

Grades 3 and 4

Theme: God gave us a conscience to know when something is good or bad

Objectives:

1. Student will know the difference between a good touch and a bad touch.
2. Student will know that God gave them a conscience (inner voice) to know when something is good or bad.
3. Students will know they should protect themselves from things that are bad.
4. Student will know the Three-Step Rule for Safety.
 - Say “NO”
 - Run away
 - Tell a safe adult
5. Students will know how to identify Unsafe Adults using the following criteria:
 - An unsafe adult/person will try to confuse you or make you feel uncomfortable.
 - An unsafe adult/person will try to tell you not to tell your parents.
 - An unsafe adult/person will try to give you gifts or presents without your parents’ permission. You may even have a feeling that your parents would not want you to have it!
 - An unsafe adult/person will try to get you to be alone with him and in an isolated place, where no one is around.

Begin by reading to the children the two sections from the *Catechism* below.

Catechism of the Catholic Church (1713)

Man is to follow God’s law – The Ten Commandments. Man must do what is good and avoid what is evil. The little voice that tells you to do good and not to do evil is called conscience. This is the voice of God inside of you. Listen to it! “Trust your Gut.”

Catechism of the Catholic Church (1738)

Every person, created in the image of God, has the right to be treated with dignity and respect. In other words, there are limits to what people can do to you!

Then, talk to the children about the following:

Jesus is the Truth. We can know His truth about what is good and right by our reason. Our reason gives us the ability to think and know the truth. God gave us a conscience (an inner voice from God) to help us know what is right and what is wrong.

Conscience is God's gift to us to know what is good and what is evil.

God also gave us safe adults (parents or guardians) who help us to know what is good and evil, safe and unsafe; how to listen to God and obey His Ten Commandments; and how to avoid dangers to our body and our soul.

The Ten Commandments are boundaries. They are rules that tell us how to behave. Boundaries are good! Boundaries keep us safe. Boundaries separate one area from another to keep things safe. A fence around a yard is a boundary. It can keep a dog or person from running into the street. It can keep the mailman safe from the dog when he is delivering letters to a house. A boundary can be a rule to follow so that you will be safe. Your Mom and Dad may have a rule at your house that you cannot have a computer in your room. Mom and Dad know that some things that come through the computer can hurt your mind, body, or soul. Some things on the computer you should not see. Some people who want to talk to you on the computer may want to hurt you. Your Mom and Dad set boundaries or rules for the computer to keep you safe.

A limit is a spot or edge of something beyond which you should not go. A football field has edges or sidelines. If you step over them you are "out of bounds." Your Mom might give you a limit of how many OREO Cookies you may eat after school before suppertime.

There is also a limit to how hard someone can push or touch you on the playground. Pushing too hard or slapping too rough is "out of bounds." This is wrong. In many ways, our bodies are boundaries. Our bodies are private areas, just like a fenced off yard, given to us by God, that belong only to us. For example, is it right for someone to hit you? No, of course not. As we just said, hitting is "out of bounds."

We've been talking about chastity today, about respecting ourselves and others. If someone hurts you, they are not living a life of chastity. They are not respecting you or your boundaries.

Sometimes someone may touch you and it might even hurt like when you go to a doctor and get a shot. Even though a shot hurts, we understand the doctor wants to help us with his "safe touch." Remember, God gave you a conscience to know right from wrong.

Suppose someone gives you a "high-five." Is this O.K.? Of course it is. You know this. But it's possible that sometimes someone may try to touch you and it will make you feel bad. You feel like they've gone "out of bounds."

So, what should you do? First trust yourself. Trust your conscience. You know when touching is good like in a "high-five." So, trust yourself if someone touches you and you feel bad and it seems wrong. If you feel bad, then do the following:

1. Yell "NO!"
2. Run away
3. Tell your parents or guardian.
(Write these on the board.)

Many times an unsafe adult or person will try to do something bad and keep it a secret by taking you to a place that is hidden, where other people can't see what they are doing. A place that others cannot see is called a "secluded area." Stay away from secluded or hidden areas where there are no other people. There is safety in numbers. Stick with a group of friends and safe adults.

If an adult or any person -- even a person you thought you could trust -- asks you to do something that makes you feel uncomfortable -- a funny feeling in your stomach -- and confused, you should not do it. If thinking about it makes you feel sick or uneasy, or you feel confused, here's what we want you to do. (Write out the Three-Step Rule for Safety. Have the children yell out the Three-Step Rules for Safety. Have them yell these out a couple of times to drive home the point that if someone is trying to hurt them, this is what they should do.)

MOST PEOPLE ARE SAFE!

But here are four warning signs, red flags, stop signs, that you should watch for that indicate a person may not be safe and may hurt you. (The following "Warning Signs" and "Three Rules to Protect Yourself" are reproduced at the end of this Lesson for your distribution to your students.)

Four Warning Signs to Watch For:

1. People who let you do things your parents wouldn't let you do.
2. People who give you gifts without permission from your parents.
3. People who ask you to keep secrets from your parents.
4. People who want you to go to a hidden place alone and away from other people.

If anyone asks you to do any of these things, be sure to tell your parents. Also, let's talk a bit about number 3. There may be some secrets that are good. For example, suppose your grandmother is having a surprise birthday party for your mom and asks you to keep it a secret. Is this a good secret? Of course it is.

Again, God gave you a conscience and you should trust it. If anyone tells you to keep something secret from your parents and your conscience tells you it would be wrong to keep it a secret, then tell your parents.

Based on these warning signs. Here are three other rules you should always follow to protect yourself from unsafe people.

Three Rules to Protect Yourself

1. Never go anywhere alone with an adult (except your parents) unless you have your parents' permission.
2. Adults, other than your parents, can ask you to do something that everyone else is doing, such as chores, and expect you to do it. But, if they ask you to do something else, you don't have to do it unless your parents gave you permission.
3. When you are asked to do something by an adult other than your parents, tell your parents what happened, even if that person tells you "not to tell."

Conclusion:

Jesus is the Truth and He wants us to know the truth about what is good and safe. God gave us the ability to think (reason) and to know the difference between good and evil. God's voice inside us is called our conscience. We should listen to this voice of God within us to keep us safe. Our parents will help us stay safe. We must know our boundaries and the limits of what we can do. We should know what we should not do. Although most people are safe, we should be on guard for the few unsafe people. Unsafe people do not respect our boundaries and try to trick us by trying to make us keep bad secrets or by making us do things that are uncomfortable or confusing, usually in a place that is hidden from other people. There is safety in numbers. Do not go anywhere alone with an adult (except your parents) unless you have your parents' permission.

Activity:

Trace shamrocks on green construction paper and have the children cut them out. Have them make their shamrocks with the name of each person of the Trinity on each leaf.

- The Father is the Creator and Protector of His Creation, His children, just like our parents protect us!
- Jesus is the obedient and loving Son, Who trusts the Father in all things, just like we trust our parents and tell them when someone is trying to hurt us.
- And The Holy Spirit is the love between the Father and the Son, just like the love that exists within our family.

(The following Closing Prayer is reproduced at the end of this Lesson for your distribution to your students. Read the prayer aloud).

Closing Prayer: My holy Guardian Angel, ask the Lord to bless my life each day and the lives of my family and friends. I hope that God may keep my soul and body clean and healthy. May I live my whole life in holiness and safety so that I may serve You with happiness and joy in this life, and be with you forever in heaven. Amen.

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Amen.