

For the Classroom – Formation in Christian Chastity, Grade 1

Theme: Creation

Objectives:

1. Students will know that God made all things good.
2. Students will know that God made us with a body that we can see and with a soul that we cannot see.
3. Students will know that God made every person a man or woman.
4. Students will know that God wants every person to be happy and cared for, so he made families.
5. Students will know that Jesus (the Second Person of the Trinity) was born into a human family!
 - Mary was His mother.
 - St. Joseph was His foster-father and guardian.
 - Jesus loved his mother Mary and His foster-father, Joseph.
 - Jesus wants us to love Mary and Joseph, too!
6. Being a member of God’s family means LOVING AND OBEYING, both God and parents.

Directions for Chalk Talk

Opening Prayer: 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.
(Have this prayer and the closing prayer on a hand out for the children.)

Begin by telling the children that every year the Church sets aside the month of October as “Respect Life” month. Tell the children that when we “respect life,” when we respect others and ourselves, we are practicing something called “chastity.” Tell them that tonight you want to talk to them about what “chastity” means.

Write the word “God” on the chalk board in the center. To the left side write the word “Creation.” Tell the children that God created all things and that all things he created were good. Draw an arrow between “God” and “Creation” and label it “Good.” Ask them to give you examples of good things God created and list them under the word “Creation.” Eventually, they will give you examples like, “My Mommy and Daddy,” “Me,” “My Sister,” etc. When you have eight or nine things listed on the board, zero in on “My Mom and Dad,” “Me,” and “ My Sister.” Circle these, and tell the children that of all the things listed on the board, the things God created that were most special to him are “People.” Write underneath “God” the word “People” and draw an arrow to it.

Next, tell the children that God created people with both a body and a soul. Tell them that we can see our bodies, but we can’t see our souls. Tell them their souls are what gives them life. To the right of the word “People,” write “Body” and “Soul” and draw arrows to them. Tell them that what makes people so special is that God has given them

an “immortal soul,” which means that God wants people to live with Him in heaven and be happy with Him forever.

Now, ask the children for something that all of us have in common, the one way in which we are all alike. The answer we’re looking for is that we are all members of families. We all have a mommy and a daddy. Explain that God created families to protect children and keep their bodies and souls safe. Our hair color may be different, our abilities may be different, but God loves us so much that we are all members of a family where there are adults who take care of us. Underneath the word “People,” write the word “Families” and draw an arrow to it.

Explain that, of all the families that have ever lived, there is one family that is very special. The people in this family loved each other so much, that this family is a model for the love which can and should exist in every family. Ask if anyone can tell you what this family is called. Wait a bit and if no one gets it give them the answer, “The Holy Family.”

Ask if anyone can tell you who is in the Holy Family.

The Holy Family:

The Holy Family is Jesus, Mary and Joseph. To the right of “God,” “People,” and “Families,” draw an inverted triangle. Write “Joseph” on the left point, “Mary” on the right point, and “Jesus” on the middle point.

Jesus came down from Heaven where He always was with His Father and the Holy Spirit. This happened 2000 years ago. God spoke to Mary by using an Angel. St. Gabriel, the Archangel, sent a message to Mary that she was to be the Mother of God. Mary said, “Yes, I want what God wants for me!” An angel informed Joseph, who was married to Mary, that he would be a foster-father to Jesus, that Mary was going to have a baby – God’s Son. The way the baby Jesus came to Mary’s tummy was from the Holy Spirit in Heaven.

Mary said “yes” to God to be Jesus’ mom. Joseph said “yes” to God to be Jesus’ foster-father and guardian. Mary and Joseph loved and watched over Jesus with the greatest love possible. Mary and Joseph did what God wanted them to do and Jesus loved Mary and Joseph all the time and was always obedient to them. Jesus did whatever He was told to do!

The Holy Family is a model for us. Each member of the family – Mary, Jesus, and Joseph - did what God wanted them to do. And they did it because they loved God and loved each other.

Discussion Questions:

Question: But how did they do it? How did they know what to do and how did they have the strength to always do the right thing?

Answer: They prayed together.

Question: Do you know what it's called when you do what God wants you to do with your life?

Answer: Its called "Chastity." (Write the word at the very top of the board.)

Chastity is being like Jesus. It's loving and obeying God and loving and obeying our Mom and Dad when they are trying to protect us and keep us safe and close to God.

Now, we're going to talk about some things we can do to stay safe like God wants.

For the Classroom - Safe Environment Program, Grade 1

Read this to the children. Catechism of the Catholic Church (336): *From its beginning until death, human life is surrounded by their watchful care and intercession. Beside each believer stands an angel as protector and shepherd leading him to life. Already here on earth the Christian life shares by faith in the blessed company of angels and men united in God.*

Objectives:

1. Student will know rules for keeping people safe.
2. Students will have a clearer idea of good touch – bad touch.
3. Student will understand that God loves and respects them, and that they in turn should love and respect themselves and others.

Begin by telling the children that, as we've just learned, God is our Creator and he made everything good. He made us in His image and likeness. As a child of God, we should love and respect all people as well as ourselves. One way of showing respect is to keep our bodies safe. God loves us very much and wants us to be safe at all times. We feel safe when we know we are not in danger and we are not afraid. Some touches like hitting, shoving, grabbing and pushing are not good touches. It is important to know the rules that are listed below to keep us from harm and danger.

Pass out a piece of paper with "Say, No" and "Tell Someone" written at the top as the two rules. Then go over the rules below with the children.

When someone hugs or pats you and you know it is not good touch, tell that person, whether a child or adult, to STOP. It is O.K. to tell a big person "No" when you feel scared.

Always tell someone, like your mommy, daddy, teacher, or grandparents right away when you feel scared and unsafe.

Activities:

Discuss - What safety rules do you know that keep you safe? Looking both ways when crossing the street, wearing a seat belt, not playing with matches, wearing a helmet when riding a bicycle, etc.

What people give you good touches that make you feel safe and warm? A parent's hug, a friend's "high-five," shaking hands when meeting someone for the first time, snuggling up with grandma when reading a book.

Give the children a piece of paper and ask them to draw a "smiley face" if they feel safe and a "frown face" if they feel sad and afraid.

Teacher reads:

Mommy hugs you for cleaning up your room.

Your friend gets angry at you and pushes you and you fall down.

You are watching TV and your sister's friend sits real close to you and you do not like it.

Your friend gives you a "high-five" for scoring a basket in gym class.

Your teacher gives you a pat on your back for spelling a word correctly.

Conclusion: God loves you very much and wants you to feel safe and happy. He gave us our parents, teachers, and friends to help us be safe and secure when we are at home, school, playground, and church. Remember to follow the rules if you feel sad, scared, or unsafe. God is our Father and Creator and He made everything good. God gave us our Guardian Angel to love and protect us and to keep us from harm.

Activity: Color the picture of the Holy Family at the Nativity in Bethlehem.

Closing Prayer: Jesus, Mary and Joseph, help me to love you!

Help me to love and obey my parents.

Help me to thank you for all your creation.

Keep me safe and close to you always. Amen.

KNOW THE RULES...

GENERAL TIPS FOR PARENTS AND GUARDIANS TO HELP KEEP THEIR CHILDREN SAFER

While many parents and guardians feel they are faced with new and unprecedented challenges when trying to keep their children safer in today's fast-paced and increasingly global society, the National Center for Missing & Exploited Children offers these common-sense, general safety tips to help parents and guardians put these challenges into perspective.

1. Make sure you know where each of your children is at all times. Know your children's friends and be clear with your children about the places and homes they may visit. Make it a rule for your children to check in with you when they arrive at or depart from a particular location and when there is a change in plans. You should also let them know when you're running late or if your plans have changed so they can see the rule is for safety purposes and not being used to "check up" on them.
2. Never leave children unattended in an automobile, whether it is running or not. Children should never be left unsupervised or allowed to spend time alone or with others in automobiles, as the potential dangers to their safety outweigh any perceived convenience or "fun." Remind children to **never** hitchhike, approach a car or engage in a conversation with anyone within a car they do not know and trust, or go anywhere with anyone without getting your permission first.
3. Be involved in your children's activities. As an active participant, you'll have a better opportunity to observe how the adults in charge interact with your children. If you are concerned about anyone's behavior, take it up with the sponsoring organization.
4. Listen to your children. Pay attention if they tell you they don't want to be with someone or go somewhere. This may be an indication of more than a personality conflict or lack of interest in the activity or event.
5. Notice when anyone shows one or all of your children a great deal of attention or begins giving them gifts. Take the time to talk to your children about the person and find out why the person is acting in this way.
6. Teach your children they have the right to say **NO** to any unwelcome, uncomfortable, or confusing touch or actions by others and to get out of those situations as quickly as possible. If avoidance is not an option, children should be taught to kick, scream, and resist. When in such a situation, teach them to loudly yell that the person is not their father/mother/guardian and then immediately tell you if this happens. Reassure them you're there to help and it is okay to tell you anything.

7. Be sensitive to any changes in your children's behavior or attitude. Encourage open communication and learn how to be an active listener. Look and listen for small cues and clues that something may be troubling your children, because children are not always comfortable disclosing disturbing events or feelings. This may be because they are concerned about your reaction to their problems. If your children do confide problems to you, strive to remain calm, noncritical, and nonjudgmental. Listen compassionately to their concern, and work **with them** to get the help they need to resolve the problem.
8. Be sure to screen babysitters and caregivers. Many states now have a public registry that allows parents and guardians to check out individuals for prior criminal records and sex offenses. Check out references with other families who have used the caregiver or babysitter. Once you have chosen the caregiver, drop in unexpectedly to see how your children are doing. Ask your children how the experience with the caregiver was, and listen carefully to the responses.
9. Practice basic safety skills with your children. Make an outing to a mall or park a "teachable" experience in which your children can practice checking with you, using pay telephones, going to the restroom with a friend, and locating the adults who can help if they need assistance. Remember, allowing your children to wear clothing or carry items in public on which their name is displayed can bring about unwelcome attention from inappropriate people who may be looking for a way to start a conversation with your children.
10. Remember there is no substitute for your attention and supervision. Being available and taking time to really know and listen to your children helps build feelings of safety and security.

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Q & A on CHILD SAFETY

What are the most important things parents and guardians should know when talking to their children about this issue?

Don't forget your older children. Children 11-17 are equally at risk to victimization. At the same time you are giving your older children more freedom, make sure they understand the important safety rules as well.

When you speak to your children, do so in a calm, nonthreatening manner. Children do not need to be frightened to get the point across. Fear can actually work at cross-purposes to the safety message, because fear can be paralyzing to a child.

Speak openly about safety issues. Children will be less likely to come to you if the issue is enshrouded in secrecy. If they feel you are comfortable discussing the subject matter, they may be more forthcoming to you.

Do not confuse children with the concept of "strangers." Children do not have the same understanding of who a stranger is as an adult might. The "stranger-danger" message is not effective, as danger to children is much greater from someone you or they know than from a "stranger."

Practice what you talk about. You may think your children understands your message, but until they can incorporate it into their daily lives, it may not be clearly understood. Find opportunities to practice "what if" scenarios.

Teach your children it is more important to get out of a threatening situation than it is to be polite. They also need to know it is okay to tell you what happened, and they won't be a tattletale.

What are the most important things parents and guardians should tell their children about this issue?

Children should always **check first** with you or a trusted adult before they go anywhere, accept anything, or get into a car with anyone. This applies to older children as well.

Children should not go out alone and should always **take a friend** with them when they go places or play outside.

It's okay to say **no** if someone tries to touch them or treats them in a way that makes them feel scared, uncomfortable, or confused and to get out of the situation as quickly as possible.

Children need to know they can **tell** you or a trusted adult if they feel scared, uncomfortable, or confused.

Children need to know there will always be someone to help them, and they have the right to be safe.

What is the biggest myth surrounding this issue?

The biggest myth is that the dangers to children come from strangers. In the majority of cases the perpetrator is someone the parents/guardians or child knows, and that person may be in a position of trust or responsibility to the family.

What advice would you offer parents and guardians who wanted to talk to their children about this issue?

Parents and guardians should choose opportunities or “teachable” moments to reinforce safety skills. If an incident occurs in your community, and your children ask you about it, speak frankly but with reassurance. Explain to your children that you want to discuss the safety rules with them, so they will know what to do if they are ever confronted with a difficult situation. Make sure you have “safety nets” in place, so your children know there is **always** someone who can help them.

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This project was supported by Grant No. 1998-MC-CX-K002 by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice. National Center for Missing & Exploited Children® and 1-800-THE-LOST® are registered service marks of the National Center for Missing & Exploited Children.

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CONOCE LAS REGLAS...

CONSEJOS GENERALES PARA LOS PADRES, ABUELOS Y GUARDIANES PARA AYUDAR A SUS HIJOS A ESTAR MÁS SEGUROS

En una época en la que muchos padres, abuelos y guardianes sienten que enfrentan dificultades sin precedentes para tratar de mantener seguros a sus hijos en una sociedad vertiginosa y cada vez más globalizada, el Centro Nacional para Menores Desaparecidos y Explotados ofrece estos consejos generales de seguridad, fundados en el sentido común, para ayudar a los padres, abuelos y guardianes a poner estos desafíos en perspectiva.

1. Asegúrese de que sabe donde está cada uno de sus hijos en todo momento. Conozca a los amigos de sus hijos y hágales saber a sus hijos claramente cuáles son los lugares y hogares que pueden visitar. Haga obligatorio que sus hijos le avisen cuando llegan o salen de un lugar en particular y cuando hay un cambio de planes. Usted también debería avisarles cuando usted llegará con atraso o si cambian sus planes, para que ellos vean que la norma es con fines de seguridad y que no se la usa para “controlarlos.”
2. Nunca deje a los niños solos en un automóvil, ya sea que esté o no con el motor en marcha. A los niños nunca debería dejárselos sin supervisión ni permitirseles que queden solos o con otros en automóviles, dado que los peligros potenciales para su seguridad superan con creces cualquier conveniencia o “diversión.” Recuerde a sus hijos que **nunca** hagan dedo para subir a un vehículo, que no se aproximen a un auto o entren en conversación con alguien a quien no conocen o en quien no confían y que esté en un auto, ni que vayan a ninguna parte con ninguna persona sin pedirle permiso a usted primero.
3. Participe en las actividades de su hijo o hija. Como participante activo, usted tendrá mejor oportunidad de observar cómo los adultos interactúan con sus hijos. Si le preocupa el comportamiento de alguna persona, comuníquese a la organización patrocinante.
4. Oiga a sus hijos. Preste atención si le dicen que no quieren estar con alguien o no quieren ir a alguna parte. Esto podría ser una indicación de algo más que un conflicto de personalidades o de falta de interés en la actividad o evento.
5. Perciba cuando alguien preste mucha atención a uno o a todos sus hijos o comience a darles regalos. Tome el tiempo para hablar con sus hijos sobre esa persona y determinar por qué esa persona está actuando de esa manera.
6. Enseñe a sus hijos que tienen el derecho de decir **NO** a cualquier contacto físico o acción por otros que ellos no quieran o que los haga sentir incómodos o confusos. Enséñeles a avisarle a usted de inmediato si eso ocurre. Hágales sentir que usted está allí para ayudarlos y que está bien que le cuenten cualquier cosa.

7. Sea sensible a cualquier cambio en el comportamiento o actitud de sus hijos. Estimule la cooperación abierta y aprenda a ser un oyente activo. Mire y escuche las pequeñas pistas de que algo podría estar preocupando a sus hijos, porque los niños no siempre se sienten cómodos revelando eventos o sentimientos perturbadores. Esto podría ser porque les preocupa su reacción a sus problemas. Si sus hijos le confían sus problemas, esfuércese por mantenerse en calma, sin hacer críticas ni impartir juicios. Escuche compasivamente sus tribulaciones y trabaje **con ellos** para conseguir la ayuda que necesitan para resolver el problema.
8. Asegúrese de examinar a las niñeras y proveedores de cuidado. Muchos estados tienen ahora un registro público que permite a los padres, abuelos y guardianes verificar si una persona tiene prontuario penal o antecedentes de delitos sexuales. Compruebe las referencias con otras familias que han usado los servicios de esa persona. Después que haya seleccionado a la persona que proveerá el cuidado infantil, llegue sin anunciarse para ver cómo están sus hijos. Pregunte a sus hijos cómo fue la experiencia con esa persona, y oiga cuidadosamente las respuestas.
9. Practique medidas de seguridad básica con sus hijos. Torne una salida a un centro comercial o a un parque en una experiencia “educativa” en la que sus hijos puedan practicar pedirle permiso, usar teléfonos públicos, ir al baño con un amigo y localizar a adultos que puedan ayudarlos si necesitan asistencia. Recuerde que permitir a los niños usar prendas o llevar en público artículos con su nombre a la vista puede llamar la atención no deseada de personas que podrían estar buscando una manera de iniciar conversación con sus hijos.
10. Recuerde que su atención y supervisión no tienen sustitutos. Estar disponible y tomar el tiempo para realmente conocer y oír a sus hijos les ayudará a ellos a desarrollar sentimientos de seguridad y estabilidad.

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Preguntas y Respuestas sobre seguridad infantil

¿Qué es lo más importante que los padres, abuelos y guardianes deben saber cuando hablan con sus hijos acerca de este tema?

No se olvide de sus hijos de más edad. Los niños y jóvenes de 11 a 17 años también corren riesgo de ser víctimas de actos delictivos. Al mismo tiempo que les da más libertad, asegúrese de que ellos también entienden las importantes reglas de seguridad.

Cuando hable con sus hijos, hágalo de una manera tranquila, que no cause miedo. No es necesario que los niños se asusten para que comprendan los peligros. En realidad, el temor puede ser contraproducente, ya que el miedo puede paralizar a un niño.

Hable abiertamente de las cuestiones de seguridad. Es menos probable que los niños acudan a usted si el tema está envuelto en un manto de secreto. Si piensan que usted se siente cómodo cuando habla del asunto, serán más comunicativos.

No confunda a los niños con el concepto de “extraños.” Los niños no tienen la misma idea que los adultos acerca de quién es un extraño. El mensaje “peligro-extraño” no es eficaz, ya que es más probable que el peligro para los niños venga de alguien que usted o ellos conocen, en vez de un extraño.

Practique lo que enseña. Usted puede creer que los niños entienden su mensaje, pero hasta que ellos lo incorporen en sus vidas cotidianas es posible que no haya sido claramente entendido. Busque oportunidades para practicar escenarios de “qué pasa si...”

Enseñe a los niños que es más importante huir de una situación amenazadora que ser corteses. Ellos también necesitan saber que está bien que le cuenten a usted lo sucedido y que no serán vistos como “cuenteros” por ello.

¿Qué es lo más importante que los padres, abuelos y guardianes deben comunicar a sus hijos acerca de este tema?

Los niños siempre **deben avisarle** a usted o a un adulto de confianza antes de ir a cualquier lado, aceptar cualquier regalo o subir a un automóvil con cualquier persona. Esto se aplica también a los niños de más edad.

Los niños no deben salir solos y siempre **deben hacerse acompañar** por un amigo cuando van a algún lado o juegan afuera de su casa.

Está bien decir que **no** si alguien trata de tocarlos o los trata de una manera que los hace sentir asustados, incómodos o confundidos y escapar de la situación tan rápido como sea posible.

Los niños necesitan saber que le pueden **contar** a usted o a un adulto de confianza si se sienten asustados, incómodos o confundidos.

Los niños necesitan saber que siempre habrá alguien para ayudarlos y que tienen derecho a sentirse seguros.

¿Cuál es el mito más grande respecto a este tema?

El mito más grande es que los extraños constituyen el mayor peligro para los niños. En la mayoría de los casos, el autor del delito es alguien a quien los padres o el niño conocen y esa persona puede ser alguien de confianza o estar en una posición de responsabilidad respecto al niño y su familia.

¿Qué consejo le ofrecería usted a los padres, abuelos y guardianes que quieren hablar con sus hijos acerca de este tema?

Los padres, abuelos y guardianes deben elegir oportunidades o momentos propicios para la enseñanza para reforzar las reglas de seguridad. Si ocurre un incidente en su comunidad y su hijo le pregunta acerca de él, hable francamente pero con palabras tranquilizadoras. Explique a sus hijos que usted quiere discutir con ellos las reglas de seguridad para que sepan qué es lo que tienen que hacer si alguna vez enfrentan una situación difícil. Asegúrese de que usted tiene “redes de seguridad” establecidas, para que los niños sepan que **siempre** habrá alguien que los podrá ayudar.

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