

## **Primary Grades (K-2) – Safe Environment Plan – Keeping Myself Safe**

**Note:** It is essential to have read *The Truth and Meaning of Human Sexuality* by the Pontifical Council for the Family before presenting this material.

### **Prayer**

Angel of God, my guardian dear, to whom God's love commits me here. Every this day be at my side, to light and guard, to rule, and guide. Amen.

### **Objectives**

- Students will learn about their dignity as children of God.
- Students will learn about safety, safe environment and the care that surrounds them.
- Students will learn the difference between good touch and bad touch.
- Students will learn the importance of saying “no” to bad touch and of immediately telling a trusted adult if this should happen.

### **Teaching Points**

### **Lesson**

God is our Creator. All that God made is good. He made us in His image and likeness.

God gave each person a guardian angel, and loving parents, family members, and other adults to watch over and guard us.

As a child of God, we have amazing dignity because of the love He has for us. Because we are so important to God and precious in His eyes (cf. Isaiah 43:4), we should love and respect others and 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 are safe when we are not in danger. 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:

- No person should ever touch you in a way that makes you feel uncomfortable or afraid. Always tell someone, like your mommy, daddy, teacher, or grandparents right away when you feel scared and not safe.
- When someone hugs or pats you and you feel it is not good touch, tell that person, a child or adult, to STOP. It is O.K. to tell a big person “No”, I don't like that, when you feel uncomfortable or scared. It is also OK to run and scream for help.
- If you are at a friend's house, and a TV program, video or computer program makes you feel uncomfortable, suggest that you would like to watch something different or play a

different game. Otherwise, it is ok to say that your parents do not allow you to watch certain programs and then call your parents.

- You have a guardian angel who watches over and protects you from harm.

### **Activities:**

- Discuss - What safety rules do you know that keep you safe? Look both ways when crossing the street, wear a seat belt, not play with matches, wear a helmet when riding a bicycle, etc.

- What touches make you feel safe and joyful inside?

Parent's hug, a friend's High -5, shaking hands when meeting someone for the first time, snuggling up with grandmother 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-5 for scoring a basket in gym class
- Your teacher gives you a pat on your back for spelling a word correctly.

### **Conclusion**

God the Father is our Creator. All that God made is good. God loves you very much and wants you to feel safe and happy. He gave us our parents, grandparents, teachers, and friends to help us be safe and secure when we are at home, school, on the playground, and at Church. God gave us our guardian angels to love and protect us and keep us from harm.

Remember to follow the rules and tell an adult that you trust if you feel sad, scared and unsafe.