

Safe Environment Lesson Plans

Diocese of Green Bay, WI
Department of Education and Safe Environment Department

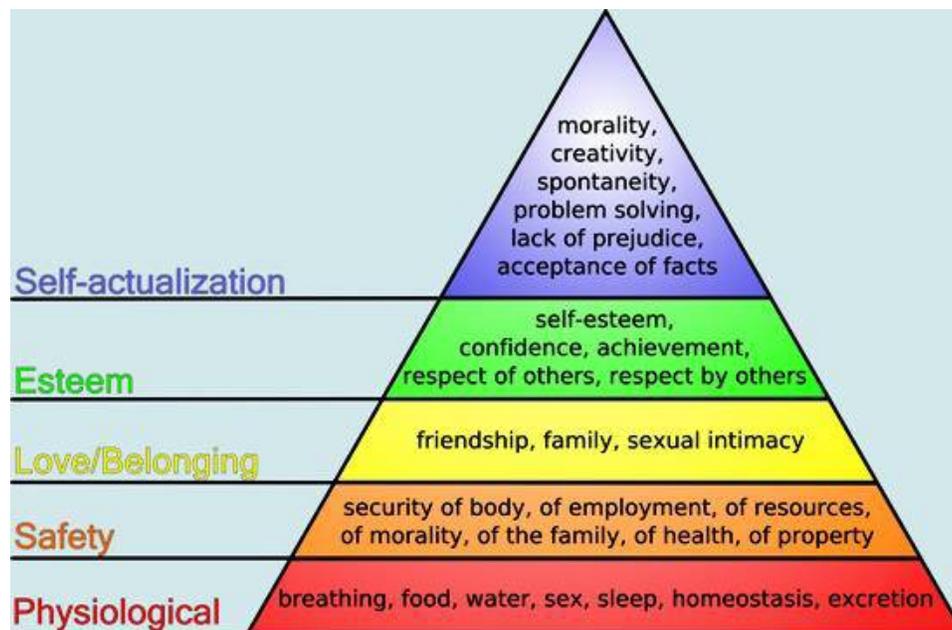


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Introduction:

This packet of safe environment lesson plans and resources is compiled to equip pastors, administrators, directors/coordinators of religious education, catechists, teachers, principals, parents, and entire parish and school communities to the beauty, sacredness, and integrity of our bodies as God intended.

In 1942, an American psychologist, Abraham Maslow proposed what is now referred to as Maslow's hierarchy of needs. In his theory, he addressed the basic needs for human beings to live and to thrive. His concept outlines that if the most basic needs of a human being are not met (bottom of the pyramid), the higher needs have a more difficult time coming into focus.



In these lesson plans that follow, we begin with the second level of the hierarchy of needs (safety) so to encourage the fulfillment of higher needs as God has designed. As Catholics, we have a great opportunity to explore what it means to be safe with our bodies, actions, words, and thoughts. Remaining physically safe and spiritually safe is intimately intertwined. This relationship between the two – physical and spiritual safety - is demonstrated in the content that follows. May we offer these lesson plans as ways that inspire yet challenge our young people to remain close to Jesus who is our ultimate safety, security, and life.

General Layout of Each Lesson

- 1) Prayer
- 2) Objectives
- 3) Virtue
- 4) Saint Overview
- 5) Vocabulary
- 6) Teaching

Pre-Kindergarten

Prayer: Angel of God

Objectives:

1. Identify ourselves as children of God (R.7.1.E.1).
2. To reinforce the parent's teaching in knowing which parts of our bodies are considered private (R.7.1.E.4).

Virtue: Good Counsel (asking someone for advice).

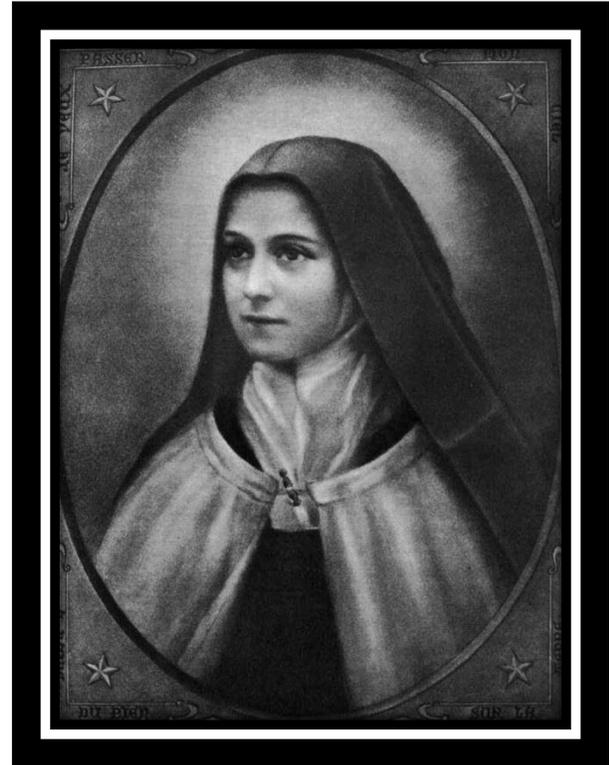
Saint: St. Therese of Lisieux

- Was a bit of a spoiled handful when she was younger.
- Born in France and her mother died when she was 4 years old.
- She felt called to join the Carmelite nuns, but she could not because she was too young and was not that grown up/matured yet.
- However, God helped her because she asked for God's help and for the help of her family to answer the call she thought God was placing in her heart.
- She became a nun after asking the advice of even the pope! She offered her life to God. She died when she was 24, but always offered everything she did for other people asking for help from God..

Vocabulary: God, Father, Children, Private Areas (General Introduction: Temple, Holy Spirit).

Teaching:

- Play "My Body is a Temple of the Holy Spirit" Song from the Donut Man (http://www.donutman.com/?page=cds&album_id=3452785).
- Ask to the class: *Who made us?* _____ Students raise their hand. Call on one. (Correct answer is **GOD**).
- Ask again to the class: *Who made us?* _____ Students raise their hand. Call on one. (Correct answer is **GOD**).
- "Ok everyone, when I ask it again, I want EVERYONE to shout the answer as loud as you can all together! Ready? *Who made us?* (Everyone shouts **GOD!**).
- Say: Because God is our **Father (emphasize this word)**....(pause)...*What is God?* Students raise their hand. Call on one. (Correct answer: **FATHER**).
- Say: Because God is our Father, we are his children!
- Ask: Because God is our Father, we are his _____? Students raise their hand. Call on one. (Correct answer is **CHILDREN**).
- Say: Everyone has a father. You might call him dad! You may be very close to your dad. Maybe you aren't that close to your dad. But, each of us has a father.
- Say: God wants to take care of us and love us. He wants to live right inside of you (point to your own heart and have each of the students to the same on their own bodies)!
- Say: He made your body special so that he can live inside of you.
- Take Out the Paper Doll (Worksheet 1). Have them color themselves and include the Holy Spirit inside of them. The dove represents the Holy Spirit. Explain to them just like a temple is a place where God dwells, so too our bodies are places where God wants to live.



- Say: God made your head (point to the head and have them point to their own heads), arms (point to the arms and have them point to their own arms), legs (point to the legs and have them point to their own legs), and many other areas of your body so that he can live in you!
- Have the students stand. Play “My Body is a Temple of the Holy Spirit” Song from the Donut Man Again (http://www.donutman.com/?page=cds&album_id=3452785).
- Have the students sit.
- Say: There are certain areas of our bodies we don't show other people. Some areas of your body are to remain private because that's how God wanted it! That is the areas we cover up with our swimsuit. These are the areas that only we see and we keep private. God wants to keep us safe and holy!
- Say: Remember our bodies are temples of the _____ Students raise their hand. Call on one. (Correct answer is **HOLY SPIRIT**).
- Say: Remember that anything that our swimsuits cover is private - it's only for you and God. Sometimes, a doctor might have to give you a checkup and that is ok if your mom or dad is in the room with you.
- Say: Thank God every day for your body. God has given each of us an angel to protect us. Each one of you has a special angel just for you! That is called our Guardian Angel.
- Ask: What has God given each of us to protect us? Students raise their hand. Call on one. (Correct answer is **Guardian Angel**).
- Say: We can even pray to our guardian angel. We did in the beginning of class! Can we pray for protection of our guardian angels now?
- Have students stand up around a crucifix or some image of Jesus. A picture or image of an angel would be suitable as well.
- You pray each line separately and have the students repeat the line:

Angel of God
 my Guardian dear
 to whom His love
 commits me here
 ever this day
 be at my side,
 to light and guard,
 to rule and guide. Amen.

St. Therese...**PRAY FOR US**

Kindergarten

Prayer: Angel of God

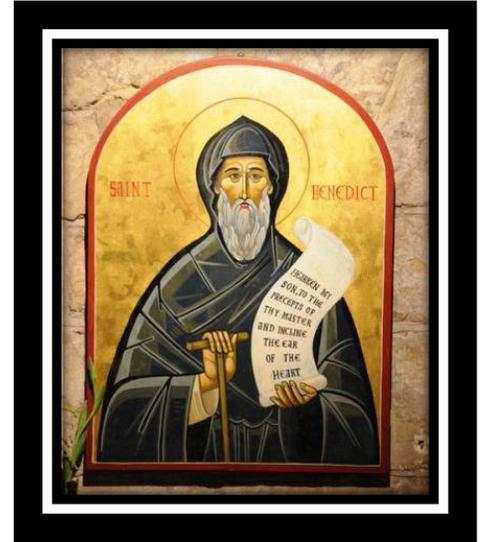
Objectives:

1. Recognize that all children are persons of worth and their bodies belong to them. (R.7.1.E.1).
2. Know that it is alright to say “no” (R.7.1.E.2).
3. Describe the difference between safe and unsafe touch (R.7.1.E.4).

Virtue: Orderliness (keeping yourself in order, clean, and organized).

Saint: St. Benedict

- Founded a monastery (place where people pray and devote their lives to God) in Monte Cassino.
- He loved Jesus and wanted to teach other people how to live a life loving him too.
- He set up the monastery so well that other people used it as a model.
- The beliefs and mission of the monastery were put into a Rule of St. Benedict.
- Benedict loved prayer and taught others to pray by teaching them how to organize their day to give more time to Jesus.
- Ask: Do you sometimes find it hard to pray during your day? (Pray to St. Benedict for help in finding more time to pray during the day!)



Vocabulary: Safe and Unsafe touch

Teaching

- Show a picture of a flower, baby, and puppy. (Worksheet 2). Students can take time to color it if time allows.
- Ask: Which one is the MOST IMPORTANT? Students raise their hand. Call on one. (Correct answer is **the HUMAN**).
- Say: Human beings are so important to God. He loves us the best out of everything! You are special in the eyes of God.
- Say: He has given you a body so that he can be with you in your everyday life. Remember that he gives us different body parts so that we can praise him better.
- Say: Remember those parts of our body that only we or a doctor sees? God gives us all our body to praise Him.
- Ask: *Can sometime tell me of a time when someone was mean to you (don't have the students use names)?* Students raise their hand. Call on one. (Students at this age tend to overshare, so feel free to take only a few stories and summarize after their stories).
- Say: There are plenty of times people are mean to us - they go in front of us in line, they hit us, take our pencil or ball at recess, maybe your brother or sister tripped you or made you cry. When someone does something mean or unsafe to us, we have to tell them *no*.
- Say: If something makes you uncomfortable or unsafe, it's ok to say “no”.
- Give these examples: Do you leave mom or dad and go with someone you don't know? (Have the class answer, “NO”). Do you disobey mom and dad and run into the road even if your friend asks you to? (“NO”). If your friend asks you take someone's backpack and hide it, do you? (“NO”).
- Say: Your body is a gift from God. Your body is special and you should remain safe because God gave you that body as a gift. Remember the special areas of our body that are private that our swimsuits cover? Those are special too but should be kept to you, not other people.

These areas are special and holy and are not meant for anyone else to see other than mom or dad and your doctor.

- Ask: *How do you take care of your body?* Students raise their hand. Call on one. (Correct answer is **brush your teeth, clean your clothes, wash your hair, exercise, take a bath, wash your face**).
- Say: We take care of our body in many ways!
- Play: "Bath Song" (http://donutman.com/?page=cds&album_id=201304) from the Donut Man
- Say: We clean ourselves on the outside, but we also clean ourselves on the inside by staying close to Jesus.
- Ask: How do we keep the inside of our body clean? Students raise their hand. Call on one. (Answers may vary but should be examples of how we stay close to Jesus and remain holy – go to Mass, pray every day, say you're sorry when you are mean, obey mom and dad).
- Say: Our bodies are a gift from God, so we want to keep it as clean as possible - on the inside and the outside. We want to be kind, not mean. We want to be giving, not selfish. We want to be loving, not hating.
- Have the students stand. Pretend to wash the outside of your body by scrubbing with an imaginary sponge. Play the "Bath Song" (http://donutman.com/?page=cds&album_id=201304) from the Donut Man again.
- Say: Jesus wants us to have a clean body inside and out because we are special and he loves us.
- Say: Does anyone remember who watches over us? Students raise their hand. Call on one. (Correct answer is **Guardian Angel**)
- Say: Your guardian angel helps you in all circumstances. Your guardian angel loves when you use your body for good.
- Activity: As a class, act out safe touches (giving each other a hug, helping someone off of the ground after falling, giving a handshake or a sign of peace). Now, talk about unsafe touches – those touches that make you feel unsafe that your guardian angel would not like (NOTE: Since the students are very young, be careful with the words you use to describe unsafe touch). Examples of unsafe touches to share might be kicking someone, slapping someone on the playground, hitting someone, someone else touching the parts that only God made private (remember, your swimsuit areas?).
- Say: God wants you to use your body for good and not for bad! Pray for the intercession of your guardian angel every day to remain good!
- You pray each line separately and have the students repeat the line:

Angel of God
my Guardian dear
to whom His love
commits me here
ever this day
be at my side,
to light and guard,
to rule and guide. Amen.

St. Benedict...**PRAY FOR US.**

First Grade

Prayer: Angel of God

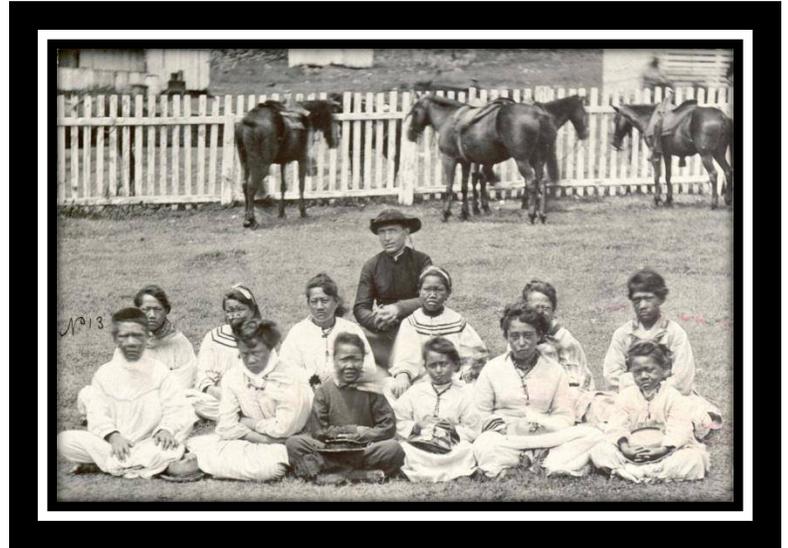
Objectives

1. Understand that all children are persons of worth and worthy of respect. (R.7.1.E.1).
2. Differentiate between good and bad play. (R.7.1.E.2).
3. Know the difference between a true friendship and a false friendship. (R.7.1.E.3).
4. Describe experiences that make you feel safe or unsafe. (R.7.1.E.4).

Virtue: Respect (speaking and acting according to your own dignity and the dignity of others)

Saint: St. Damien of Molokai

- Was born in Belgium and became a priest.
- Was sent to Hawaii to serve those who had leprosy (a skin disease) St. Damien of Molokai.
- He cared for those who were sick, stayed with them, built a Church and roads.
- He respected the people even when they were sick.
- Contracted leprosy himself, but gave his whole life for the care and respect of those with leprosy.



Vocabulary: Respect, Good friend

Teaching

- Ask: Who created you? Students raise their hand. Call on one. (Correct Answer: God).
- Say: God created you to KNOW Him (point to your brain), LOVE Him (place your hand on your heart), and SERVE Him (wiggle your hands).
- Say: Repeat after me - "God created you to KNOW (Students say KNOW), LOVE (Students say LOVE), and SERVE (Students say SERVE) Him.
- Ask: God created you do three things. What are they? Students raise their hand. Call on one. (Correct Answer: know, love, and serve Him).
- Say: Because God made us, He wants us to love other people he created as well. We are called to respect another person. Respect is speaking and acting according to your own dignity and the dignity of others.
- Ask: How do you respect your mom? Students raise their hand. Call on one. (Answers may vary, but some examples might be following instructions, saying "yes mom", listening when your mom talks to you, doing something nice for your mom).
- Ask for a volunteer from the class to stand in the front of the room.
- Ask: How do we show _____ (insert student's name) respect? (Answers may vary, but some examples might be allowing him to go first, picking up his pencil if he drops it, smiling at him, saying hello to him in the morning, saying nice things to him, holding a door open for him).
- Say: Everyone deserves respect because God made them!
- Say: When you play with friends, be kind and respectful. Use Worksheet 3 to differentiate between good and bad play.

- Ask: How do you know when someone is a good friend? (Answers may vary but some examples might be they are kind to you, they want to help you, they have something in common with you).
- Say: Sometimes, there are people who might think they are our friend, but they are not.
- Ask: What should a friend never do? (Answers may vary, but some examples might be that they will never take something from you, they will not be selfish, they don't want you to do everything for them, they don't make you do something that will get you in trouble, they don't make you do something that makes you feel unsafe).
- Ask: Have students give a thumbs up if they feel safe in the following situations:
 - Crossing the road with your parent's permission after looking for cars (SAFE).
 - Someone you don't know comes into your home. (NOT SAFE).
 - You and your little sister walk to the bathroom together (SAFE).
 - You go into someone's car you don't know (NOT SAFE).
- Remember: God made us to do three things.
- Ask: Does anyone remember those three things? (if the students don't respond, touch your head, heart, and wiggle your hands) Students raise their hand. Call on one. (Correct Answer: Know, Love, and Serve God).
- PRAY: Angel of God Prayer

Angel of God
 my Guardian dear
 to whom His love
 commits me here
 ever this day
 be at my side,
 to light and guard,
 to rule and guide. Amen.

St. Damien of Molakai...**PRAY FOR US.**

Second Grade

Prayer: Angel of God (See worksheet 4 to help students memorize this prayer).

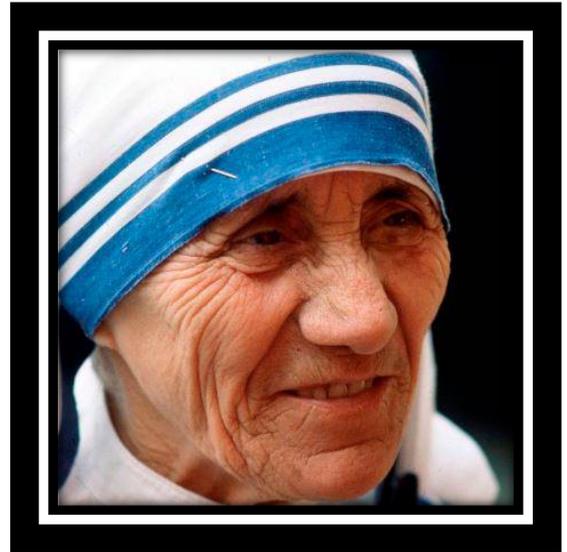
Objectives

1. Understand that we are worthy of respect from others (R.7.1.E.1).
2. Say “no” with confidence. (R.7.1.E.2).
3. Identify different kinds of friendship (R.7.1.E.2).
4. Recognize that it is the best thing to tell a trusted adult when you are uncomfortable or feel unsafe. (R.7.1.E.4).

Virtue: Good judgment: thinking rightly about a decision.

Saint: Blessed/Saint Mother Teresa of Calcutta
(Canonized in 2016)

- Born 1910, her father died when she was 8 years old.
- Felt a call to become a sister in a particular order and teach.
- She then felt a stronger call to serve the poorest of the poor and moved to India.
- She had to make a tough decision to leave her teaching and serve those who were poorest in the streets.
- She started an order called the “Missionaries of Charity” who now serve all over the world.



Vocabulary: Good judgment, trusted adults, friends

Teaching

- Ask: Who made you? (review question) Students raise their hand. Call on one. (Correct Answer: God).
- Ask: Why did God make you? (review question) Students raise their hand. Call on one. (Correct Answer: To know, love, and serve Him).
- Say: God created you beautiful and good. He created you out of love. God loves us and so should other people. Other people are called to respect you.
- Ask: How do others respect you? Students raise their hand. Call on one. (Answers may vary, but some examples might include doing nice things for you, smiling, helping you when we need help, helping you come closer to God, listening to you).
- Say: Jesus loves you so much regardless of the good or bad things you do.
- Say: Sometimes, people don't respect us the way Jesus respects us. Sometimes, people can be mean or they do things that make us feel uncomfortable. If you are ever in a situation that makes you feel unsafe, what should you do? Students raise their hand. Call on one. (Correct Answer: Say “no” and go to a trusted adult).
- Say: If anyone ever makes you feel uncomfortable or unsafe, you just say “no” and walk away to a trusted adult and tell them what happened.
- Hand each student a piece of paper and have them trace their hand. Say: When something unsafe happens, you are to go to a trusted adult. List one trusted adult on each of your fingers. You should have five people total that you are comfortable going to and talking with. (Examples could include: Dad/Mom, teacher, Grandpa/Grandma, a friend's parent, coach, etc.).
- Ask: Why do you feel safe with these five people? Students raise their hand. Call on one. (Answers may vary, but some examples might be that they look out for their good, they love

Jesus, they make good decisions, they are present and help me when I need help, they pray with me, etc.).

- Go through a few examples of situations where you would say “no” and tell a trusted adult:
 - If someone is following you.
 - If someone is trying to get you to go with them.
 - If someone you don’t know is trying to give you a ride.
 - If someone you don’t know is knocking at the door.
 - If you see something bad on the computer.
- Say: There are different kinds of friends. Use worksheet 5 to identify different types of friends.
- After the students have had the ability to draw their friends, ask why one of their friends they drew is a friend (Answers may be because they are kind, help me, make me laugh, bring me closer to Jesus, etc.).
- Say: Friends are important to bring you closer to Jesus and keep you safe.
- PRAY: Angel of God Prayer

Angel of God
my Guardian dear
to whom His love
commits me here
ever this day
be at my side,
to light and guard,
to rule and guide. Amen.

Blessed/Saint Mother Teresa of Calcutta...**PRAY FOR US.**

Third Grade

Prayer: Hail Mary

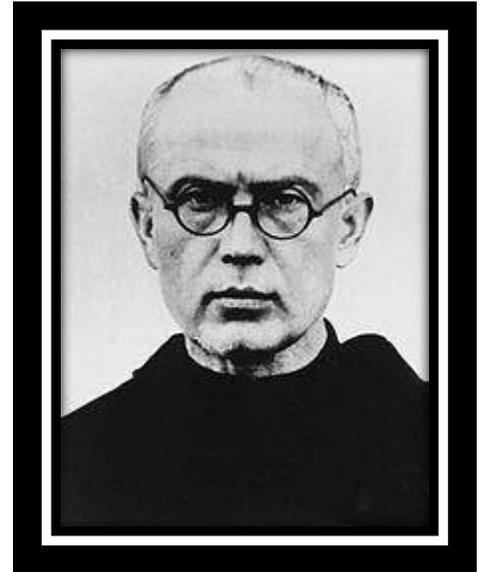
Objectives

1. Recognize secrets can separate you from others. (R.7.1.U.2).
2. Define different kinds of friendships (R.7.1.U.3).
3. Define abuse (R.7.1.U.4).

Virtue: Sincerity (having a genuine care for others, trustfulness in words and action).

Saint: St. Maximilian Kolbe

- Born in 1894 in Poland and eventually became a Catholic priest.
- Had a great devotion to Our Lady and started the Immaculata Movement involving more than 800 people who aimed to devote themselves to Mary.
- He served in Japan and India before becoming sick and was brought back to Poland.
- In 1941, he was arrested by the Nazis.
- In exchange for one man who escaped from the concentration camp, 10 men were to be killed. Fr. Kolbe offered himself in the place of a man who was chosen with a wife and a child. He died in the place of this man.
- He died of starvation after two weeks and was later canonized a saint by Pope John Paul II.



Vocabulary: Visitation

Teaching:

- Say: The way we speak to others is very important. Let's look at the story of Mary meeting Elizabeth. This is called the **Visitation**. Those two cousins met when Elizabeth was pregnant with...(John) and Mary was pregnant with...(Jesus). Their words are forever remembered by us because it is so important.
- Read the words of Elizabeth in Luke 1:39-45.
- Ask: The words of Elizabeth are in the words of what prayer? Students raise their hand. Call on one. (Answer: Hail Mary).
- Say: Words matter and can bring us closer to Jesus or farther from him. We need to be truthful and always be kind toward other people. Secrets can separate you from others if it hurts them or makes them feel left out.
- Ask: If someone tells you a secret and not to tell anyone, who do you talk with? Students raise their hands, call on one. Answer: Your trusted adults (based on the 2nd grade lesson, students listed 5 trusted adults who are best to talk with when a situation arises that could jeopardize safety. If they have not done that lesson, they can do it here).
- Say: There are many types of friends who we speak to, but we must remember to be kind and sincere when we are with them.
- Ask: What does sincere mean? Students raise their hand. Call on one. (Answer: having a genuine care for others, trustfulness in words and action).
- Say: Certain people in our lives may seem like friends, but are not friends. These are the people who try to take something from us, make us feel uncomfortable, or draw us farther away from Jesus.

- Say: We have to be aware of people using us for something that God hasn't designed. This is called abuse (abuse defined = misusing a person for a bad effect).
- Use worksheet 6 to talk about how things can be properly used/loved and misused/mistreated. Catechist/Teacher Note: Remember that **things** are meant to be USED. **People** are meant to be LOVED. We are simply using this example noting that all things/people have a proper purpose to them.
- NOTES:
 - Purpose of a bike is to ride. Misuse of a bike is running into children on the sidewalk or stopping traffic in the middle of the road.
 - Purpose of a chair is for sitting. Misuse of a chair is throwing it at another person.
 - Purpose of an apple is to be eaten. Misuse of an apple is tossing it at cars or throwing it at another person.
 - Purpose of a person is to know, love, and serve God. Abuse of a person is when someone doesn't allow a person to realize this potential. Someone who abuses a person is not looking out for how that person can love God better, but simply wants to use them.
- Say: People are meant to be loved, not used as objects. People should always treat others with love, not violence or hurt. When people misuse another person - or use them instead of loving them, that is called abuse.
- Say: If at any time someone is being abused, you tell a trusted adult immediately.
- Say: We always pray for those who haven't been loved as Jesus intends them to be.
- Pray: Hail Mary

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.

St. Maximilian Kobe...**PRAY FOR US.**

Fourth Grade

Prayer: Hail Mary

Objectives:

1. Realize that all children are persons of worth and their bodies belong to them (R.7.1.U.1).
2. Understand some actions and behaviors are wrong or sinful (R.7.1.U.2).
3. Name trusted adults (R.7.1.U.3).
4. Explain the importance of reporting abuse and where to go for help if you are abused (R.7.1.U.4).

Virtue: Fortitude (having courage to do what is true and good even when it is difficult).

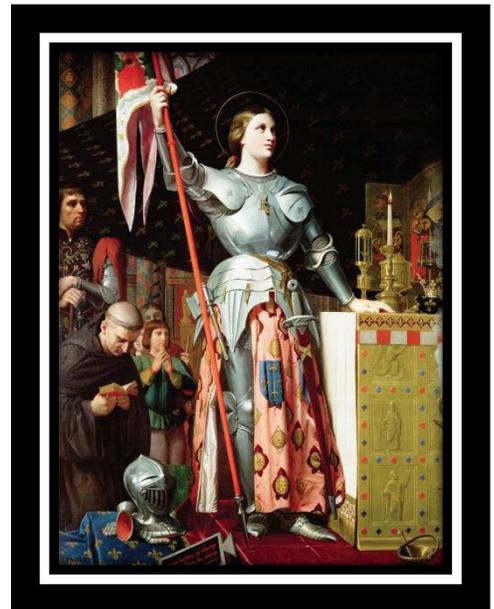
Saint: St. Joan of Arc

- Born in 1412 in France.
- From a young age, she heard voices of St. Michael, St. Margaret, and St. Catherine.
- The saints told her to go to the King of France and to help regain the kingdom back from the English.
- At the age of 17, she was given a small army and had huge successes.
- She was captured and ultimately killed for her belief in God and her country.

Vocabulary: Devil, temptation, sin (already taught in second grade for reconciliation).

Teaching:

- Read Genesis 2: 4-8 out loud.
- Ask: In this creation story, what was man formed from? Students raise their hand. Call on one. (Correct Answer: Dust from the ground).
- Ask: Where was the man living? Students raise their hand. Call on one. (Correct Answer: Garden of Eden).
- Say: A person's body was formed by God. He made it and gave it as a gift to us to worship and serve Him.
- Say: Our bodies are essential to our mission on earth for in our bodies, God teaches us about our purpose in loving and serving.
- Read Genesis 3:1-7 out loud.
- Ask: Who is the snake in this story? Students raise their hand. Call on one. (Correct answer: the Devil).
- Ask: What does the devil tempt Eve, the woman, to do? Students raise their hand. Call on one. (Correct Answer: eat from the tree that God told them not to eat from).
- Ask: Why does the devil want Eve to disobey God? Students raise their hand. Call on one. (Correct Answer: The devil from the very beginning disobeyed God and is always looking for ways to pull us away from God).
- Say: There are different ways that the devil tempts us away from God. Let's name some ways that the devil tries to pull us away from God. (Students raise their hand and respond with various temptations such as being tempted to take something, cheat on a test, disobey mom or dad, not do chores, not pray, etc.).
- Say: Sometimes, we are strong and say no to temptation. Maybe it's when you want to call your brother a name, but instead you are quiet. Maybe you want to disobey your mom and turn on the TV when she told you not to, but you don't. This is God helping us during those



times to turn toward Him and not give into temptations. However, we do fall into temptation and sin sometimes.

- Ask: Can we be forgiven from our sins? Students raise their hand. Call on one. (Correct Answer: Yes).
- Ask: In what sacrament can we be forgiven from our sins? Students raise their hand. Call on one. (Correct Answer: Reconciliation or Confession).
- Say: If you see something happening that is sinful, make sure to tell a trusted adult.
- The students are to remember the five people who they consider a trusted adult (see Grade Two).
- Ask: Name one of your trusted adults who you would go to if you saw something not right happening. Students raise their hand. Call on one.
- Say: Some people do sin and do bad things to other people. Sinning can happen in someone's words or actions. When someone sins, they are being hurtful to themselves as well as to you. If something bad ever happens to you or someone hurts you, go immediately to one of your trusted adults. They will help you.
- Pray: Hail Mary

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.

St. Joan of Arc...**PRAY FOR US.**

Fifth Grade

Prayer: Hail Mary

Objectives:

1. Recognize the responsibility of the gift of free will (R.7.1.U.2).
2. Describe strategies to get out of abusive or potentially abusive situations (R.7.1.U.3).
3. Define different types of touches (R.7.1.U.4).

Virtue: Responsibility (fulfilling one's just duties: accepting the consequences of your words and actions).

Saint: St. Margaret of Scotland

- Margaret was an English princess who fled from England to escape the King.
- The King of Scotland fell in love with her and they married.
- She helped her husband become more virtuous and helped to soften his temper.
- She and her husband became incredible examples for others in their country - praying together, feeding the homeless and poor together, being modest and virtuous in all that they did.
- She worked hard to get good teachers and helped the country become better. She accepted great responsibility to reform the country and bring it closer to Christ.



Vocabulary: free will, modesty

Teaching

- Say: Let's summarize the first three chapters of Genesis. The first two chapters mainly deal with which story? Students raise their hand. Call on one. (Correct Answer: Creation).
- Ask: Who created everything? Students raise their hand. Call on one. (Correct Answer: God).
- Say: God then gave Adam and Eve a command after He created everything. What did He command them? Students raise their hand. Call on one. (Correct Answer: "You are free to eat from any of the trees of the garden except the tree of knowledge of good and evil. From that tree you shall not eat; when you eat from it you shall die." Genesis 2:16-17).
- Read the answer out loud to the class: "You are **free** to eat from any of the trees of the garden except the tree of knowledge of good and evil. From that tree you shall not eat; when you eat from it you shall die." Genesis 2:16-17.
- Ask: Why was it important for God to tell the human beings that they are FREE? Students raise their hand. Call on one. (Correct Answer: Without free will, there is no true love. You can't force someone to love you. Love always has to be free for when we choose love (the good) over the decision that will turn us away from God (evil), we are choosing what God has intended for us.
- Say: Free will means our ability to choose. Free will is a gift, but with it comes responsibility. When you are given keys to a car at the age of 16, it is a great gift, but also a great responsibility. You can go anywhere you want, but you can also cause great damage, injury, or even death if you are not careful. With free will comes responsibility.
- Say: Some people choose to use their free will in a negative way. Rather than choosing to honor God and what is good, they choose something other than God. These evil actions are what we call sin. If you are ever in a situation that makes you feel uncomfortable, go to a

trusted adult. Leaving the situation is the best decision you can make during that time. Do not allow someone to inappropriately treat you using violence or getting into your personal space where only you are allowed to be.

- Ask: What are you to do if someone tries to do something inappropriate to you? Students raise their hand. Call on one. (Correct Answer: Leave the situation and find the nearest trustworthy adult and tell them what is happening).
- Say: Free will is a gift and a great responsibility. If someone exercises their free will appropriately, it results in true freedom.
- Say: There are many examples of good decisions vs. bad decisions. It is helpful to know your personal boundaries so that you can determine what is a good behavior and what is not.
- Say: No one should ever touch your private parts - those parts that are covered by your swimming suit. These are made special by God and are meant to keep hidden. God taught us that modesty is important. Modesty means being pure in heart and in action. That means that we want to dress appropriately and cover those areas of our bodies that are meant to be kept hidden.
- Say: Modesty protects the mystery of a person. "Modesty protects the intimate center of the person. It means refusing to unveil what should remain hidden" (Catechism of the Catholic Church #2521). Modesty can be expressed in many forms - how we dress, what we share with others, and how we behave.
- Collaborate on a list: How can we remain modest? (Answers will vary, but groups may say, dress purely without tight fitting or revealing clothing, dance appropriately, don't watch anything that is impure on TV or listen to impure songs on the radio).
- Ask: What is that box that holds Jesus in Church? Students raise their hand. Call on one. (Correct Answer: Tabernacle)
- Take students to see the tabernacle in their own Church. Get up close, have the students genuflect to recognize that this is in fact Jesus inside and explain the following:
- Say: Just like the tabernacle veils or protects Jesus, so too does modesty. Modesty protects the beauty that is inside. Our bodies are temples of the _____. Students raise their hand. Call on one. (Correct Answer: Holy Spirit).
- Say: God dwells in us so that we become living tabernacles ourselves when we receive Jesus in the Eucharist. Modesty protects what we have received and allows us to be better gifts to other people. When the attention is placed on God and not on us, beautiful things happen.
- Say: There are three types of touches:
 - 1) Safe touches (touches that are safe and good for you) include - appropriate hugs, pats on the back, arm on the shoulder, or taking a splinter out of your hand (even though it hurts, it is to make you healthier).
 - 2) Unsafe touches (touches that hurt your body or feelings) include - hitting, punching, kicking, pushing, pinching.
 - 3) Unwanted touches (touches that are safe, but one that you don't want at that moment). Just ask the person politely to not do that. It's ok to say no to an unwanted touch (like some people do not like to be hugged).
- Say: Our sense of touch is a great gift! We are to use our sense of touch to give honor to God and serve others.
- Ask: How can you use your sense of touch to honor God and to help others? (answers will vary, but could include holding hands around the dinner table to pray, serving at a soup kitchen with your family, giving a close friend a hug after her grandmother died, helping others up after they fall down, using your arms to help the teacher erase the whiteboard or pick up papers under the desks).

- Ask: What did God give us as a gift beginning in the Garden of Eden? Students raise their hand. Call on one. (Correct Answer: Free will).
- Ask: Why is the gift of free will so important? Students raise their hand. Call on one. (Correct Answer: Without free will, we are unable to love as we should or as God intended us to live).
- Work on Worksheet 7 to review free will. Apply that to their own lives in how sin introduces death into our own relationships.
- Pray: Hail Mary

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.

St. Margaret of Scotland...**PRAY FOR US.**

Sixth Grade

Prayer: St. Michael the Archangel

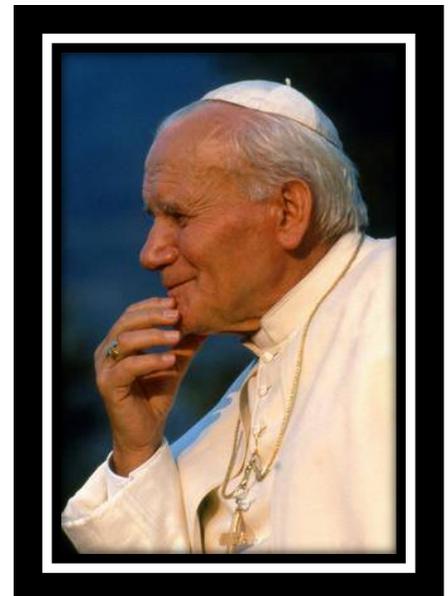
Objectives:

1. Understand that you are loved and deserve respect. (R.7.1.M.1).
2. Develop communication with parents and other family members to keep you safe (R.7.1.M.3).
3. Develop skills to recognize, trust, and follow your instincts about people and situations (R.7.1.M.3).
4. Define emotional abuse (R.7.1.M.4).
5. Name concrete courses of action to take if you experience emotional abuse (R.7.1.M.4).

Virtue: Circumspection: careful consideration of circumstances and consequences (seeking advice, silently reflecting upon circumstances and consequences of your actions).

Saint: St. Pope John Paul II

- Born in 1920 in Poland. Lost his mother, brother, and father all before the age of 21.
- Growing up in Poland, he lived under Nazi occupation, joined the seminary and had to study secretly for the priesthood, and participated in a variety of Catholic movements even though the Nazis forbade it.
- Became the Archbishop of Krakow, Poland and then in 1978, became the first non-Italian pope in 400 years.
- He believed so strongly in the power of young people throughout the world. He would travel for big festivals called “World Youth Day” that attracted millions of young Catholics.
- Although many were attracted to what he was saying, many disagreed. He had to use great judgment and discernment in deciding what and when he would preach his message of Christ. He heeded much advice from closer friends and mentors.
- He loved Jesus and the Blessed Mother so much that it was evident in the way he lived his life and spoke to others.
- Died in 2005 after battling a Parkinson’s disease.



Vocabulary: emotional abuse

Teaching

- Ask: In Genesis 1, it says that we are made in the _____ and _____ of God. What are these two? Students raise their hand. Call on one student. (Correct Answer: Image and Likeness)
- Say: Because we are made in the image and likeness of God, we are loved deeply by God above all other creations. You have been crafted specifically for a purpose, so you are to be respected.
- Say: In order to remain safe and respected, it’s important to talk with your parents frequently and to keep open communication with them. They love and respect you just as God does and it is healthy to talk with them and share what is occurring in your life.
- Look at Worksheet 8. For Part 1 of the worksheet, answer honestly.
- Hold a discussion about the worksheet results (the second half of the worksheet is to be done with parents and students and to be talked about the following class).

- Say: How do you know when a situation is good for you? You are going to be looking through a situation and you have to determine with your group the best plan of action (Worksheet 9).
- Split the class up into small groups to complete worksheet 9. After some time, get back together and discuss.
- Say: Situations might not be physically unsafe, but they might harm you in a different way. You might have situations or people that are emotionally abusive - that is, that they try to harm you not in a physical way, but in the things they say or don't say, the way they act around you, or the way that they communicate with you.
- Say: What would be considered emotional abuse? Brainstorm on the board with the students. Answers may vary but might include: threats, constant insults, intimidation, excessive texting, constantly putting you down or calling you names, and humiliation.
- Ask: What do you do when you see this happening or it's happening to you? Answers may vary, but may include: 1) Pray. 2) Tell that person to stop. 3) If he/she doesn't stop, go to a trusted adult and explain to them what is going on. They will be able to help you.
- Say: Never be ashamed to tell someone. Never hold it inside or let it continue to affect you. Reach out and talk with someone who is able to help.
- Say: Remember, God wants everyone to live a life that is fully alive. He has designed a beautiful life for each one of us.
- Ask: How often do you pray to God each day?
- Say: Being close to God is essential to our life. Prayer allows God to direct our thoughts and actions, helps us decipher between right and wrong, and helps us to intimately know him better. When we know and love God better, we become more like him – loving, courageous, and truthful.
- Pray: St. Michael the Archangel

St. Michael the Archangel,
defend us in battle.
Be our defense against the wickedness and snares of the Devil.
May God rebuke him, we humbly pray,
and do thou,
O Prince of the heavenly hosts,
by the power of God,
thrust into hell Satan,
and all the evil spirits,
who prowl about the world
seeking the ruin of souls. Amen..

St. Pope John Paul II...**PRAY FOR US**

Seventh Grade

Prayer: Prayer for Generosity (St. Ignatius)

Objectives:

1. Understand behaviors and actions that harm you and others physically, psychologically, or spiritually are wrong (R.7.1.M.2).
2. Explore ideas of setting personal boundaries and the effects of having these boundaries violated (R.7.1.M.3).
3. Develop skills, including assertiveness, that are necessary for responding to abusive situations (R.7.1.M.4).

Virtue: Foresight: learn how to gather information in order to make the right decision for the long term .

Saint: St. Ignatius of Loyola

- Born in Spain; youngest of 13 children.
- Became a soldier to fight against the French armies.
- Could no longer continue as a soldier after he was hit by a cannon ball in battle.
- While he was recovering, Ignatius read the lives of the saints while he was in bed.
- He then vowed to become a soldier for Christ after being inspired by reading about holy people.
- He had many fears of becoming a disciple of Christ, but embraced the long-term goal of being close to Jesus.
- He wrote the *Spiritual Exercises* and was known for his humble lifestyle.
- Attracted followers such as St. Francis Xavier and formed a religious community called the Society of Jesus, or the Jesuits who serve the needs even today of the Pope all over the world.

Vocabulary: personal boundaries, assertiveness.

Teaching:

- Ask: How do you know when your yard begins and ends? Answers may vary but may include: their family has planted bushes, trees, built a fence, or knows the line where their own yard ends.
- Ask: Why is this boundary needed? Answers may vary but may include: it helps people keep their yards nice knowing when it stops and ends, it divides the work up among the neighbors - mowing grass, weeding flower gardens - so each contributes to a nice neighborhood. Ask: Why are country boundaries important?
- Answers may vary but may include: it allows for countries to provide protection for its people, laws to safeguard them, and rules in which to follow for the betterment of all people, to collect taxes which help to develop roads, public buildings, etc.
- Say: People also need boundaries. Boundaries help to keep you healthy, happy, and safe. Personal boundaries are established to ensure respect from both people in that particular relationship.
- Pass out worksheet 10 to be completed.
- Say: In worksheet 10, you are finding ways that Jesus demonstrated His own understanding of personal boundaries and self-control. Then underneath the first section, list ways in which



you can safely protect and safeguard your own personal boundaries (to remain safe, but also healthy in sleep, personal space, boundaries with technology, etc.).

- Say: Boundaries on a soccer field or a basketball court allows all to enjoy the game. Boundaries in life allow you to live life freely and safely. Boundaries that are broken or overstepped often make people feel uncomfortable. We have to know our boundaries and exercise self-control to maintain those boundaries.
- Say: When boundaries are broken, people often suffer. If someone oversteps your personal boundaries, you must practice assertiveness (defined as a self-assured confidence that often results in bold action). In order to be assertive, great courage from God is necessary. In order to speak or act in the right way, sometimes you have to do so quickly and boldly even if you're not sure if what is happening is in fact good or evil.
- Look at Worksheet 11. Read the situations and discuss in class how an assertive person would act or speak.
- Pray: Prayer for Generosity

Lord, teach me to be generous.
Teach me to serve you as you deserve;
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labor and not to ask for reward,
save that of knowing that I do your will. Amen.

St. Ignatius of Loyola...**PRAY FOR US!**

Eighth Grade

Prayer: Prayer for Generosity

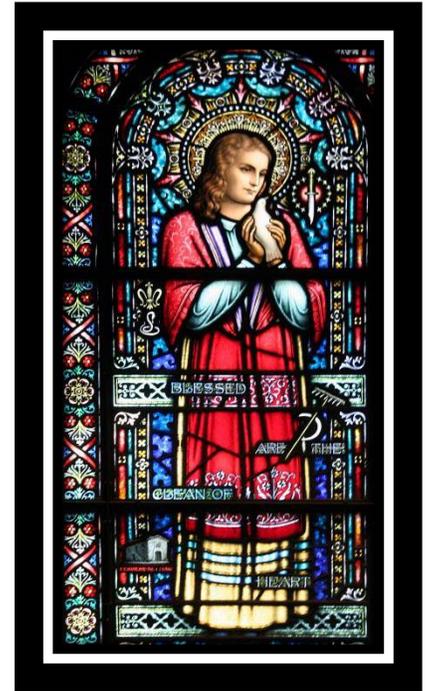
Objectives:

1. Explain the consequences of abuse.
2. Identify personal boundaries that no one, not even a relative, should cross.
3. Identify the risk factors associated with sexual abuse.

Virtue: Purity: reflection of eternal beauty; living as God lives; unsoiled.

Saint: St. Maria Goretti

- Born in 1890 in Italy.
- Her father died of malaria which forced her mother to struggle to provide for her children.
- The children all worked in the fields while Maria tended to the house and cared for her younger sister.
- Her 18-year-old neighbor grabbed her one day and wanted to force her to be with him.
- She resisted and told him, "No. It is a sin! God does not want it!"
- Maria said she would rather die than to submit to Alessandro's attempt to be impure with her.
- Alessandro stabbed her 14 times and then fled. Maria died at age 11 in the hospital after she was rushed there by her family.
- She forgave Alessandro before her death. After her death, Maria appeared to him in a dream where she gave him lilies. Alessandro woke up a changed man and after 30 years in prison, immediately went to the Goretti house and begged for the forgiveness of Maria's mother.
- She was canonized a saint and Alessandro was present at her canonization.



Vocabulary: corporal and spiritual works of mercy.

Teaching:

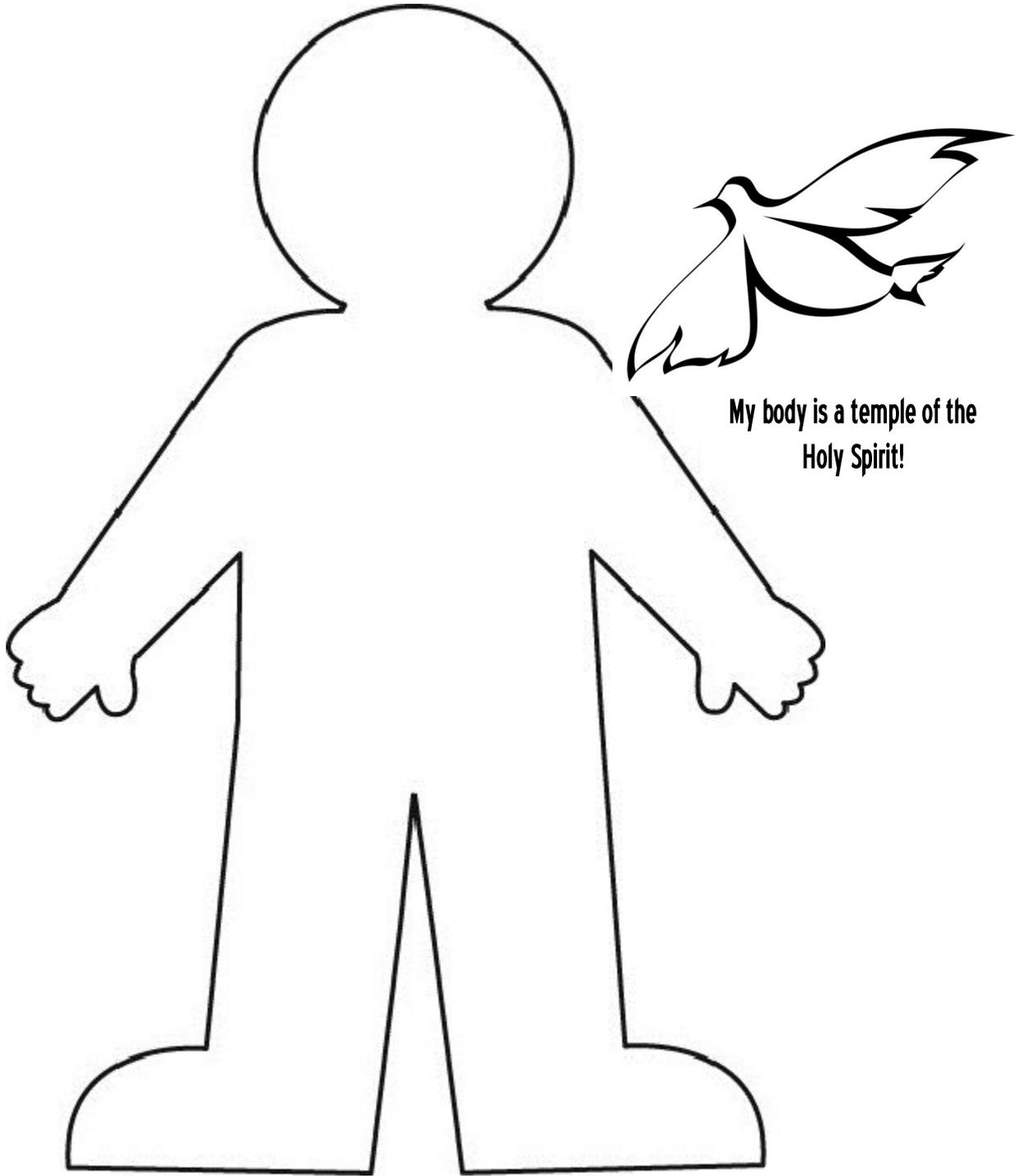
- Use worksheet 12. Cut between each of the corporal and spiritual works of mercy. Mix them up and place them in an envelope. Divide students into groups of two or three. Have them dump the envelope and place each work of mercy into the correct category: Spiritual or corporal. Remind them that "corpus" means body (as a little hint). Spiritual has to deal with the more internal.
- Give each student Worksheet 13. Talk about the meaning of the words. Answer the questions on the worksheet together.
- Say: When our bodies or spirits are not used for good, it is a distortion of what they were originally meant to be. Our bodies and our spirits were created good. What were human beings (us) created for again? (Answer: to know, love, and serve God).
- Say: Each human being is to use his/her body and spirit to know, love, and serve God. Unfortunately, not everyone does. Not everyone recognizes the great gift that God has given us. Our physical, mental, emotional, and spiritual health is a gift from God.
- Say: How can people use other people and harm the other's physical, mental, emotional, and spiritual health? (Answers may vary but include physical abuse, demeaning another person verbally, manipulating another person, using our body for sexual purposes when we are not married, gossiping about another person, allowing evil spirits to come into your spiritual life).

- Ask: How do we become more like saints and avoid using ourselves for purposes that God did not intend? (Answer: prayer, studying the lives of the saints, and trying every day to be like them in serving God and others).
- Say: Maria Goretti had a great love for the Lord. When she encountered abuse, she was able to respond with the courage and love of the Lord which was deeply engrained in her already. She resisted evil and turned to God. She knew who she was and the respect she deserved because she knew God.
- Say: When we know who God is, we know who we are. We know the respect we deserve because God made us with dignity. We pray to God each day to help us become the best person He designed us to be.
- Say: In order to recognize our respect, we have to have personal boundaries.
- Ask: Our bodies are temples of the _____. (Answer: Holy Spirit)
- Say: Our bodies are meant to be respected and cherished.
- Split up into male specific and female specific groups. As a team work to identify physical, spiritual, and emotional boundaries for a Catholic Christian person. Use worksheet 14 to do this. Answers may vary. Examples include:
 - physical boundary – keeping your body pure by dressing modestly, not participating in certain dances or actions that degrade your body, not dating someone who pushes physical boundaries.
 - emotional boundary – do not spend time with people who might lead you down the wrong path, convince you to do sinful actions, or manipulate you and make you feel afraid.
 - spiritual boundary – saying no to commitments so you can attend Mass on Sundays and have enough time to pray, choosing your friends wisely so they help your relationship with God, having the courage to say no to those who tempt you with looking at sinful pictures, participate in bad text messages, or harm another person.
- Check on each group to make sure they are accurate and understand. Do not allow the groups to become crude in their language especially in completing the physical boundary section.
- Gather the gender groups together.
- Say: Abuse of any kind is when boundaries are crossed by one person who is not listening to the will of God. There are many consequences of these actions. We must speak to a trusted adult if we see someone taking advantage of another person.
- Say: God wants to keep us safe from any harm. We must continue to pray for courage, faith, and trust in His will to remain true to our boundaries. The best place to ask for these gifts is at Mass each weekend. God intimately meets us there and wants to give of Himself when He says, “this is my body, given for you.”
- Pray: Prayer for Generosity

Lord, teach me to be generous.
 Teach me to serve you as you deserve;
 to give and not to count the cost,
 to fight and not to heed the wounds,
 to toil and not to seek for rest,
 to labor and not to ask for reward,
 save that of knowing that I do your will. Amen.

St. Ignatius of Loyola...**PRAY FOR US.**

Worksheet 1 (Pre-K)



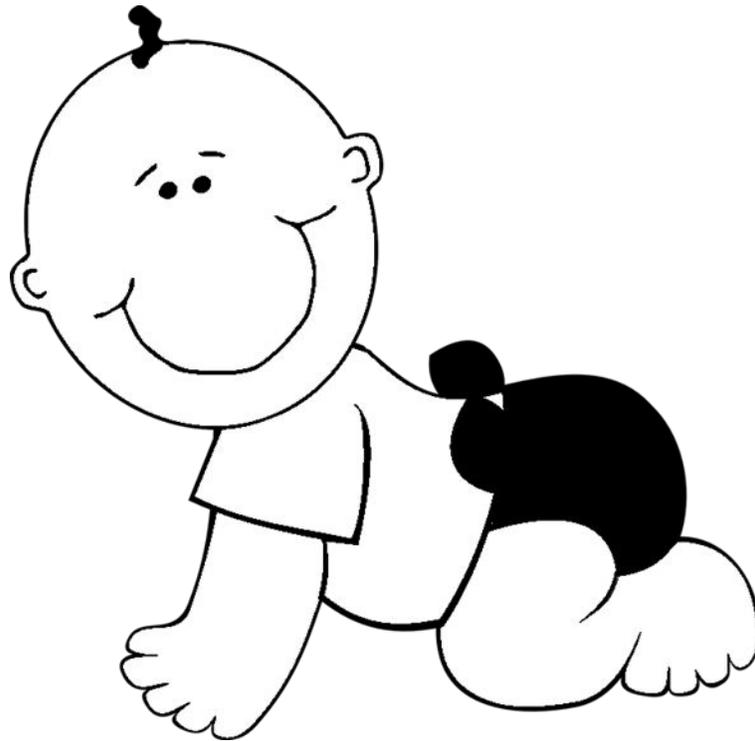
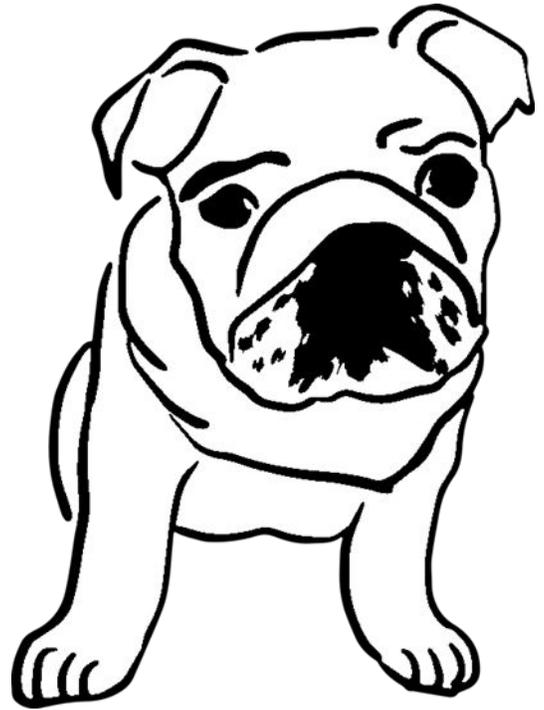
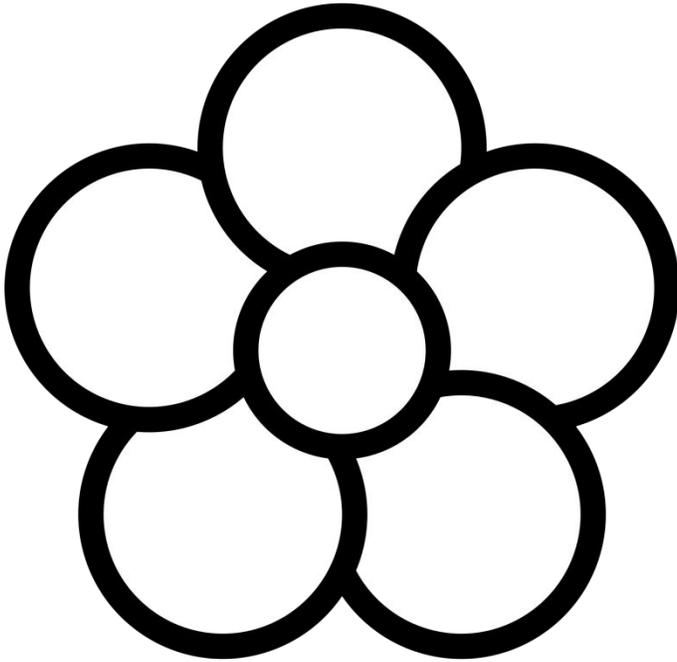
**My body is a temple of the
Holy Spirit!**

Draw your guardian angel protecting you



Worksheet 2 (Kindergarten)

Which of the following is MOST IMPORTANT?



Worksheet 3 (Grade 1)

Differentiate between good and bad play

Draw something good that can happen between two people at recess:

Draw something bad that can happen between two people at recess:

Which situation is showing more respect? How?

Worksheet 4 (Grade 2)

Memorizing the Guardian Angel Prayer

*Cut the following lines into strips of paper. Cut the strips apart and mix them up.
Have the students put the strips of paper in order according to how the prayer goes!*

Angel of God

my Guardian dear

to whom His love

commits me here

ever this day

be at my side,

to light and guard,

to rule and guide. Amen.

Worksheet 5 (Grade 2)

Draw or list people that you know in the following boxes who represent each type of relationship.

<p>Family (Closest friendship)</p>	<p>Close friend <i>(could be from school, sports team, dance, etc.)</i></p>
<p>Long-distance friend</p>	<p>Acquaintance <i>(someone who is not a close friend, but you know them)</i></p>

Worksheet 6 (Grade 3)

<p>Draw a bike</p>	<p>Purpose of bike</p>
<p>Draw a chair</p>	<p>Purpose of a chair</p>
<p>Draw an apple</p>	<p>Purpose of an apple</p>
<p>Draw a person</p>	<p>Purpose of a person</p>

Worksheet 7 (Grade 5)

Read Genesis 3 in your Bibles. Adam and Eve were given the *free will* to choose good or evil - to obey God or disobey God. They decided to disobey God thus introducing death into their relationships. Describe how each of the following relationships was hurt after Adam and Eve disobeyed God. Sin always hurts our relationships with God and with others.

With the Physical World	Between Each Other
With their own Spiritual Life and Mortality	With God himself

How does sin begin to destroy your own relationships with the mentioned groups above?

With Nature	With One Another
With Ourselves	With God

Worksheet 9 (Grade 6)

Work as a small group on the following scenarios.

1. You receive a message online from a person who you don't know. They seem really friendly, and want to hold a conversation with you and possibly meet up. What do you do?
2. You and some friends are hanging out at another friend's place. His older brother is watching a movie and asks if you guys want to watch too. As you sit down, you realize the content of the movie is not that good and makes you really uncomfortable. Everyone else seems to be ok with watching it. What do you do?
3. You are at the mall with your family and get separated. You can't seem to get through to anyone on their phones and you don't know what to do or where to go. To stay safe, what do you do?
4. You are on your computer and on the side, an ad comes up that is not good and the person is dressing immodestly. It doesn't go away, what do you do?
5. You are asked by someone in your class to come home with them after school and not tell your parents. This friend is someone of the opposite gender and you are a bit uncomfortable with the situation. What should you do?

Worksheet 10 (Grade 7)

Look at the following Scripture passages and answer the following question. Divide the class into four groups if that is more manageable.

How did Jesus establish boundaries or demonstrate self control in the Scripture?

Mark 1: 32-39

Matthew 5:37

Luke 4:16-30

Luke 22:39-46

What are some ways to protect your own personal boundaries in the following categories?

With family:

On the internet:

With friends:

On your phone:

With strangers:

Worksheet 11 (Grade 7)

You are invited over to a friend's house, but there are people there that you don't know. They aren't acting kindly nor are they speaking or acting respectfully. They are using dirty and foul language. You start to feel a bit out of place and uncomfortable.

You are in class and you hear a classmate of yours tell someone else about her father hitting her inappropriately. You often see her with bruises on her arm which she says is from simply being clumsy.

You are in the hallway and a student pushes someone else, starts yelling at them, and takes their backpack contents and dumps them in the middle of the hallway.

You are at the mall and you see a little child crying. She looks lost and confused.

You are told a secret from an adult that just doesn't seem right to you. They told you NOT TO TELL ANYONE. It seems rather strange to you why they would tell you and why you would need to keep it a secret.

Worksheet 12 (Grade 8)

To feed the hungry

To give drink to the thirsty

To clothe the naked

To shelter the homeless

To visit the sick

To visit the imprisoned

To bury the dead

To instruct the ignorant

To counsel the doubtful

To admonish sinners

To bear wrongs patiently

To forgive offences willingly

To comfort the afflicted

To pray for the living and the dead.

Worksheet 13 (Grade 8)

Corporal Works of Mercy

- To feed the hungry
- To give drink to the thirsty
- To clothe the naked
- To shelter the homeless
- To visit the sick
- To visit the imprisoned
- To bury the dead

Spiritual Works of Mercy

- To instruct the ignorant
- To counsel the doubtful
- To admonish sinners
- To bear wrongs patiently
- To forgive offences willingly
- To comfort the afflicted
- To pray for the living and the dead.

How can our bodies (root word, *corpus*) be used for good specifically tonight after class?

How can our spirit be used for good specifically tonight after class?

When you do good with your body, which particular saints come to mind? (name saints from previous safe environment lessons or regular religious education lessons in the parish).

Saint name:

Saint action to emulate (what did the saint do?) :

Name a particular corporal or spiritual work of mercy that you do well:

Name a particular corporal or spiritual work of mercy that you struggle with:

Worksheet 14 (Grade 8)

Physical Boundaries:

Emotional Boundaries:

Spiritual Boundaries: