

Archdiocese of Dubuque
Children and Adolescents Protection Program

Introduction: This material is designed to provide age appropriate lessons on creating a safe environment for parish and school children and adolescents, K-12. The first article gives some general guidance on speaking to young people about child abuse. It is followed by objectives and lesson plans for various grade levels. Please feel free to infuse the lessons into your present curriculum or create a separate opportunity for discussion. The materials are adapted from the Archdiocese of Mobile, *Children and Adolescents Protection Program*, and we gratefully acknowledge their assistance.

Archdiocese of Dubuque
Elementary Safe Environment Curriculum
Children and Adolescents Protection Program
Program Learning Objectives

1. I am God's child.
2. I must receive and give respect in the ways I talk and act and in the ways others treat me.
3. I learn the difference between true friendship and false friendship
4. My body is private and must be respected.
5. I learn the difference between good play and bad play.
6. I learn the difference between good touch and bad touch.
7. Secrets are not good when they separate us from others and harm us.
8. People make good choices and bad choices and I learn how to tell the difference.
9. When someone does something wrong, I must tell someone I trust.
10. I name people to whom I will go for help.

Adapted and developed from information provided by the National Federation for Catholic Youth Ministry

PRESCHOOL - GRADE 1
CHILD PROTECTION TEACHING OBJECTIVES

1. God made me special and others must respect me and I must respect myself.
2. We have families, friends, and a church family to help us grow in love.
3. Safe touch makes a person feel loved and cared for. Unsafe and unwanted touch makes a person feel uncomfortable and unhappy. Unsafe and unwanted touch must be avoided and immediately reported to a parent or trusted adult.
4. We show respect for ourselves and others by how we talk and how we act. Each person must show special respect for the private areas of our bodies. Areas of the body covered by shirts and shorts are private.
5. Good choices help us be happy and bad choices on our part or on the part of others can cause great unhappiness. We must make good choices even if others are making bad choices.
6. Small children, older children, and adults can do things or behave in ways that are wrong. We avoid and report bad or wrong behaviors to be safe.
7. Secrets are not good and can harm us. We must tell secrets to a trusted adult. Good games and play are fun for each person. Bad play is not play, it is wrong.
8. We learn to tell good friends from bad friends. Some friends love and help us. Other friends are not truly friends. Good friends do not ask us to do bad things or things that harm us.
9. I am surrounded by people who love me and who will help me be safe. My parents and family members and trusted adults in my life help to keep me safe. If anyone ever harms me in any way, I will find help.
10. My parents and family members and other trusted adults will listen to me and help me. I will make a list of three trusted adults I can go to with any problem in addition to my parents and family members. My parents and I will make this list together.

LESSON PLAN

PRESCHOOL - GRADE 1 CHILD PROTECTION CATECHESIS

1. Invite the children to talk about and identify some of the safety signs they see. If you have any posters or pictures of safety signs (stop signs, etc.) show them to the children and discuss how each one helps us to be safe. Tell the children that today we will make some safety signs and a safety sheet to help them keep safe.
2. Using Handout of circles (hand inside circle signs) make a stop and go sign. Either red and green construction paper can be used or white tag board that the children color red and green can be used. Glue them on opposite sides of a wooden stick. After the children have completed the tasks, tell them we will play a safety game. List a number of safety situations familiar to the children from class or safety rules and have the children hold up “Stop” Sign or “Go” sign to identify safe or unsafe situations (e.g. ran on playground and knocked down a student, chasing after a ball into the street, helping a friend carry their books up the stairs, holding an adult’s hand when crossing a street etc.). Incorporate the safety sign in your classroom or at home and continue to use it to point out safe and unsafe situations and actions in the days ahead. (Handout included in forum folder.)
3. Next have the children make the Hand Signs (Handout with hands inside circle). One sign has a hand with a heart in it. This is the sign for “Good Touch”. The other sign is a circle with a hand and a line through it like the international traffic symbol for “NO”. This sign is for “Bad Touch”. Glue the two signs on a wooden stick. Once again play safety game with examples of good and bad touch (shaking hands with a friend, hitting a classmate, hugging people we love, biting someone) Be sure to incorporate and continue this instruction in the days ahead at school and at home. (Handout included in forum folder.)
4. Tell the children we are going to make a safety sheet to keep them safe. Pass out the sheets to each child. Point out that there are several safety signs on the sheet we would like them to remember.
5. Remind children about the safety signs we made and help them locate the signs on their posters. Point out another important sign - “No Secrets”. Secrets can harm us, so we always tell our parents, a family member, or another trusted adult.
6. Help the children locate the boy and girl figures on the poster. Explain that the parts of the bodies covered by a bathing suit are private and may not be touched by others (with the obvious exceptions of hygiene and medical procedures). The children should be encouraged to color the picture of the child depicted to resemble themselves (hair, skin color, etc.).
7. There are three lines at the bottom of the sheet. This is homework for their parents. When they take their sheets home, their family members will choose three trusted adults they can talk to besides their parents if they ever have a problem. Their parents will print the names of the other trusted adults on the sheet.

8. Encourage children to display their sheet on the refrigerator to remind them of what to do to keep safe.

9. Review the list of Teaching Objectives and discuss any other issues mentioned, given the understanding and maturity level of the students.