshrouded in secrecy. If they feel you are comfortable discussing the subject matter, they may be more forthcoming to you.

Do not confuse children with the concept of "strangers." Children do not have the same understanding of who a stranger is as an adult might. The "stranger-danger" message is not effective as danger to children is much greater from someone they or you know than from a "stranger."

Practice what you talk about. You may think your children understand your message, but until they are able to incorporate it into their daily lives, it may not be clearly understood. Find opportunities to practice "what if" scenarios.

Teach your children it is more important to get out of a threatening situation than it is to be polite. They also need to know it is okay to tell you what happened and they won't be a tattletale.

What are the most important things parents and guardians should tell their children about this issue?

Children should always check first with you or another trusted adult before going anywhere, accepting anything, or getting into a vehicle with anyone. This applies to older children as well.

Children should not go out alone and should always take a friend with them when they go places or play outside.

It's okay to say no if someone tries to touch them or treats them in a way to make them feel scared, uncomfortable, or confused and get out of the situation as quickly as possible.

Children need to know they may tell you or another trusted adult if they feel scared, uncomfortable, or confused.

Children need to know there will always be someone to help them and they have the right to be safe.

What is the biggest myth surrounding this issue?

The biggest myth is dangers to children come from strangers. In the majority of cases the perpetrator is someone the parents/guardian or child knows, and that person may be in a position of trust or responsibility to the family.

What advice would you offer parents and guardians who want to talk to their children about this issue?

Parents and guardians should choose opportunities or "teachable" moments to reinforce safety skills. If an incident occurs in your community, and your children ask you about it, speak frankly but with reassurance. Explain to your children you want to discuss the safety rules with them so they will know what to do if they are ever confronted with a difficult situation. Make sure you have "safety nets" in place so your children know there is always someone available to help them.
Keeping Kids Safe
Lesson Plan for Grades 2, 3, 4, & 5

Prayer
Dear Holy Spirit, guide me to listen with open ears, to share with a loving heart, and to understand that I am safe in your care. Amen.

Introduction
“October is Respect Life month. What does it mean to respect life?”

(Objective: understand that “I am unique and created by God. I deserve respect and give respect to others.”)

“Part of respecting life is caring for things that we treasure. We are treasured by God because we are gifts from God; God wants us to take care of ourselves, others, our family, our friends and all of God’s creation.”

Safety
(Objective: to give the children the opportunity to think about safety and hear what others have to say)

What does it mean to be safe? (When we are not in danger and when we are not afraid.)

What are some ways to be safe? (Examples: looking both ways when crossing the street, not jumping on your bed, wearing a seat belt, not playing with matches, wearing a helmet when riding a bicycle, not going on the computer without parent’s permission.)

Does your family have safety rules? What are they?

Does your family have internet safety rules? What are they?

“Another part of being safe is respecting our body and the bodies of others. No one except your parents and doctor should see or touch the parts of your body which are covered by your bathing suit. The parts of your body covered by your bathing suit are private. Private means that they belong to you and are not seen or touched by anyone else except your parents and doctor.”

Choices
“As we learn how to respect ourselves and others, we need to understand good choices and bad choices.”

“Does anyone have any examples of good choices?” (list them on the board/large sheet of paper) Examples (if the children need help): helping others, feeding the hungry, obeying our parents, being fair with others, telling the truth, being kind to others, etc.

“What do these things have in common?” (Answer: You feel good about yourself and you can share this with your parents)
“Can anyone name some bad choices?” (list them on the board/large sheet of paper) Examples (if the children need help): lying, being mean to others, taking what doesn’t belong to you, hurting others’ feelings, etc.

“What do these things have in common?” (Answer: you feel bad about yourself; they are done in secret; and you cannot share with your parents)

**Secrets**

“Who can name a good secret?” (Surprise party, a special trip, a Christmas present)

“A good secret is something that will be shared later.”

“Who can name a bad secret?”

(Answer: one that cannot be shared with a trusted adult. We may want to hide a mistake or something someone else did that was wrong. If someone has hurt us and tells us not to tell, it must be told to a trusted adult. We want to be happy and safe.)

**The “What If” Game**

(Create these scenes for the students and allow them to role play through each scene, practicing “STOP” or “NO!” and walking away)

- What if a friend wants to visit you when you are home alone? Your parents say you are not allowed to let anyone in the house.
- What if a stranger asks you to help him find his dog, cat, or other lost pet?
- What if a friend comes over and asks you to use the computer without asking your parents?
- What if you see someone pushing someone else on the playground?
- What if you see a friend picking on someone else?

**The Great “Internet Quiz”**

(Before class, hang 2 signs in the room, NEVER and ALWAYS. Read the question aloud and have the children stand near the sign that applies)

I should **NEVER** or **ALWAYS** ...

- Talk to a stranger online?
- Tell my parents if I see something online which scares or confuses me?
- Click on a website that I don’t know?
- Ask a trusted adult before I go on the computer?
- Open e-mail from strangers?
- Give out my address or phone number online?
- Tell someone which school I go to?
**Trusted Adults**

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

“Who are the trusted adults in your life besides your parents?” On the *Family Time* sheet, have the students write the names of three trusted adults.

“Take this sheet home and share your list of 3 trusted adults with your parents.”

**Play “Jesus Says”** (if time allows)

(Have the “Jesus Says” game cut up into mixed parts and have the teacher or students take turns calling out “Jesus Says” Rules: Play like “Simon Says“ We pretend to do the actions. Sit down, if we pretend to do an action that Jesus didn’t say.)

“Jesus would not tell us to do something that would hurt others or ourselves.”

**Closing Prayer**

Thank you, Holy Spirit for all of creation, especially for the gift of my life. Thank you for giving me people who love me and in whom I can trust. Thank you for keeping me safe in your love. Amen.
Family Time

- God has made you unique and special. You are created in God’s image and likeness. You deserve respect and you must give respect. Learn the proper names for your body parts and always show respect for your body.

- Your body is private and no one has the right to touch your body in a private place or to make you feel weird or uncomfortable. Parts of your body which are covered by a swimsuit are private.

- There is a difference between a secret and a surprise. No adult should require you to keep “secrets.” Adults who ask you to keep secrets from your parents, or say that you will be harmed or threatened in any other way are not trustworthy. Sometimes you will be told about a happy surprise or present and that is a good secret.

- Adults and older children sometimes trick you, so learn to say “NO” or “STOP” and run away and tell a trusted adult. For instance, no adult should ask you to get into the car with them, go to a private room with them, or to search for someone or something that is lost, such as a lost puppy. If you do not have permission from your parents or guardian, it is probably not right.

- Never get involved with playing harmful games, watching TV or movies or be on the internet when it is not good for you.

- Learn the difference between a true friendship and a false friendship. Someone who cares about you will not ask you to do things that are not right or good.

- Never be afraid to discuss your fears or questions with a trusted adult.

Who are my 3 trusted adults?

______________________
______________________
______________________

*Adapted from the Diocese of Green Bay*
Game: "Jesus Says"

Game Instructions: Played like "Simon says." Before you begin explain to the children that they must be good listeners to play this game. Practice a few commands with them first.

Set up: Cut out each "card" and mix them up. Choose one and read aloud.

**Jesus says:**
*Put your hands on your head if you are children of God.*
*(pause)*
*ok take them down*

**Stomp your foot.**

**Blow out a candle**

**Jesus Says: Feed the hungry**

**Jesus Says:**
*Stop someone from teasing another student*

**Make fun of someone for how they look or talk**

**Jesus Says:**
*Tell an adult that you saw someone being bullied*

**Don’t let someone sit at your table at lunch time.**

**Push someone on the playground**

**Cover your eyes when you see somebody steal something.**

**Pick on someone who is smaller than you.**

**Jesus Says:**
*Make the Sign of the Cross*

**Jesus Says:**
*Close your eyes so you can feel how a blind man feels*
*(pause)*
*Open your eyes*

**Jesus Says:**
*Invite a new student to play with you and your friends.*

**Call someone a bad name.**
KNOW THE RULES...

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Keeping Kids Safe
Lesson Plan for Grades 6, 7, & 8

Prayer

Dear Blessed Mother Mary, please obtain God’s grace, protection and spiritual health for my family and for all families. Make our homes safe and pure, a home which recognizes the kingship of Jesus - a sanctuary of peace, joy, and love. Help us to image in our family the Holy Family of Nazareth - Jesus, Mary, and Joseph. Help us to know and live out the truth of Christ’s love for us and for all people, and to realize that the more we live chaste, pure lives, the better we will know and live out the truth.

Bring us God’s grace to always respect and defend human life, which is so precious a gift from the Father. Intercede for us with Jesus, that we may be granted the grace of living holy lives and of going to heaven one day to live eternally in happiness with the Holy Trinity, with you, Our Blessed Mother, and with all the saints. Amen.

Introduction

“October is Respect Life month. What does it mean to respect life?”

(Objective: Understand that “I am unique and created by God. I deserve respect and give respect to others. My body is a temple of the Holy Spirit.”)

Safety

Use the Family Time handout to discuss cautions or rules their parents have given to protect them. Cover the points below.

- Safe, unsafe and unwanted touch: Safe touch makes us feel safe and good. An unsafe touch makes us feel scared and bad. We have the right to say no to touches that do not make us feel safe. Unsafe touches cannot be openly shared with others. This usually makes us feel bad. We should report any unwanted or unsafe touch to a parent or trusted adult.
- Respect for ourselves: how we talk, act, and live. We need to know the difference between respectful and disrespectful language and actions, and avoid anyone who disrespects us. The private parts of our body (those which are covered by shorts and tee shirts) are not to be violated.

Secrets

- “Who can name a good secret?” (surprise party, a special trip, a Christmas present)
- “A good secret is something that will be shared later.”
- “Who can name a bad secret?” (Answer: one that cannot be shared with a trusted adult. We may want to hide a mistake or something someone else did wrong. If someone has hurt us and tells us not to tell, it must be told to a trusted adult. We want to be happy and safe).
- Why would it be difficult to share a bad secret? (fear, embarrassment, thinking I’m in trouble or it’s my fault)
Friendship

“Can anyone share characteristics of a good friend?”

Good friends help us to understand God, others, and ourselves. Good friends help us to be good and to be safe. A good friend will never pressure us into doing something we don’t want to do.

“Can anyone share characteristics of a false friend?”

False friends mistreat or take advantage of our trust and friendship. They can hurt us psychologically, emotionally, spiritually and even physically. People who manipulate or misuse our friendship are not true friends.

Bullying

“What would our world look like if we all looked the same, acted the same, dressed the same, spoke the same way, liked the same things, and were equally successful in sports?”

“What a wise God we have to create each of us with so many different gifts, looks, languages, and interests! Unfortunately, not everyone respects our differences. People who bully others are looking for power and respect by belittling and making others feel bad.”

“Can anyone share any examples of bullying?”

Physical, emotional, social desire to gain power over another.
Pushing, hitting, teasing, name calling, gossip, intimidation.

“Can anyone share any examples of cyber-bullying?”
Online, internet, cellphones, cameras, email, chatrooms, Facebook, any electronic device
Posting unkind messages/pictures, writing blogs
Spreading lies/rumors about someone online

Why do bullies bully?

• Someone else is picking on them.
• They are looking for attention.
• They feel bad about themselves and want other people to feel bad too.
• They have no friends and feel lonely.
• They want the people around them to think they are strong and tough.
"Review with the youth the internet code of conduct found below, ask if anyone has anything they wish to add to the code of conduct."

**Internet Code of Conduct**

1. Always keep personal information (name, phone number, school, age, address, etc.) private when chatting online.
2. Think before you post, if you wouldn’t do it on the field/court or in the classroom, don’t do it online.
3. Take action against cyber-bullying.
4. Use the computer in a common area of the house, under the supervision of a parent or guardian.
5. Never meet in-person with someone you’ve met online.
6. If someone is being inappropriate online, stay away from the person, block them from your social media site, and tell a trusted adult about the incident.
7. Keep your passwords to yourself.
8. Never file share or open online documents without parental permission.

"We’ve spent some time talking about online safety, bullying and other safety issues. Let’s practice! Ask for volunteers, read a “what if” to the student and ask him/her what he/she would do in that situation. Practice saying “NO” or “STOP” and walking away from the situation.

**“What If” Activity (appropriate grades 5 & 6)**

*Show what you could or would do if…*

- You were walking to your next class and a boy came up to you and put his arm around you and pushed you toward the locker.
- A neighbor invited you into his or her house and you felt uncomfortable with that invitation.
- A stranger asks you to help him find a lost pet.
- You’re on the Internet and someone you don’t know wants to chat with you.
- You see a classmate take something from a new student (smaller student, younger student).
- You’re at a friend’s house and your friend wants you to watch movies that you know your parents wouldn’t approve of.
- Your friends want to get together and do something you know is wrong.
“What If” Activity (appropriate grades 7 & 8)

Show what you could or would do if...

- Your brother’s friend spent the night with your brother and you woke up in the night and found the friend in your room touching you.
- You started to walk home from school and a friendly stranger came up and put his or her arm around your shoulder.
- A relative came over and you felt very uncomfortable with his or her hug/kiss.
- A neighbor invited you into his or her house and you felt uncomfortable with that invitation.
- A friend of your cousin offered you a ride home and instead of taking you to your home, he started to take you to an unfamiliar place.
- You see or hear of kids “ganging up” on someone in your class.
- You see or hear of kids sending inappropriate messages/photos on their cell phones to other students.
- You hear another student bragging about cheating, bullying, or sending a mean message to other students or teachers.
- Another student demands your lunch money or your homework answers.

Conclusion

On the Family Time sheet, list 3 trusted adults besides your parents to whom you can go for help.

Have the children take the Family Time handout home with them and have them share their trusted adult list with their parents.

Closing Prayer

Hail Mary, full of grace.  
The Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit of thy womb,  
Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen.
Family Time

We are all created in the image and likeness of God. My body is a temple of the Holy Spirit.

Our families and trusted adults and teachers share concern for our safety.

We learn to differentiate between safe, unsafe and unwanted touch. We are called to chastity and we have a responsibility to avoid or immediately report any unwanted or unsafe touch to a parent or trusted adult.

We show respect for ourselves and others by how we talk, act, and live. We must identify respectful and disrespectful language and actions, and avoid anyone who fails to respect us. In particular, the areas of our bodies covered by shirt and shorts are private and must not be violated.

God gives us the gift of free will. All actions have consequences. We must learn how to discern the implications of the choices we make every day. When we experience the bad choice of others, we must report the offense and get help.

The virtue of chastity helps us understand and identify actions or behaviors which are wrong or sinful. Children, young adults, and adults must avoid actions, experiences or behaviors which offend against chastity.

Secrets can be very harmful to us physically, emotionally and spiritually. Always question secret play and secret games and determine how the secret may cause great harm.

There are many different kinds of friendship. Healthy relationships and friends can help us to understand ourselves, God and others. We sometimes meet false friends who mistreat us or take advantage of our trust and friendship. Poor relationships and false friendships can deeply harm us psychologically, emotionally, spiritually, and even physically. People who manipulate or misuse friendship are not friends. We must report any relationship which can be harmful to us.

Good communication with parents and family members helps keep me safe. I can also help keep younger siblings and others safe by being observant and concerned.

My parents, family members, and other trusted adults will listen to me and help me. My parents and I choose three trusted adults I may go to for help:

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________
KNOW THE RULES...

GENERAL TIPS FOR PARENTS AND GUARDIANS TO HELP KEEP THEIR CHILDREN SAFER

While many parents and guardians feel they are faced with new and unprecedented challenges when trying to keep their children safer in today's fast-paced and increasingly global society, the National Center for Missing & Exploited Children® offers these commonsense, general safety tips to help families put these challenges into perspective.

1. Make sure you know where each of your children is at all times. Know your children's friends and be clear with your children about the places and homes they may visit. Make it a rule for your children to check in with you when they arrive at or depart from a particular location and when there is a change in plans. You should also let them know when you're running late or if your plans have changed to show the rule is for safety purposes and not being used to "check up" on them.

2. Never leave children unattended in a vehicle, whether it is running or not. Children should never be left unsupervised or allowed to spend time alone or with others in vehicles as the potential dangers to their safety outweigh any perceived convenience or "fun." Remind children to never hitchhike, approach a vehicle or engage in a conversation with anyone within a vehicle they do not know and trust, or go anywhere with anyone without first getting your permission.

3. Be involved in your children's activities. As an active participant you'll have a better opportunity to observe how the adults in charge interact with your children. If you are concerned about anyone's behavior, take it up with the sponsoring organization.

4. Listen to your children. Pay attention if they tell you they don't want to be with someone or go somewhere. This may be an indication of more than a personality conflict or lack of interest in the activity or event.

5. Notice when anyone shows one or all of your children a great deal of attention or begins giving them gifts. Take the time to talk to your children about the person and find out why the person is acting in this way.

6. Teach your children they have the right to say NO to any unwelcome, uncomfortable, or confusing touch or actions by others and get out of those situations as quickly as possible. If avoidance is not an option, children should be taught to kick, scream, and resist. When in such a situation, teach them to loudly yell, "This person is not my father/mother/guardian," and then immediately tell you if this happens. Reassure them you're there to help and it is okay to tell you anything.

7. Be sensitive to any changes in your children's behavior or attitude. Encourage open communication and learn how to be an active listener. Look and listen to small cues and clues indicating something may be troubling your children, because children are not always comfortable disclosing disturbing events or feelings. This may be because they are concerned about your reaction to their problems. If your children do confide problems to you, strive to remain calm, noncritical, and nonjudgmental. Listen compassionately to their concern, and work with them to get the help they need to resolve the problem.

8. Be sure to screen babysitters and caregivers. Many states now have a public registry allowing parents and guardians to check out individuals for prior criminal records and sex offenses. Check out references with other families who have used the caregiver or babysitter. Once you have chosen the caregiver, drop in unexpectedly to see how your children are doing. Ask your children how the experience with the caregiver was, and carefully listen to the responses.

9. Practice basic safety skills with your children. Make an outing to a mall or park a "teachable" experience in which your children practice checking with you, using pay telephones, going to the restroom with a friend, and locating the adults who may be able to help if they need assistance. Remember, allowing your children to wear clothing or carry items in public on which their name is displayed may bring about unwelcome attention from inappropriate people looking for a way to start a conversation with your children.

10. Remember there is no substitute for your attention and supervision. Being available and taking time to really know and listen to your children helps build feelings of safety and security.

1-800-THE-LOST® (1-800-843-5678)
www.missingkids.com

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What are the most important things parents and guardians should know when talking to their children about this issue?

Don't forget your older children. Children 11-17 are equally at risk of being victimized. At the same time you are giving your older children more freedom, make sure they understand the important safety rules as well.

When you speak to your children, do so in a calm, non-threatening manner. Children do not need to be frightened to get the point across. Fear may actually work at cross-purposes to the safety message, because fear can be paralyzing to a child.

Speak openly about safety issues. Children will be less likely to come to you if the issue is enshrined in secrecy. If they feel you are comfortable discussing the subject matter, they may be more forthcoming to you.

Do not confuse children with the concept of "strangers." Children do not have the same understanding of who a stranger is as an adult might. The "stranger-danger" message is not effective as danger to children is much greater from someone they or you know than from a "stranger."

Practice what you talk about. You may think your children understand your message, but until they are able to incorporate it into their daily lives, it may not be clearly understood. Find opportunities to practice "what if" scenarios.

Teach your children it is more important to get out of a threatening situation than it is to be polite. They also need to know it is okay to tell you what happened and they won't be a tattletale.

What are the most important things parents and guardians should tell their children about this issue?

Children should always check first with you or another trusted adult before going anywhere, accepting anything, or getting into a vehicle with anyone. This applies to older children as well.

Children should not go out alone and should always take a friend with them when they go places or play outside.

It's okay to say no if someone tries to touch them or treats them in a way to make them feel scared, uncomfortable, or confused and get out of the situation as quickly as possible.

Children need to know they may tell you or another trusted adult if they feel scared, uncomfortable, or confused.

Children need to know there will always be someone to help them and they have the right to be safe.

What is the biggest myth surrounding this issue?

The biggest myth is dangers to children come from strangers. In the majority of cases the perpetrator is someone the parents/guardian or child knows, and that person may be in a position of trust or responsibility to the family.

What advice would you offer parents and guardians who want to talk to their children about this issue?

Parents and guardians should choose opportunities or "teachable" moments to reinforce safety skills. If an incident occurs in your community, and your children ask you about it, speak frankly but with reassurance. Explain to your children you want to discuss the safety rules with them so they will know what to do if they are ever confronted with a difficult situation. Make sure you have "safety nets" in place so your children know there is always someone available to help them.
Keeping Kids Safe
Lesson Plan for Grades 9, 10, 11, & 12

Prayer
Sign of the Cross
Let us pray: Thank You, God, for the gift of ourselves. Remind us, too, that those around us were created by You and are loved by You, just the way they are. Thank You for Your gifts to others. Thank You for Your gifts to us. Amen.

Introduction
Say: “We are going to discuss keeping yourself safe in any situation. These situations include bullying, online safety and unfortunately, inappropriate behavior from adults or sexual abuse.

We realize your parents and school have dealt with this sensitive subject with you in the past. The Diocese of Knoxville is also sincerely committed to the spiritual and emotional well being of all by providing morally good, healthy, and informed leaders, thereby making the church a place of safety and trust. The Diocese needs you to share in this responsibility of awareness and to seek help for yourselves or your friends if you are aware of any prior or present unsafe situations.

The overwhelming majority of adults working with you today, whether in school, church, clubs or sports, are positive and faithful individuals. Unfortunately, there have been cases where adults have behaved inappropriately and have even abused young people entrusted to their care.

The Church believes in the dignity of every human person and recognizes abusive behavior as sinful and, in some cases, criminal. One victim of abuse is one too many. We will discuss ways to protect yourself.”

Safety
Remember:
• Your body belongs to you. You have a right to decide how it will be touched and by whom. No one is ever free to force, pressure, or tease you into having sexual contact of any kind. If you feel uncomfortable with any action initiated by an adult or other person, it is appropriate for you to stop the action and to tell a trusted adult. If you are unable to stop the action, it is appropriate for you to tell a trusted adult after the incident occurs.
• Trust your own feelings. If someone’s conduct or attitude seems suspicious, or if you are confused, afraid, and uncomfortable, there may be a good reason.
• Have a clear idea of your own sexual values, goals, and ideals. Be assertive in saying no if you feel you’re being pushed or pressured.
• Don’t weaken your defenses with alcohol or any other substance.
• Don’t walk alone at night. Don’t hitchhike or accept rides from strangers.
• Immediately leave a room if someone is there you can’t trust.
• Don’t be alone with a date in a potentially dangerous place like an empty house or a parked car.
• Refuse single dates with someone you don’t know well, and never go on a date with someone who has the reputation of being sexually abusing or immoral.
• Never accept a drink you have not poured and never set your drink down or leave it unattended. (Powerful drugs like Rohypnol and GHB commonly called ruffies, and many other street names can be used to disable you. These drugs are slipped into a person’s drink. As one teen said, “the last thing I remember about the party was this guy giving me a drink. I woke up seven hours later in his bed. I can’t remember anything in between.”)

• Avoid any situation you deem to be dangerous.

Excerpted from Sex and the Teenager: Choices and Decision by Kieran Sawyer, S.S.N.D. copyright 1999 by Ave. Maria Press, P.O. box 428, Notre Dame, IN 46556. Used with permission of the publisher.

“What If”

“A friend tells you that they have been physically or sexually abused by an adult and asks you to promise not to tell, don’t be sworn to secrecy. Do not promise not to tell anyone. Say ‘I can’t promise to keep a secret if your life is a danger or you are being hurt.’ Then, seek the help of a trusted adult or professional who can help you report the situation. This may be tough to do but it is the right thing to do!”

“In addition to sexual abuse, there are a few other safety issues that we need to talk about, and they are: bullying and internet safety.”

Bullying

“Can anyone share any examples of bullying?”

• Physical, emotional, social desire to gain power over another.
• Pushing, hitting, teasing, name calling, gossip, intimidation.

Cyber-Bullying

“Can anyone share any examples of cyber bullying?”

• Online, internet, cell phones, cameras, email, chat rooms, Facebook, any electronic device
• Posting unkind messages, writing blogs
• Spreading lies/rumors about someone online

Why Do Bullies Bully?

• Someone else is picking on them
• They are looking for attention
• They feel bad about themselves and want other people to feel bad too
• They have no friends and feel lonely
• They want the people around them to think they are strong and tough
• They want to have power
Internet Safety

“How many of us use the internet? In addition to cyber-bullying, there are also general rules for using the internet. Remember, the internet is out there for everyone to see, and not everyone who uses the internet has your best interest in mind. Can you think of some safety rules that everyone should follow?” (Students answer)

- Always keep personal information (name, phone number, school, age, address etc) private when chatting online.
- Think before you post, if you wouldn’t do it on the field/court, don’t do it online.
- Take action against bullying.
- Never meet with someone you’ve met online.
- If someone is being inappropriate online, walk away from the computer, block them from your social media site, and tell a trusted adult about the incident.
- Keep your passwords to yourself.
- Never file share or open online documents without parental permission
- Think before you post pictures, if you don’t want your mom, your teacher, your priest, your grandmother seeing that picture, don’t post it.
- Make sure your privacy settings are set to private, so only your approved friends can look at your pictures and information about you.

We have shared a great deal of information today. We know it is often difficult to hear and even think about these sensitive subjects and we appreciate your attention. We will now close with a prayer but please remember that we are here for each and every one of you if you need us!”

Closing Prayer

"For God did not give us a spirit of fear but rather of power and love and self control...” Father, help us, your sons and daughters who reveal an image of your dignity, to recognize the inherited courage within ourselves to speak up against any abuse done to us or someone we know. Lord we especially ask today, the healing grace of your beloved son, Jesus resurrected, to flow over those of us that have been so wrongly treated through abuses of bullying, transgressions from online activity, or from sexual abuse by adults who should be protectors. Thank you for the many faithful examples of caring adults in our lives and for the support and guidance of our church. In love, we also pray for the healing of those who have caused harm to others that they may change their harmful behaviors; may our prays and our call to hold perpetrators accountable help them to be free from wrongful thinking. Thank you for creating us with the capacity to love and the power to choose the good of ourselves and one another (2 Timothy 1:7).

Glory be to the Father, and to the Son and to the Holy Sprit. As it was in the beginning, is now and ever shall be, world without end, Amen.
Family Time

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