

**Intermediate Level, Grades 3, 4, 5 (ages 8 to 11 years)**

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

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**Getting started with Lesson 2:**

**Principle:** Children must respect their own health and safety and the health and safety of others.

**Scripture:** *Boaz said to Ruth, "Listen, my daughter! Do not go to glean in anyone else's field; you are not to leave here. ...*  
— **Ruth 2:8**<sup>1</sup>

**Saint:** Our featured Saint for this lesson is Nicholas of Myra. Please review the instructor's information and be prepared to provide your students with the handout that discusses the life of St. Nicholas and the role model he provides us with regard to this lesson about Safe Friends and Safe Adults.

**Catechism:** *Life and physical health are precious gifts entrusted to us by God. We must take reasonable care of them, taking into account the needs of others and the common good.* — **#2288**<sup>2</sup>

**Goal:** To assist parents, guardians, and other caring adults in teaching children how to prevent or reduce the chance of sexual abuse.

**Objectives:** Upon completion of this lesson, children should be better able to:

- Name their safe friends and safe adults.
- Identify special safe adults
- Respond in an appropriate manner to unsafe situations

**Parent Notice:** Send a notice to parents outlining the goals and objectives of the *Touching Safety* program and giving parents an opportunity to "opt out"—to have their children not participate in the lesson—if they choose. We recommend that the *Overview and Founding Principles of the Program*, as well as a copy of this lesson plan accompany the notice.

**Healthy questioning at this age:**

Children at this age are beginning to ask about and understand their own physical growth. They want to discuss some of the virtues essential to friendship such as loyalty, communication, and responsibility. They are interested in the proper terminology related to body parts and wish to have trusted adults in their lives to discuss basic physiological processes with in a non-threatening way. Since children are influenced by what they see and hear in the media, it is important that caregivers talk with their children about the values and attitudes that are portrayed.

**Vocabulary words:**

- Secrets
- Safe friend
- Unsafe friend
- Safe touch
- Unsafe touch
- Safe adult
- Unsafe adult
- Special safe adult
- Respect
- Secret
- No!

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<sup>1</sup> *The New American Bible*, Catholic Book Publishing Company, 1970 (Imprimatur July 27, 1970).

<sup>2</sup> Liberia Editrice Vaticana (1997) *Catechism of the Catholic Church* (2<sup>nd</sup> ed.) Washington D.C. United States Catholic Conference.

**Intermediate Level, Grades 3, 4, 5 (ages 8 to 11 years)****Lesson Plan 2: Safe Friends, Safe Adults, and Safe Touches (continued)****Activity #1: Create a Safe Touch poster**

**Supplies:** Safe scissors  
Poster board  
Glue  
Old magazines  
Felt tipped markers

**Directions:** Ask the children to make up a slogan or title for their Safe Touch poster and write it on the poster. Cut pictures out of the old magazines. The pictures should illustrate safe touches and demonstrate the slogan selected by each child. Children will glue pictures on their poster board to make a Safe Touch poster to take home to show to their parents or guardians.

**Activity #2: Identifying safe touches**

**Directions:** Using the formula below, have each child create a five-line poem. After all of the children create their poems, ask each child to share his or her poem with the group. If individuals in the group are uncomfortable sharing with the whole room, ask for volunteers. Another possible way to create the poems is to form the class into groups of 3 to work on their poems together.

- On line 1 – write the words “safe touch.”
- On line 2 – write two words that describe “safe touch.”
- On line 3 – write three action words for “safe touch.”
- On line 4 – write a short sentence about “safe touch.”
- On line 5 – write one word that means the same thing as “safe touch.”

Repeat the process. This time basing the poem on the words “unsafe touch.”

- On line 1 – write the words “unsafe touch.”
- On line 2 – write two words that describe “unsafe touch.”
- On line 3 – write three action words for “unsafe touch.”
- On line 4 – write a short sentence about “unsafe touch.”
- On line 5 – write one word that means the same thing as “unsafe touch.”

**For example:** Sample poems might look like the following:

Safe touch,  
Harmless, secure,  
Laughing, tagging, running,  
Shaking hands with a safe adult,  
Innocent.

Unsafe touch,  
Dangerous, secret,  
Angry, nervous, uncomfortable,  
Touching private body parts,  
Scary.

Ask children to share their poems and, as a group, discuss safe and unsafe touches.

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**Intermediate Level, Grades 3, 4, 5 (ages 8 to 11 years)****Lesson Plan 2: Safe Friends, Safe Adults, and Safe Touches (continued)**

**Finally:** In preparing for this activity, review *Teaching Touching Safety: A Guide for Parents, Guardians, and Other Caring Adults*. Share a definition for “special safe adults”—Those who respect a child’s safety and help keep a child clean and healthy may see or touch a child’s private body parts, but only for reasons that the child’s parent or guardian approves in advance and only to help keep the child clean and healthy. Ask children to think of special safe adults who might have permission to see or touch their private body parts. For this age group, the number of people in this category will be quite small. It is important to firmly remind children that only those with a parent’s permission may touch the child’s private body parts, and only for the purpose of helping keep the child clean and healthy.

**Suggested prayer to end the lesson:**

Dear God,

Even though we are each unique, there are ways that we are alike because you made each of us in your image.  
Help me to remember to respect myself just as I want others to respect me.  
Help me to live as you have commanded me to live, and guide me in times of confusion and uncertainty.  
And, help me to remember, God, that in your loving presence I will always be safe and protected.

Amen

**References:**

Butler, Alban (1955) *Lives of the Saints*, NY: Benziger Brothers.

International Bible Society (1978). *The Holy Bible, New International Version*. East Brunswick, NJ.

Jones, Alexander, ed. (1958). *Jerusalem Bible: Readers edition*. Paris: Les Editions du Cerf.

Liberia Editrice Vaticana (1997) *Catechism of the Catholic Church (2<sup>nd</sup> ed.)*. Washington DC: United States Catholic Conference.

United States Catholic Conference (1990) *Human Sexuality: A Catholic Perspective for Education and Lifelong Learning*. Washington, DC: Office for Publishing and Promotion Services.

[http://www.virtus.org/virtus/pgc-Parent-Handbook\\_05-03.pdf](http://www.virtus.org/virtus/pgc-Parent-Handbook_05-03.pdf) retrieved March 5, 2004.

**Supplemental Reading for Children:**

Freeman, Lory (1982). *It's My Body*. Seattle, WA: Parenting Press.

Girard, Linda Walvoord (1984). *My Body is Private*. Morton Grove, IL: Albert Whitman and Company.

Hindman, Jan (2000). *A Touching Book*. Baker City OR: Alexandria Associates.

Johnson, Karen (1986). *The Trouble with Secrets*. Seattle WA: Parenting Press.

Keleven, Sandy (1997) *The Right Touch*. Bellevue, WA: Illumination Arts.