

VIRTUS *Touching Safety* – Kindergarten

Lesson 1: **Touching Safety Rules and**

Lesson 2: **Safe Friends, Safe Adults, and Safe Touches**

Teachers are to review the Touching Safety guidelines from VIRTUS and the lesson plan guidelines before the class session. Parish catechetical leaders are to make sure that parents have been advised of their right to have their child opt out of this class session.

Suggested class date:

Cycle A: Seventh Sunday in Ordinary Time (February 19, 2017)

Length of class session: 45-60 minutes

Archdiocesan Religious Education Tasks, Essential Concepts, and Standards: By the end of the class the child will be able to:

Task III: Moral Formation

- *Made in the Image of God: Foundation of Human Dignity*
 - Recognize that God loves us so much that we are made in His image and likeness.
 - Associate being made in the image and likeness of God with the need to **respect** others (and that others need to respect us).
- *Made for Happiness with God, Beatitudes*
 - Recognize that God created us to be happy with Him forever.
- *Human Freedom and Conscience Formation*
 - Describe right (good) and wrong (**sinful**) behaviors and recognize that behaviors have **consequences**.
 - Recognize that God gave us guides (Jesus, Mary, parents, teachers, Guardian Angel) to help us know how to live good lives.
- *Covenant and Ten Commandments*
 - Recognize that **rules**, like the **Ten Commandments**, are important. Discuss the Fourth Commandment and why obeying our parents helps us stay healthy, holy, and happy.
- *The Human Community*
 - Recognize that God made us to live in communities with others.
- *Catholic Social Teaching*
- Explain ways we can help to take care of the gift of God's creation (**stewardship**) (e.g. such as our bodies).

Task V: Education for Community Life

- *Models of the Catholic Church: **Temples of the Holy Spirit***
 - State that the **Holy Spirit** lives in each one of us and helps us make good choices.

Touching Safety Course Objectives: By the end of the class the child will be able to:

- Repeat and understand the touching **rules**: "If someone tries to touch a child's body parts or wants the child to touch their **private body parts**, the child should..."
 - Say, "No!"
 - Run away.
 - Tell a parent or other safe adult what happened.
- Name their safe friends and **safe adults**.
- Identify **special safe adults**.
- Respond in an appropriate manner to **unsafe** situations.

Vocabulary words and definitions: (NOTE - This list is designed to help the catechist explain relevant terms. It includes more terms than the students are expected to know).

Consequences – the results of our actions; what happens from the things we say and do

Holy – close to God; filled with God’s grace

Holy Spirit – the third Person of the Trinity; the Spirit of God. (CCC #685; 152; 243)

Private Body Parts – those body parts covered by a bathing suit

Rules – tell us what we can and cannot do

Respect – want only the best for other people and people who do good things for us

Safe – protected, taken care of

Safe friend/ safe adult/ safe touch – people who respect our wishes and the rules of our parents; they won’t hurt or scare us without a good reason

Secret – something kept hidden or unexplained

Sin - choosing to disobey God. It is doing what you know is wrong. (CCC #1849; 1853)

Special safe adult – our parents, doctor or nurse – are those very special adults who can see or touch our private body parts, but only to keep us clean and healthy and only when we are sick or need help

Stewardship – taking care of God’s creation, such as our bodies that God has created

Temple of the Holy Spirit – At baptism, the Holy Spirit comes to live in our bodies and souls to nourish, heal, guide, and protect us (CCC 739, 809-810)

Ten Commandments – rules from God that help keep us safe and respect others

Unsafe friend/ unsafe adult/ unsafe touch – people who do not respect our wishes and the rules of our parents; they could hurt us

Resources:

“Passport to Touching Safety” handouts

Crayons, colored pencils or felt tipped markers

Children’s Bible open to the passage of 1Corinthians 3:16

Religion textbook (optional)

Lesson Plan:

- Welcome the children. Tell them that in today’s class we will be talking about how God made each of us in his image and likeness. Did you know that God calls our bodies “**Temples of the Holy Spirit**”? That means that God made us good and holy. Because we are good and **holy**, God wants us to learn how to **respect** and to take care of our bodies by following safety rules and knowing those people who help keep us **safe**.

- Opening prayer that includes scripture and begins and ends with the Sign of the Cross.
 - All: + **In the name of the Father and of the Son and of the Holy Spirit. Amen.**
 - Teacher: A Reading from the First Letter of St. Paul to the Corinthians... (*read verse 3:16*). Short pause. Explain to the children that God, the **Holy Spirit** lives in their bodies. That their bodies are temples, holy places, like our Churches. Thus, all of our body parts are special and **holy**. God wants us to take care of them by following **rules** to keep them safe, healthy, and holy.
 - Review **relevant** vocabulary words and definitions.
 - Teacher, please bow your heads as we pray... *Dear God, you made each of us in your image, as good and wonderful. You want us to always take care of ourselves and to be with others, who want to keep us safe and holy. Help us to learn the safety rules, so that we can respect ourselves and each other. Thank you for the gifts of our parents, and our teachers, who help us to learn and follow your rules, through Christ our Lord. Amen.*

- All: + **In the name of the Father and of the Son and of the Holy Spirit. Amen.**
- Optional: Show the introductory video (6 minutes).
- **Ask children to name their body parts.** May do so using the following song, where everyone touches their body parts as they are named.
 - Head and shoulders, knees and toes, knees and toes.*
 - Head and shoulders, knees and toes, knees and toes.*
 - Eyes and ears and mouth and nose.*
 - Head and shoulders, knees and toes.*
 - Head and shoulders, knees and toes, knees and toes.*
- Repeat song several times, gradually increasing speed (tempo) each time.

Who created your toes? GOD

Who created your eyes? GOD

Who created these silly little things on the side of our heads? (point to or touch your ears) GOD

That's right, God created every part of us. Our whole body and even our souls deep on the inside where God lives in us that we can't see or touch. He created us in his image and likeness.

Our bodies, that God created, are Temples of the Holy Spirit, because God (in the 3rd person of the Trinity) lives in our souls and guides us to be holy.

Because every part of our bodies is so special, even these silly little things (point to or touch ears again), and God lives in each of us, we need to always treat our bodies with respect and only allow others to treat them with respect too.

- **Talk with children about the difference between these "regular" body parts and their private body parts:**
 - We treat private body parts as "special" by keeping them covered. One reason is to help keep our private body parts clean and healthy.
 - Private body parts are those body parts that are covered by our bathing suits.
 - *When God created our bodies, he gave us an intellect (our brains that allow us to think clear and smart), and a free will, so we can choose what is right and avoid what is evil. He gave us a conscience too! That is the little voice in our hearts that helps us figure out what is right and wrong. Both God and our parents can help us learn how to know what is right and wrong by giving us rules. These rules make it so we can be happy, healthy and holy.*
 - *Sometimes though, people don't always know what is right or they choose not to do what is right. We can help them know when what they are doing is wrong and not let them harm our bodies or souls.*
- **Ask children what to do if someone wants to touch their private body parts or if an adult asks a child to touch the adult's private body parts.**
 - Say, "No!"
 - Run away.
 - Tell a safe adult what happened.

- *God made us all to live in community with each other and to help care for the needs of others people. That is why he gave us rules to keep us safe and doesn't want us to harm other people or for other people to harm us. This is called human dignity, when we respect the rights of others and they respect us because we are all created in God's image and by God, so we are all worthy of this respect.*
- *When people don't treat us with respect the little voice in our hearts that tells us if something is good or bad, might feel icky or strange, that means that our hearts know that whatever they are doing is bad.*
- *Let's look at some examples of things that would be bad and what we should do:*
- **Give children examples of situations that might come up, and talk about what to do in each situation:**
 - What if a grownup asks you to keep a birthday present a secret?
 - What if a grownup offers you a present or a treat to keep you from talking about a touch involving private body parts or any other kind of touch that might upset your parents?
 - What if a grownup wants you to do something that feels icky?
 - What if a grownup is not touching your private body parts, but is doing something else that makes you feel kind of icky?
 - What if the person who is trying to touch your private body parts is a bigger kid, and not an adult?
 - What if a grownup tells you that no one will believe you if you tell?
 - What if the grownup who make you feel icky is someone you really like, someone your family knows and likes, or even someone in your family?
- **Ask the children if they know what a secret is.**
 - Explain that sometimes secrets can be fun, such as keeping a birthday present a secret.
 - But we can never have secrets when it comes to personal and physical safety. When someone does something that makes us feel icky and tells us to keep it a secret, we must always tell a safe adult!
 - You might ask the children to review some of the situations above to recognize when they would need to tell a safe adult.
 - Remind the children that telling a safe adult is an important rule that helps us to be the healthy, happy and holy children that God designed us to be.
- **Explain to children who safe adults are:**
 - Safe adults are people who touch only in ways that safe.
 - They are people who don't hurt us without a good reason, such as nurse who gives us a shot. The shot may hurt, but it will help us, which is a good reason.
 - They are people who don't confuse or scare us without a good reason, such as someone who might tell us to leave a building because of fire. Telling us about the fire and helping us escape might be scary, but it would be for a good reason to keep us safe.
 - Safe adults are people who respect your wishes and your parent's rules.
- **Remind the children that most touches are safe.** Tell them that we are going to practice knowing safe touches from those that are not safe. When I name a safe touch raise your

hands and yell “yea” and when I name an unsafe touch, do a “thumbs down” or shout boo, hiss, boo.

- Your mother gives you a hug when you wake up.
- Your father gives you a kiss after tucking you into bed.
- Your friend gives you a “high five” when you win the game.
- Someone says they want to touch your body part – or they try without even asking.
- Your cat purrs and rubs around your legs.
- Someone at school says they want to take you down a dark hallway to show you something.
- The stranger behind you in Church tries to shake your hand during the peace greeting.
- Your friendly dog is wagging its tail and licking your face.
- The next-door neighbor child pushes you down on the sidewalk.
- Someone is running down a hallway at school and a teacher reaches out and puts a hand on the person’s shoulder to stop them from running and possibly falling.
- Ask each child to add an example of a good touch and a bad touch.

Remember that God loves us all very much and wants us always to be healthy, happy and holy. He knows that sometimes people can make bad decisions and do bad things. He wants us to know when something is wrong so we can help keep ourselves happy, healthy and holy and keep others that way too.

- **Special Safe Adults**

- Explain to the children that they may know many safe adults, such as their teachers. However, there are only very few select people, who have the right to touch their private body parts. Special safe adults are the only people who may see or touch a child’s private body parts, and only for the purpose of keeping the child clean and healthy.
- Your parents or guardians will tell you who, of the adults in your life, are special safe adults – and when these special safe adults have permission to touch your private body parts. No one has the right to touch your private body parts except these special people and they can touch your private body parts only under certain circumstances – to keep you clean and healthy.
- Special safe adults are those who have permission to help you take a bath, go to the bathroom with you if you need help, to help you put clothes on or change clothes, or to help you when you are sick.

- **Passport to Touching Safety Activity**

- Provide each child with a double sided handout that has been downloaded from the *Touching Safety* – Supporting Materials section under the Educators tab of the VIRTUS website. Fold the handout in half with the “My Passport” page on top.
- Have the child write their names on the front page and to draw a picture of themselves in the picture frame. They can decorate the picture using the crayons, colored pencils or felt-tipped markers.
- As the children are creating their Passports, use the time as an opportunity to reinforce the safety rules:

- No one has the right to touch a child’s private body parts except to keep him or her clean and healthy-and then, only a few *special safe* adults have that right, as designated by the child’s parents.
 - If someone tries to touch a child’s private body parts or want the child to touch their private body parts, the child should:
 - Say, “No!”
 - Run away.
 - Tell a parent or other safe adult what happened.
 - Remind children that rules are important, because they help keep us safe.
 - Read the examples of safe touches on the back page to the children. Have them draw a favorite picture of a safe touch in the designated box.
 - Have the children draw pictures in the boxes on page three to illustrate safe adults and special safe adults.
 - Remind the children that the safety rules are on the back of their Passport.
 - **NOTE:** If more time is needed with the coloring activity, the Passport might be completed at the beginning of the next class session. Finished Passports should be sent home with their children for their parents to review with them.
- **Closing prayer:**
 - All: + **In the name of the Father and of the Son and of the Holy Spirit. Amen.**
 - Teacher: *Dear God, thank you for the gifts of our bodies, which are Temples of your Holy Spirit, holy and good. Thank you for helping us learn rules to respect our bodies and to keep them safe. We thank you for our parents and safe adults, who guide us and always love us, even when we might feel confused or scared. Thank you for making us healthy, happy and holy through Christ our Lord. Amen.*
 - All: + **In the name of the Father and of the Son and of the Holy Spirit. Amen.**