

Safe Environment Children's Program

Lesson 2 for Grades K, 1, and 2: 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.
- **Safe friend/safe adult** - won't hurt the child without a good reason and won't confuse or scare the child intentionally. They are sure to respect the child's wishes and the rules of the child's parents, guardians, and caretakers when it comes to personal safety.

Activity #2: God Made My Body

- Discuss with the children the following points
 - ♦ God made me. He made my eyes for seeing, my mouth for talking and tasting. He gave me hands to work and to help others, feet to walk and run.
 - ♦ He loves me and He wants me to be safe. God wants me and others to take care of my body and treat my body with respect.
 - ♦ Through the Sixth Commandment, we learn that our bodies are special and holy.
 - ♦ It is important to eat healthy foods, get plenty of sleep, and drink water to stay healthy. What are some other things we can do to keep our bodies healthy (*exercise, go to the doctor, take vitamins*).
 - ♦ It is also important to keep our bodies safe from harm. What are some ways our bodies can be hurt? (*Fall off our bikes, trip down stairs, bang into other people*).
 - ♦ What can we do to be safe? (*Wear a helmet, follow safety rules such as stay to the right in halls and stairwells, hold on to the railing, walk slowly, don't climb on furniture or other things that are not meant to be climbed*).
 - ♦ Sometimes our bodies are hurt by other people. Can you think of an example? (*fighting with a sibling, running into someone, playing too rough*). God wants us to be treated with respect.
 - ♦ Some parts of our body are private. The private parts of our body are the ones covered by a bathing suit. It is disrespectful for others to see or touch these parts of our body unless they need to do so to keep our bodies healthy, safe and clean.

Activity #3: God Made Me

Make copies of the handout: "God Made Me." Read and discuss the uses of the various body parts and ask the children to draw the parts on the body-shape.

Have the children draw: ears, eyes, nose, mouth, hands and feet.

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.

God Made Me

My body has many special and useful parts.

