



**Diocese of Joliet  
Safe Environment Training**

**Talking About Touching**

**Lesson Plans**

**K-5 Students  
and Parents**



(Revised, 2006. Please note: minor revisions from 2005-06 version)



Diocese of Joliet

## Safe Environment for Children Touching Safety Instruction

### INTRODUCTIONS AND PRAYERS FOR INSTRUCTIONAL SESSIONS

#### PARENT VIDEO: "WHAT DO I SAY NOW?"

##### **INTRODUCTION (Before the video):**

Good (morning/afternoon/evening) and welcome. We are so glad you are here to learn more about how you can help your child stay safe. We know that you already do many good things to help protect your children.

Today we will watch a video that shows you how you can help your child recognize and respond appropriately to prevent child sexual abuse. It's not a subject we like to talk about, but the risk to children is real. We offer this in the hope that with new awareness, you can make a difference in how your child reacts in situations where unwanted or unsafe touching is involved, by setting family touching safety boundaries right along with other personal safety rules. There will be an opportunity for you to discuss what you see after the video.

Before we begin, let us hear the Word of God.

*(Have someone proclaim aloud from a Bible Genesis 33:5)*

Let us pray....(short silence)

Loving God, you have graciously given us children,

trusting us to care for their welfare in body, mind and soul.

Help us to watch over our children, created as we are, in your image,

helping them to set personal boundaries

so that they may be safe as they grow to fulfill the promise of their lives.

Bless us and be among us as we learn and grow together in your love.

We ask this through Jesus Christ, our Lord, Amen.

##### **AFTER THE VIDEO:**

**Discuss, using the questions in the discussion guide/handout for the video.** (This is located on the reverse side of the paper liner for the video case).

##### **Closing Prayer:**

Loving God, you have blessed us with the gift of parenthood,

And through your Spirit, you help us do what is best for our children.

We know that you are with us always

and that you wish only goodness for those that love you.

Be with us as we help our beloved children to learn to live safely in the world,

enjoying the good things and avoiding things that could cause them harm.

Help us to trust you always as we walk the complicated road of parenthood,

raising children who are safe, strong in faith, and steadfast in love.

We ask this in the name of your Son, Jesus Christ, Amen.



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#### KINDERGARTEN AND GRADE 1, when using Sam's Story

##### INTRODUCTION (Before "Sam's Story")

Hello, children. Today we are going to read a story together about a girl named Sam. We hope that you will enjoy *Sam's Story* and that what you learn from Sam will help you stay safe too.

Before we hear about Sam, let us hear what God says in the Bible:

A reading from the Prophet Isaiah:

*(read aloud from a Bible – Isaiah 43:1)*

Let us pray.... (short silence)

Dear God,

You made each one of us, and we know that you love us.

Each of us can truly say:

"I am special. God has called me by name and I belong to God."

God wants us always to be safe, and to take of ourselves.

Help us learn today how to keep ourselves safe.

We ask this in Jesus' name, Amen.

##### AFTER THE STORY:

Dear Jesus,

When you were here on earth, you were a little child too.

Your parents, Mary and Joseph, helped keep you safe and helped you grow up strong.

Please help us grow up safe and strong.

Protect us from anything that might hurt or frighten us.

We know you are always there.

Thank you, Jesus, for loving all children.

Thank you, Jesus, for loving me.

Amen.



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#### GRADE 1 (When using cards\*) & GRADE 2

##### **INTRODUCTION (Before Card 8: “The Touching Rule”)**

Hello, children. Today we are going to learn something very important about how God wants you to stay safe. You have learned how God made the world. Do you remember what God said each night after he was done making something new in the world? Yes, that’s right, he said, “This is GOOD!” Do you remember what he said after he made people? Yes, you are right again, he said. “This is GOOD!”

God made you in God’s own image and you are good. In fact, your whole self is good, from the top of your head to your toes! Today we want to help you keep your good body safe, because God wants you always to be safe. Before we start, let us hear God’s Word and pray together so that God can help us learn:

A reading from the first letter of Paul to the Corinthians:

*(read aloud 1 Corinthians 6:19-20 from a Bible)*

Let us pray.... (short silence)

In the name of the Father, Son and the Holy Spirit...

Dear God,

We are so happy that you love us and are with us all the time.

You made our good, beautiful bodies as a temple for your Holy Spirit and you want us to keep them safe and healthy, because you love us and want us to honor you.

Help us to learn today so that we can do what you want us to do.

We ask this in the name of Jesus your Son, Amen.

##### **AFTER INSTRUCTION:**

Dear Jesus,

God gave you a beautiful body just like ours, so that you could live on earth.

God gave you parents, Mary and Joseph, who helped keep you safe and healthy when you were a child.

They loved you and touched you in good and healthy ways.

Help the people who love us to show us what is good for us,

and keep us safe from people who may want to touch us in ways that are not healthy.

We thank you for always being our friend, Amen.

\* Grade 1 – using cards 8-9 from the *Talking About Touching Kit*.



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### INTRODUCTIONS AND PRAYERS FOR INSTRUCTIONAL SESSIONS

#### GRADE 3

**INTRODUCTION-- Before Card 7 – “The Touching Rule and the Safety Tips”**

**Card 8 - “Using the Touching Rule”**

**Card 9 – “Telling Touching Secrets”**

Hello, children. Today we are going to learn about something very important. God loves your beautiful body and your beautiful soul. He wants you always to stay safe and healthy. Sometimes other people touch us to keep us safe and healthy, like when your mom or dad washes your face, or the doctor feels your tummy. Even though you might want to cry or say “ouch”, it is a safe touch when the nurse gives us a shot to keep us healthy. But there are other times when people may try to touch you to hurt you. You certainly know it’s not OK for someone to hit you or to push you. Today, we are going to talk about other touches that are not safe, and what you should do when someone tries to touch you in a way that is not safe.

First, let us listen to the Word of God:

A reading from the prophet Isaiah: *(read aloud from a Bible: Isaiah 43:4-5)*

Let us pray.... (short silence)

Dear God,

You love us so much that you made each of us beautiful and special.

Help us to remember how precious and important we are to you  
as we learn how to keep ourselves safe today.

Open our ears that we may hear, open our eyes that we may see,  
and open our hearts that we may know what you want us to do  
to stay safe and healthy for you.

We ask this in Jesus’ name, Amen.

#### **AFTER INSTRUCTION:**

A reading from the prophet Isaiah:

*(read aloud Isaiah 43:2-3)*

Let us pray....(short silence)

Loving God,

Help us to always know that you are with us through people who care about us.

Be with us each day as we grow stronger and wiser,

And help us to know how to protect the precious body you gave each of us  
when someone wants to touch us in ways that are not safe.

Thank you for always sending us safe people who we can tell if we need help.

Thank you for always sending your Holy Spirit and your angels to guide and help us.

We ask this in the name of Jesus, your Son, Amen.



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### **INTRODUCTIONS AND PRAYERS FOR INSTRUCTIONAL SESSIONS**

#### **GRADES 4-5 - VIDEO: "YES YOU CAN SAY NO" (with option to use this for Grade 6)**

##### **INTRODUCTION**

Hello, boys and girls. You heard us say many times that God loves you and you know your school/parish community loves you. That's why we care enough to want to help you stay safe. Today we are going to watch a video that can help you learn how to stand up for yourself to protect yourself and to deal with life's everyday challenges.

Before we begin, let us listen to the Word of God and pray for God to be with us.

*Have a student read aloud from the Bible: Deuteronomy 31:6*

A reading from the Book of Deuteronomy....

Let us pray.... (short silence)

God of life and love, you created each of us in your image  
and you want us to be healthy and strong  
so that we can live well and do your work in the world.

We know that you are with us always and that you will never leave us.

We can be strong because your Holy Spirit is always here to help us.

Be with us now as we learn and grow together.

We ask this in Jesus' name, Amen.

**PREPARATION – see p. 5 of the Discussion Guide included with the Video**

**DISCUSSION AFTER VIDEO – see p. 6 of Discussion Guide**

##### **AFTER DISCUSSION:**

Let us pray.... (short silence)

Dear God

Today we learned how to be strong for ourselves  
in order to get what we need and to keep ourselves safe.

Help us stand up for ourselves when we need to.

Give us the wisdom to know when it is important  
to say what we want or don't want,

the strength to be assertive, the gentleness to do it humbly and not hurtfully,  
and the faithfulness to do everything in You.

We ask this in the name of Jesus, Amen.