

## Lesson 1

### Feeling Safe

#### Objective

- To give children the opportunity to relate and discuss positive personal experiences.
- To enable children to identify times when they feel safe.
- To help children identify safe feelings as “Yes” feelings.

#### Story

It was a very special day for Joseph and Sarah. They were twins and it was their birthday. They were both seven years old. Mom and Dad had promised to take them to McDonald’s for a big birthday party. They had been looking forward to this day for a very long time. Now the big moment had arrived and they were very excited. They were all packed into the car and headed off to McDonalds. When they arrived everyone got a party hat. Then they had burgers and fries and more burgers and fries and of course, something to drink. Then they had ice cream. Dad got some on his nose and everyone laughed. Joseph’s friend, David, started to sing and soon they were all singing their favorite songs. At last it was time to go home and everyone said it was one of the best parties ever.

Did the children enjoy the party?

What did they like?

How do you know?

How did they feel?

How do you know?

Ask your child to list the things that make them feel happy, sad, upset, scared, etc.

Say: People we can trust are special gifts from God. God has given us some adults as special helpers with whom we can share our feelings and our secrets. We can trust our special helpers.

God gives us feelings too. Feelings are part of what makes us special and unique. It is important to share feelings. Sharing feelings helps us to understand them.

## **Lesson 2**

### **Feeling Unsafe**

#### Objectives

- To enable children to identify times when they feel unsafe.
- To help children identify unsafe feeling as “No” feelings
- To teach children simple safety strategies for dealing with common unsafe situations, such as getting lost.

#### Feeling Unsafe

*Can you give an example of a time when you felt unsafe?*

*What if you saw shadows in the dark?*

*What if you were awakened by a thunderstorm?*

*What if you were chased by a dog?*

*What if someone is teasing you?*

*Who could you talk to about these feelings?*

Reassure your child that we can all feel frightened from time to time and that it is OK.

Remind your child that God gives us our feelings and God gives us people we can trust who love us and want to keep us safe.

Explain that feeling unsafe is a “No” feeling. When we have a “No” feeling you can do something about it to get rid of it and make yourself feel safe. You can tell someone. Talk with your child about who they can talk to when they feel unsafe.

Ask your child why we have rules. Explain that rules are there to keep us safe. We have the laws that God gave us: The Ten Commandments and Jesus’ new commandment of love. These are like rules. These are the rules God wants us to follow. We have safety rules too. They all keep us safe. We know that God wants us to be safe. When we follow safety rules we know we are doing what God wants us to do.

## Lesson 3

### Touches I

#### Objectives:

- To encourage children to value and enjoy normal affection
- To introduce to children how to deal with inappropriate touch
- To introduce the rule, never keep secrets about touching

Remind your child about “Yes” feelings and “No” feelings

Touch is one of our senses. Our five senses are a gift from God. Our senses help us to take care of ourselves and help us to know and take care of God’s world.

*Can you name your 5 senses?*

We express affection with hugs, shaking hands etc. We know that Jesus loved children and we’ve seen pictures in our books and other places of Jesus with little children around him. He even scolded his disciples when they tried to keep the children away from him (Matthew 19:14) When Jesus prayed with children he would sometimes touch them (Matthew 19:13). We know that this kind of touch is a good and safe touch.

Discuss with your child about touching and what kinds of touching you like.

Ask your child what kinds of touches they don’t like.

*Do you think you can say “No” to someone who touches you in a way you don’t like?*

Yes you can. Your body belongs to you. Our bodies are special and holy because God is present in us. We should cherish and care for our bodies as our “thank you” to God.

What if a friend of your Mom’s always pinches your cheeks when she comes over and you don’t like it?

*What could you do?* You could say, “Please don’t do that”

*Would that be rude?*

No, not if you say it in a polite way. That friend of your Mom’s may not know that you don’t like it.

*What are some other examples of touches that might make you feel unsafe?*

*What could you do if you were being pinched, kicked or hit by another person?*

Here are the Stay Safe Rules you should follow:

1. Say "NO"
2. Get away
3. Tell a trusted adult

*Do you think you might get in trouble for saying "No" to an adult?*

There are times when it's right to say "NO" to an adult. Differentiate between saying "No" to something that is dangerous, wrong or uncomfortable, and saying "No" to going to bed, doing homework or household chores. Emphasize the importance of saying "No" to keep safe.

Ask your child to list situations where it is always all right to say "No" to an adult.

## Lesson 4

### Touching II

#### Objective

- To continue to teach children how to deal with inappropriate touch.
- To continue to teach the rule, never keep secrets about touching.

Some parts of your bodies get touched a lot. People may shake your hands, pat you on the head or put their arms around you. Other parts of your body are private and don't get touched so much, except if you are sick or at the doctor. The parts of your body covered by your underwear or swimsuit are private and special and no one has the right to touch you there.

#### *Why?*

You have the right to feel safe. No one has the right to ask you to keep a touch secret. There are some situations when you are sick or hurt and you may have to be examined by a nurse, a doctor, or someone you trust. This is OK.

*If a doctor examines you, does he ask you to keep it a secret? Of course not. No one should ever ask you to keep a touch a secret.*

*If anyone ever touches the private parts of your body and asks you to keep it a secret what can you do?*

Remember that it is not your fault. No one should ever ask you to keep a touch a secret. Remember our Stay Safe rules. You can use them and say " No", get away and tell an adult you trust.

Also, always remember,our bodies are a gift from God. God is present in us and so our bodies are sacred or holy.

## **Lesson 5**

### **Secrets and Telling**

#### Objectives:

- To teach children how to distinguish between good and bad secrets
- To teach children how to tell effectively
- To discuss the difficulty of telling when there are bribes and threats involved
- To develop a list of trusted people each people each child could go to with a problem.

#### Good and Bad Secrets

Ask your child if they know what a good secret is.

Explain that a good secret is something that you feel good about, e.g. a pleasant surprise.

*What if your granddad bought a present for your dad's birthday and he wants to show it to you, but only if you'll keep a secret?*

*Is that a good secret?*

Yes, because it is a surprise and you don't tell because it would ruin the surprise. Good secrets aren't secrets forever, they are surprises. Good secrets give you a "Yes" feeling.

Talk about examples of good secrets.

*If someone teases you on your way home from school and tells you to keep it a secret, what should you do?*

*Is this a good secret or a bad secret?*

*Why should you tell?*

It isn't your secret, it's theirs. Remember you don't have to keep a bad secret. Always tell an adult you trust and keep telling until someone helps you.

## Story

John loved swimming. There was no swimming pool where he lived but every Saturday he visited his grandma's and went to the pool just beside her house. John had made friends with some older boys who lived on the same street as his grandmother.

One Saturday afternoon John was getting dressed after his swim. He was delighted with himself because one of the older boys has shown him how to dive and he was getting really good at it. Just as John was about to put on his clothes, this boy came over to him and started acting strange. He tried to touch John on the private parts of his body. John was really shocked and embarrassed. The older boy warned him not to tell, or they would both get in trouble.

John got dressed as fast as he could and ran off to his grandma's. His grandmother was surprised to see him home so soon. She gave him a big bowl of soup and started talking to him about his swimming. John could not stop thinking about the boys' strange behavior. He found it hard to concentrate on what his grandmother was saying to him.

Suddenly his grandmother stopped talking and looked at John with a worried expression. She asked if he was all right. John said he was just tired after all the diving.

*What would you do if you were John?*

*Would it be easy to tell?*

In the end John told his grandmother what had happened. He was embarrassed talking to his grandmother but he had decided that it was a bad secret and he needed to tell. His grandmother understood and sorted out the problem. John's grandmother loves him very much. She is a grown up that John can trust.

Talk more with your child about bad secrets and who they can talk to.

## Bribes and Threats

Ask your child what they would do if someone asked them to keep a secret and offered them a treat if they stayed quiet.

*What if someone offered you money or a new pair of skates?*

Explain this isn't a treat. It's a bribe to try to get them to do something they shouldn't. Emphasize that they should always tell. The only secrets to keep are good ones.

*What would you do if someone asks you to keep a bad secret and warns you that you'll get into trouble if you tell?*

*Why do you think someone would threaten you like this?*

Emphasize that they never have to keep a bad secret, and it's never their fault if they get a "No" feeling. Remember even if you have been threatened or bribed to keep a secret, you can still tell.

## Lesson 6

### Strangers

#### Objectives:

- To clarify for the children who strangers are
- To give children safety strategies for dealing appropriately with strangers
- To help children feel less fear and anxiety about strangers

You want to be able to keep yourself safe and have fun at the same time. God wants us to be happy and God wants us to be safe too.

Take this quiz verbally: True or False

1. It is rude to say “no” to strangers
2. Strangers are always men
3. You have the right to be safe
4. You know by looking at a stranger whether you can trust them or not
5. Children don’t have to talk to strangers
6. Strangers are bad people
7. If a stranger calls you by your name it means they know you

Ask your child to describe a stranger. Note their descriptions and point out to them that strangers are anyone we don’t know. Most strangers are nice people. You can’t tell by looking at someone if they are nice or not.

*Should you be afraid of strangers?*

No, strangers are all around us. But there are rules that keep us safe when we are in situations where we have to take care of ourselves.

*What if you were playing in front of your house and someone stopped their car and asked for directions to the local school, would you tell them?*

*What if they asked you to go with them to show them the way, would that be ok?*

*What if someone called you by your name and offered you a ride home?*

Let’s review the rules that you should follow in dealing with strangers.

1. Never go anywhere with a stranger.
2. Never take anything from a stranger.

