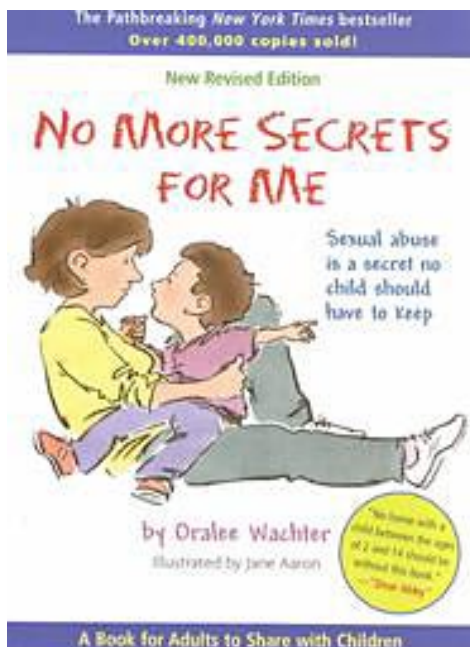




Diocese of Joliet
**Safe Environment for Children
Touching Safety Instruction**

STORYBOOK: NO MORE SECRETS FOR ME



Lesson Plans for

Grades 1-3: “Talking Helps” (p. 7)

Grades 4-5: “Just in Case” (p. 15)

Grades 4-8: “What If” (p. 26)

Grades 6-8: “Promise Not to Tell” (p. 36)

NOTE: This storybook contains four short stories about child sexual abuse. Review and prepare the lesson in this packet for the story that is age- appropriate.



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Grades 1-3: “Talking Helps”

Introduction: *Read aloud to children the Introduction to the book, on page 6.*

Prayer:

Then tell the children to close their eyes take a few deep breaths and imagine how they feel when they get a hug from someone they love, like their mom, dad or a grandparent. Ask them to remember that God is all around them always, holding them as if giving them a great big hug and that God wants them to stay safe and doesn't want anything bad to happen to them, so that is why God's Church wants you to hear this story today.

Dear God

Thank you for your love for us. You made us and you always watch out for us. Help us to learn today as we hear our story, how to stay safe. We ask this through your Son, Jesus, Amen.

Read aloud the story, “Talking Helps” pp.7-14 in No More Secrets for Me

After the Story:

- Why didn't Darryl want his babysitter to help him take a bath?
- Did Darryl do the right thing when he said no to Terrie?
- Was it good that Darryl told his mom?

Explain that the parts of their body which are under a bathing suit are their private body parts, and that no one should touch them there. (May also explain exceptions: if babies need a diaper change or a bath, it's OK for an older person to touch their private body parts to keep them clean. Sometimes doctors may need to touch a child or your person's private parts to keep them healthy.) Since Darryl is not a baby or toddler, Terrie, the babysitter, should have allowed Darryl to care for his own body. She should respect his need to keep his private body parts private.

- So, what did you learn today from this story?
- Do you know it's OK to say no to someone who makes you feel strange or uncomfortable?
- Can you think of someone you would tell if somebody tried to touch you in a way that made you feel uncomfortable?

Thank you for sharing, boys and girls. Now, let's thank God again for helping us.

Dear God, We thank you for helping us today as we learn how to stay safe. Thank you for your Church, and for people who care about us. Be with us today and always, God of Love, Amen.



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Grades 4-5: "Just in Case"

Introduction: *Read aloud to children the Introduction to the book, on page 6, then the first three sentences of the paragraph at the top of page 15 about today's story... or use your own words.*

Before we begin our story, let's remember that our Church wants you to be safe, so let's ask Jesus to be with us today as we learn.

Dear Jesus, You are our friend and brother. When you were a young person like us, Mary and Joseph protected you and kept you safe. Be with us today, and help us learn together how to stay safe in confusing or dangerous situations. Amen.

Read the story, "Just in Case" pp. 15-25 in No More Secrets for Me

After the Story:

- How did Gus get kids to feel good about having him around?

Explain: Some adults who spend time with kids, buy them food or give them gifts may be doing what is called "grooming" to make kids trust them. They may be sexual predators, working toward getting a child alone.

- Why was Nickie frightened by what Gus did?
- Was she right to say NO when he put his arm around her and wanted her to take his money for the game?
- Why is it good that Nickie told her mother?

Explain: It is never OK for an adult to touch a child or young person in a way that makes the child feel strange or uncomfortable. Some adults may try to touch the private body parts of children or use children for sexual purposes. That is a crime.

- So, what did you learn today from this story?
- Do you know it's OK to say no to any adult or older child who makes you feel strange or uncomfortable?
- Who would you tell if somebody tried to touch you in a way that made you feel uncomfortable?

Thank you for talking about this today. This is very important and your parish/school is glad to help protect you. Let us thank God for helping us stay strong and safe.

Dear God, Today we learned how say no when we are confused by someone who might want to harm us. We thank you for the people who care enough to help us know about these things. Keep us safe, O God, and help us to know when it is important to say what we want or don't want. We ask this in the name of Jesus, Amen.



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Grades 4-8 “What If...”

Introduction: *Read aloud the Introduction to the book, on page 6, then the paragraph at the top of page 26 about today’s story... or use your own words.*

Before we begin our story, let’s remember that our Church wants you to be safe, so let’s ask Jesus to be with us today as we learn.

Dear Jesus, You are our friend and brother. When you were a young person like us, Mary and Joseph protected you and kept you safe. Be with us today, and help us learn together how to stay safe in confusing or dangerous situations. Amen.

Read the story, “What If...” pp. 26-35 in No More Secrets for Me. You may have students take turns reading.

After the Story:

- As you heard the story, when did you first start to be suspicious of Marty?

Explain: The first red flag about Marty was when he said that he’d let Greg break the rule about staying in his tent during swimming and keep it their secret. This is part of what is called “grooming” behavior by someone who is trying to win the confidence of a young person to set him or her up for an opportunity to be sexually abused.

- How did Marty try to trap Greg into not telling the other counselor that he tried to get him to take off his clothes? *(He threatened to tell Vince that Greg had skipped swimming, against the rules. Notice how he used the rule situation against Greg at this point?)*

Explain: It was very important for Greg to tell what had happened. It is never OK for an adult to ask a child or young person to take off his or her clothes, to take off their clothes in front of a child or young person, or to touch the private body parts of children or use children for sexual purposes. That is a crime.

- Do you know it’s OK to say no to any adult who makes you feel strange or uncomfortable?
- Who would you tell if somebody tried to make you take off your clothes or touch you in a way that made you feel uncomfortable?

Thank you for talking about this today. This is very important and your parish/school is glad to help protect you. Let us thank God for helping us stay strong and safe.

Dear God, Today we learned how say no when we are confused by someone who might want to harm us. We thank you for the people who care enough to help us know about these things. Keep us safe, O God, and help us to know when it is important to say what we want or don’t want. We ask this in the name of Jesus, Amen.



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Grades 6-8 “Promise Not to Tell”

Introduction: *Read aloud the Introduction to the book, on page 6, then the paragraph at the top of page 36 about today’s story... or use your own words.*

Before we begin our story, let’s remember that our Church wants you to be safe, so let’s ask Jesus to be with us today as we learn.

Dear Jesus, You are our friend and brother. When you were a young person like us, Mary and Joseph protected you and kept you safe. Be with us today, and help us learn together how to stay safe in confusing or dangerous situations. Amen.

Read the story, “What If...” pp. 36-46 in No More Secrets for Me. You may have students take turns reading.

After the Story:

- Did you notice how Maureen liked that her new stepfather Pete knew how to talk with her and play games? When did this relationship change?

Explain: It is never OK for an adult to do what Pete was doing to Maureen. No adult, even a close family member, should ever touch the private body parts of a child or young person.

- Why is it important to Pete that Maureen keep their “special secret”?

Explain: Adults who take advantage of young people who trust them often make their victims feel guilty or frightened to tell anyone. Only as long as the secret is kept can the abuse continue. Maureen is confused because she likes Pete, doesn’t want to hurt her mother, and doesn’t know how or who to tell.

- When Maureen tells Beth, what advice does Beth give?
- When Maureen tells her teacher, she explains they will need the help of other people. Why?
- Who are some people you could tell if you had a secret about touching?

Thank you for talking about this today. This is very important and your parish/school is glad to help protect you. Let us thank God for helping us stay strong and safe.

Dear God, Today we learned how say no when we are confused by someone who might want to harm us. We thank you for the people who care enough to help us know about these things. Keep us safe, O God, and help us to know when it is important to say what we want or don’t want. We ask this in the name of Jesus, Amen.