

Billerica Catholic Religious Education
Personal Safety & Abuse Prevention Lesson Plan for Gr. 3,4,5
(adapted from *The Stay Safe Program* curriculum, Archdiocese of Boston, January 2008)
(for use at home)

Materials Needed:

“Lesson Plan” packet
“Safety Scripture Readings” sheet
“Safety Games” sheet
“Safety Stories” sheet
Blank or Lined paper
Pens or pencils

I. Opening Prayer – *Psalm 139:1-5* *(Scripture Readings)*

Pray Together:

- A. Make the Sign of the Cross
- B. Parent & child share reading the Psalm passage
- C. Say **Amen** & make the Sign of the Cross

II. God Created us and Loves us! He gave us Feelings

- A. Adult says: **We are created in God’s image and likeness.**
 1. Read Scripture verse: **“Feelings”** *(Scripture Readings)*

- B. Adult says: **God created us to have “feelings”.**
Feelings are gifts from God.

Read Together:

1. All people have feelings
2. Our feelings make us unique;
 We each have different feelings about different things
3. Your feelings help you learn about yourself
4. Your feelings help you learn about the world around you

Do Together:

1. Child & adult make a list of **feelings** *(write list on paper)*
2. Name some **actions** that might give you some of the feelings on your list
3. Who can we talk to when we have each of these feelings?
4. Adult says: **Sharing our feelings can help us understand them and learn more about ourselves.**

- D. Adult says: **God wants us all to feel SAFE. Since God gave us feelings, we can use them to help keep ourselves safe.**

1. Do Together: *(write answers on paper)*
 - a) Name a person that helps you feel safe?

Billerica Catholic Religious Education
Personal Safety & Abuse Prevention Lesson Plan for Gr. 3,4,5
(adapted from *The Stay Safe Program* curriculum, Archdiocese of Boston, January 2008)
(for use at home)

b) Name a place where you feel safe?

c) Name a time when you felt safe?

Adult says: **These people, places, and times give us
“Yes” feelings, because they help us to feel safe.**

2. Adult says: **Sometimes we don’t feel safe.
Then we have “No” feelings.**

Read & Do Together:

a) “No” feelings make us feel unsafe.

b) It is very good to pay attention to our “No” feelings.

Let’s make a list of some “No” feelings & write them down
(examples: Scared, worried, sad, ashamed)

Adult says: **There are different things that might
give us “No” feelings.**

Read & Answer Together:

a) Have you ever been lost?

b) What did you do? How did you feel?

3. Adult asks: **What can we do about our “No” feelings?
How can we feel safe again?**

Read & Answer Together:

Rules can help keep us happy, healthy, and SAFE.

a) God the Father made us. He loves each of us.

God the Father gave us rules.

His rules keep us safe and help us to be happy.

b) Jesus loves us and wants us to be safe and happy.

He gave us rules.

c) Our parents and families love us. They want us to be
safe and happy. They also give us rules.

d) What are some rules we can follow when we are lost?

Some examples:

Don’t leave the area where you became separated from your adult;

Get help from police or other “safe” adult in the area;

Tell the safe adult your name, who you were with, and that you are lost.

Billerica Catholic Religious Education
Personal Safety & Abuse Prevention Lesson Plan for Gr. 3,4,5
(adapted from *The Stay Safe Program* curriculum, Archdiocese of Boston, January 2008)
(for use at home)

e) How did you feel when you were found?

Adult says: **We can follow safety rules to turn our “No” feelings into “Yes” feelings. Our parents and families teach us other safety rules too. What are some of them?**

Adult says: **Let’s learn about some Stay Safe Rules:**

Read Together:

Say “No”

Get Away

Tell a safe adult that you trust

E. Do Together: Play “Charades”
(Use the list of feelings you made earlier)

III. God Created us and Loves us! He gave us Bodies.

A. Adult says: **We are created in God’s image and likeness. Jesus used his hands to bless and heal people. God always touches people with love and with respect.**

1. Read 3 Scripture verses: **“Bodies”** (*Scripture Readings*)

2.

B. Adult says: **God created us to love each other. We must only touch each other with love and respect, just like Jesus did.**

1. Do Together: List some good ways people use touch.
(Write answers on paper)

a) Name a touch we use when we greet others.

b) Name a touch we use when we leave others.

c) Name a touch we use during Mass.

d) Name a touch we use when someone is sick

e) Can you think of other good touches that show other people that we love and respect them?

Adult says: **These touches give us a “Yes” feeling.**

C. Adult says: **When people touch us in a way we don’t like, it gives us a “No” feeling.**

1. Adults asks: **Can you say “No” to that person?**

Billerica Catholic Religious Education
Personal Safety & Abuse Prevention Lesson Plan for Gr. 3,4,5
(adapted from *The Stay Safe Program* curriculum, Archdiocese of Boston, January 2008)
(for use at home)

a) Yes, you can! God gave you a body that belongs only to YOU. You have a right to say “No” or “Stop” when you don’t like the way someone is touching you.

2. Adults asks: **What if that person is an adult?
Can you still say “No”?**

a) Yes, you can! You are not being rude or unloving or disrespectful when you tell someone that you do not like the way they are touching you.

3. Adult says: **Some touches make all people feel unsafe, like being pinched or hit or pushed around or tickled too hard. These are unsafe touches.**

Adult asks: **Can you say “No” to unsafe touches?**

a) Yes, you can! Remember, God gives us feelings. When you feel unsafe, you have the right to say “No” or “Stop”.

D. Adult says: **There are two ways that you can let someone know that you don’t like what they are doing:**

- a) Use your **voice**
- b) Use your **body** (turning away, walking/running away)

E. Read Together: **Stay Safe Rules:**
Say “No”
Get Away
Tell a safe adult that you trust

F. Do Together: Play Safety Game: (*Safety Games*)
“To Say ‘No’ or Not to Say ‘No’, That is the Question!”

- 1. Adult reads several of these situations.
Child decides whether s/he would say “yes” or “no”
(Adult should help child understand why an answer is correct)

G. Adult says: **Some touches give us a “Yes” feeling, and some touches give us a “No” feeling. There are other touches that may confuse us. Here is a story to help explain what I mean.**

Adult Reads: “Unsafe Touch” Story (Michael) (*Safety Stories*)
(you can change the Michael’s name as needed)

Billerica Catholic Religious Education
Personal Safety & Abuse Prevention Lesson Plan for Gr. 3,4,5
(adapted from *The Stay Safe Program* curriculum, Archdiocese of Boston, January 2008)
(for use at home)

Adult asks: **How do you think (Michael) felt?**
What would you do if you were (Michael)?

Adult says: **We are made in God's image. God lives in us.**

a) You never have to allow anyone to touch your body with a touch that makes you feel uncomfortable or embarrassed.

(say this again)

b) When you are sick or hurt, an adult may have to examine the private area of your body. They would not ask you to keep it a secret.

c) This is important. No one should ever ask you to keep a touch a secret. The rule is:

We never keep secrets about touching.

i. This rule is for everyone, and for everywhere; it doesn't matter where you are or who you are with.

ii. If someone touches you in a way you do not like:

It is NOT your fault,

You can tell someone about it,

Tell someone as soon as you can.

H. Read Together:

Stay Safe Rules:

Say "No"

Get Away

Tell a safe adult that you trust

IV. God Created us and Loves us! He gave us Minds.

A. Adult says: **We were created in God's image and likeness.**

1. Read Scripture verse: **"Minds"** (*Scripture Readings*)

B. Adult says: **God gave us the power to think and to choose.**

He also gave us His Laws so we can know what is right and wrong, good and bad.

1. Adult says: **Some secrets are good.**

Billerica Catholic Religious Education
Personal Safety & Abuse Prevention Lesson Plan for Gr. 3,4,5
(adapted from *The Stay Safe Program* curriculum, Archdiocese of Boston, January 2008)
(for use at home)

Good secrets are things we feel good about, they give us a “Yes” feeling.

- a) Ask child for examples of **good** secrets
(some *examples*: *surprise parties, gifts, etc.*)

2. Adult says: **This story is about a girl who had a bad secret:**

Adult Reads: “Bad Secret” Story (Sarah) (*Safety Stories*)

(you can change the Sarah’s name as needed)

- b) What kind of secret did (Sarah) have? Why was it bad?
c) What happened after she told an adult she trusted?
d) How did (Sarah) use the **Stay Safe Rules**?

3. Read together: Remember,

- a) God loves each of us; we are special and important to Him. God wants us to treat each other with love and respect.

b) Hitting and name-calling break God’s Laws.

- c) You have the right to use your **Stay Safe Rules** when anyone tries to hurt you or make you feel bad.

C. Do Together: Play **“You Decide!”** (*Safety Games*)

1. Adult reads several of the **“Good” or “Bad” Secrets** situations.

Child decides whether the secret is good or bad.

(Adult should help child understand why an answer is correct)

Read together:

2. The rule is: **Never keep a bad secret,
tell an adult you trust.**

3. God loves us and wants us to be safe, healthy, and happy.

D. Adult asks: **Who are some adults you can trust?**

2. Adult says: **Sometimes it is hard to tell an adult about
unsafe touches or bad secrets.**

- a) You might be afraid of being blamed ...
i. But getting a **“No” feeling is never your fault**

Billerica Catholic Religious Education
Personal Safety & Abuse Prevention Lesson Plan for Gr. 3,4,5
(adapted from *The Stay Safe Program* curriculum, Archdiocese of Boston, January 2008)
(for use at home)

- b) You might Feel embarrassed ...
 - i. But **never keep touching a secret**
- c) You don't want to get anyone in trouble ...
 - i. But **still tell and make yourself safe again.**

3. Adult asks: **What could you do if a friend had a bad secret they were afraid to tell?**

4. Adult says: **Sometimes we try to tell an adult something but they don't listen well.**

- a) What could you do?
- b) What if they still don't hear you?

5. Adult says: **A person might use a bribe or a threat to force you to keep a bad secret.**

- a) What is a bribe? *Someone gives you a treat to trick you into doing something you don't want to do.*

Adult says: **For example, someone you really liked touched your private parts, then promised to buy you a gift if you kept the touching a secret.**

- i. Is this really a gift? Why not?
- b) What is a threat? *Someone warns you that you will get into trouble or get hurt if you tell.*
 - i. Can you still tell? Why?

V. God Created Us and Loves Us! He helps us.

A. Adult says: **We were created in God's image and likeness.**
1. Read Scripture verse: **"Strangers"** (*Scripture Readings*)

B. What is a stranger? *Strangers are people you don't know.*
Most strangers are nice people.

- 1. Can you tell by looking at someone if they are nice or not?
- 2. Do you need to be **afraid** of strangers?
 - a) *No, but God gives us rules and choices to help you stay safe.*

Billerica Catholic Religious Education
Personal Safety & Abuse Prevention Lesson Plan for Gr. 3,4,5
(adapted from *The Stay Safe Program* curriculum, Archdiocese of Boston, January 2008)
(for use at home)

Adult Reads: “Stranger” Story (Laura) (*Safety Stories*)
(you can change the Sarah’s name as needed)

- b) Did Laura make a safe choice when she said “No” to the stranger?
- c) Did Laura make a safe choice when she went to the other side of the waiting room instead of accepting the stranger’s offer?
- d) How did (Laura) use the **Stay Safe Rules**?

Read Together: **Stay Safe Rules**
i. Say “No”
ii. Get away
iii. Tell a trusted adult

Adult says: **Here are some Stranger Safety Rules:**
i. Never go anywhere with a stranger
ii. Never take anything from a stranger

The rule is: ***If you don’t know, don’t go!***

VI. Closing Prayer – Psalm 145:8-9, 13b-14, 18-20a
(Scripture Readings)

Pray Together:
A. Make the Sign of the Cross
B. Parent & child name some SAFE PEOPLE you are thankful for
C. Read the Psalm
D. Say **Amen** & make the Sign of the Cross