

Safe Environment Children's Program

Lesson 2 for Grades 3, 4, and 5: Respect and Boundaries

Theme: Applying the Sixth Commandment: **You shall not commit adultery.** Show respect for marriage and family. Respect your body and the bodies of others.

“Do you not know that you are the temple of God, and that the Spirit of God dwells in you? If anyone destroys God's temple, God will destroy that person; for the temple of God, which you are, is holy.”

1 Corinthians 3:16 - 17

Principle: To teach the Sixth Commandment in a way that children and young people can understand God's rule to respect our bodies.

Catechism: *As long as a child lives at home with his parents, the child should obey his parents in all that they ask of him when it is for his good or that of the family. “Children, obey your parents in everything, for this pleases the Lord.” (Col 3:20; cf. Eph 6:1) Children should also obey the reasonable directions of their teachers and all to whom their parents have entrusted them. But if a child is convinced in conscience that it would be morally wrong to obey a particular order, he must not do so. -- #2217*

Goal: To assist educators, catechists, youth ministers, and other caring adults in teaching children that they have the right to say “no,” to tell a trusted adult when they feel uncomfortable, and to help them recognize who to trust when they need to communicate their concerns.

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

- The sixth commandment has a rule for children to follow.
- The catechist (religion teacher) is a safe adult whom they can trust.
- Jesus loves them and wants them to be safe and happy.

Activity #1: Review and discuss the vocabulary words:

- **Respect** – to hold in esteem or honor; to refrain from intruding upon or interfering with.
- **Uncomfortable** – experiencing physical discomfort that leaves one ill at ease or uneasy, sometimes causing anxiety.
- **Sixth Commandment** – You shall not commit adultery. Show respect for marriage and family. Respect your body and the bodies of others.
- **Chastity** – a virtue of love and respect for our own bodies and those of others
- **Modesty** – directs a person to observe proper behavior in speech, dress, and action

- **Boundaries** – the limits that define one person as separate from another or from others. There are boundaries that you can see (like a fence around a yard) and boundaries you can't see with your eyes (like the comfort zone around us we call our "personal space"). Boundaries vary depending on the relationship with the other person. For example, a boundary between a child and a grandparent is different than a boundary between a child and a teacher or coach.

Activity #2: Discussion of Boundaries:

- Discuss with the children the following points
 - ♦ Our bodies are Temples of the Holy Spirit. Our bodies are created by God and are holy.
 - ♦ God gave us the Sixth Commandment to tell us to respect our body and the bodies of others. How do we respect our bodies? (*keeping ourselves clean, eating healthy foods, getting enough rest, exercising*).
 - ♦ God wants us to keep our bodies safe from harm. How can we accomplish this? (*staying away from alcohol, cigarettes and drugs, dressing modestly, protecting ourselves*).
 - ♦ How do we protect ourselves? (*wearing a seat belt, using protective gear when playing sports, staying away from fights, saying "no" when someone makes us uncomfortable*.)
 - ♦ How do "boundaries" protect us? (*we have rules for bedtime, for length of phone calls, limits on "junk" food, parents knowing where you are and who you are with*).

Activity #3: Word Search

Make copies of the handout: "Word Search.". Ask the students to find the following words and phrases in the word search. Words may be written backwards and upside down. Phrases will be found without breaks between words.

BOUNDARIES	UNCOMFORTABLE	HONOR
MODESTY	PROTECT	SAFE ADULT
CHASTITY	PRIVATE	SIXTH COMMANDMENT
RESPECT	TEMPLE OF THE HOLY SPIRIT	
TRUST		

Suggested Prayer to End the Lesson:

Angel of God

Angel of God, my guardian dear, to whom God's love commits me here.
Ever this day be at my side, to light and guard, to rule and guide. Amen.

WORD SEARCH

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T	G	E	O	M	W	O	A	R	T	N	P	D	W	C	F	Z	Q	D	P	K	D	V
K	E	H	R	O	W	C	N	P	W	M	S	T	F	H	X	E	B	S	D	Y	K	J
S	A	M	J	T	E	K	D	G	P	M	I	H	O	T	F	L	D	P	M	U	W	Y
W	E	V	P	K	Q	P	N	W	S	T	I	O	V	B	E	B	S	E	O	C	V	Q
C	T	H	R	L	G	K	W	P	S	A	L	K	M	V	X	A	E	T	U	J	M	D
E	P	F	O	G	E	H	P	U	L	T	N	M	Z	C	W	T	Q	E	Y	H	D	S
Y	Q	R	T	D	E	O	W	T	H	E	O	P	K	H	K	R	C	V	E	U	O	M
O	W	E	E	E	B	N	F	M	R	O	U	W	P	X	A	O	T	M	Q	O	U	K
R	I	C	C	I	R	O	E	T	A	V	I	R	P	I	N	F	W	I	X	R	M	L
P	F	W	T	L	U	R	S	I	H	D	G	E	T	I	K	M	L	C	S	J	T	P
M	L	X	Y	A	P	B	R	U	I	E	W	S	X	R	V	O	Z	T	A	Y	U	H
K	O	A	I	F	H	J	S	C	E	N	H	B	L	P	T	C	W	E	F	A	N	D
F	S	I	P	W	R	S	I	X	T	H	C	O	M	M	A	N	D	M	E	N	T	O
G	E	O	L	T	T	L	A	J	R	E	B	U	L	D	K	U	W	X	A	Q	U	A
W	M	P	H	O	S	G	D	B	U	S	K	N	W	Y	P	Y	R	C	D	E	B	J
Z	V	L	D	K	Z	W	G	B	S	D	T	D	G	H	S	K	V	X	U	W	E	Y
T	J	M	A	M	O	D	E	S	T	Y	U	A	C	A	Z	P	V	U	L	I	L	G
A	U	I	W	T	M	W	G	K	B	R	N	R	D	Y	O	H	I	W	T	Z	W	K
E	R	Y	C	Z	K	T	C	H	A	S	T	I	T	Y	B	D	L	R	X	T	P	M
T	H	U	M	V	O	S	Q	Z	Y	P	G	E	V	M	D	C	E	P	I	S	L	W
G	Z	X	K	C	P	A	Q	T	B	R	E	S	P	E	C	T	Y	J	U	T	D	I
I	S	F	H	E	R	Z	W	T	O	P	U	J	T	G	N	R	T	V	D	E	X	C

WORD SEARCH

ANSWER SHEET

T	G	E	O	M	W	O	A	R	T	N	P	D	W	C	F	Z	Q	D	P	K	D	V
K	E	H	R	O	W	C	N	P	W	M	S	T	F	H	X	E	B	S	D	Y	K	J
S	A	M	J	T	E	K	D	G	P	M	I	H	O	T	F	L	D	P	M	U	W	Y
W	E	V	P	K	Q	P	N	W	S	T	I	O	V	B	E	B	S	E	O	C	V	Q
C	T	H	R	L	G	K	W	P	S	A	L	K	M	V	X	A	E	T	U	J	M	D
E	P	F	O	G	E	H	P	U	L	T	N	M	Z	C	W	T	Q	E	Y	H	D	S
Y	Q	R	T	D	E	O	W	T	H	E	O	P	K	H	K	R	C	V	E	U	O	M
O	W	E	E	E	B	N	F	M	R	O	U	W	P	X	A	O	T	M	Q	O	U	K
R	I	C	C	I	R	O	E	T	A	V	I	R	P	I	N	F	W	I	X	R	M	L
P	F	W	T	L	U	R	S	I	H	D	G	E	T	I	K	M	L	C	S	J	T	P
M	L	X	Y	A	P	B	R	U	I	E	W	S	X	R	V	O	Z	T	A	Y	U	H
K	O	A	I	F	H	J	S	C	E	N	H	B	L	P	T	C	W	E	F	A	N	D
F	S	I	P	W	R	S	I	X	T	H	C	O	M	M	A	N	D	M	E	N	T	O
G	E	O	L	T	T	L	A	J	R	E	B	U	L	D	K	U	W	X	A	Q	U	A
W	M	P	H	O	S	G	D	B	U	S	K	N	W	Y	P	Y	R	C	D	E	B	J
Z	V	L	D	K	Z	W	G	B	S	D	T	D	G	H	S	K	V	X	U	W	E	Y
T	J	M	A	M	O	D	E	S	T	Y	U	A	C	A	Z	P	V	U	L	I	L	G
A	U	I	W	T	M	W	G	K	B	R	N	R	D	Y	O	H	I	W	T	Z	W	K
E	R	Y	C	Z	K	T	C	H	A	S	T	I	T	Y	B	D	L	R	X	T	P	M
T	H	U	M	V	O	S	Q	Z	Y	P	G	E	V	M	D	C	E	P	I	S	L	W
G	Z	X	K	C	P	A	Q	T	B	R	E	S	P	E	C	T	Y	J	U	T	D	I
I	S	F	H	E	R	Z	W	T	O	P	U	J	T	G	N	R	T	V	D	E	X	C