

2010-11 Safe Environment Grades 4-6 Lesson Plan

1. Scripture reading: on big poster, read all together as a group
Goal: To discuss respect for our bodies (and each other's bodies) using scripture.

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. -1 Corinthians 6:18-20

What is a temple? *A holy place like the church. In OT theology, the temple was where God was present to the people.*

What does it mean to say that your body is a temple? *The spirit lives inside us, just as the Hebrews believed God was present in the Temple*

How do we treat a holy place? *Clean it, don't play in it, be respectful of the pews, doors, walls, don't yell, curse, BE RESPECTFUL*

How is our body a temple? *We believe God is inside us, living and helping us to know right choices. Thus our body is like a house for God. We must take care of it too.*

How do we take care of our Temples? *Eat right, exercise, don't abuse it, good hygiene*

How do we take care of each other's Temples? *Don't hurt one another physically - kick punch bite touch them in ways that hurt or are inappropriate*

2. Make "This is Me" posters

Goal: To identify that we are unique and individual and special, with inherent human dignity.

Using magazines, cut out and make a poster that helps to define or describe "Me". Share three words that describe yourself and after each we all say, "you are a treasure of God's"

3. Share what you have heard about children being in danger *news reports, current events, new laws, amber alerts, texting, emailing, internet*

Goal: To demonstrate awareness of what to watch out for.

4. Read through the keeping safe handout and discuss the various tenets.

Goal: To know the difference between wanted/unwanted touch, good/bad secrets, respect/disrespect, good/bad choices, healthy and unhealthy friendships.

Keeping Safe Handout follows

5. At the bottom, discuss who might be some trusted adults if we can't reach our parents.

Goal: To be ready if we need help and our parents or other trusted contacts are not available.

6. Send keeping safe handout and National Center for Missing and Exploited Children printout home to be discussed further.

Goal: To enable conversation at home with parents and to list those who the children trust.

NCMEC Handout follows

7. At 12:50, we will all return to the Parish Center to have our closing prayer service.

Keeping Safe

- We are all created in the image and likeness of God. My body is a temple of the Holy Spirit.
- In most cases, our families and trusted adults and teachers share concern for our safety.
- We need to differentiate between safe, unsafe, and unwanted touch. Whenever there is a case of unsafe touch, we have a responsibility to avoid or immediately report it to a parent or adult.
- No one has the right to touch us in a unsafe or inappropriate way. In particular, the areas of our bodies covered by shirts and shorts are private and must not be violated. If you feel you have been violated, report it to a trusted adult immediately.
- We show respect for ourselves and others by how we talk, act, and live. We must identify respectful and disrespectful language and actions and avoid anyone who fails to respect us.
- God has given us all Free Will. I am to make good choices with my Free Will. All actions have consequences, and affects. When we experience the bad choices of others, we must report the choice to a trusted adult and if needed, get help.
- Secrets can be very harmful to us physically, emotionally and spiritually. Think critically before you get involved with secret play, secret games, and determine how the secret may possibly cause great harm.
- There are many different kinds of friendship. People who manipulate or misuse friendship are not friends. Healthy relationships and friendships can help us to understand ourselves, God and others. False friends mistreat us or take advantage of our trust and friendship. Poor relationships and false friendships can deeply harm us psychologically, emotionally, spiritually and even physically.
- Good communication with parents and family members helps keep me safe. I can also help keep younger siblings and others safe by being observant and concerned.
- My parents and family members and other trusted adults will listen to me and help me. My parents and I choose three trusted adults I may go to for help:

- 1.
- 2.
- 3.



Know the Rules

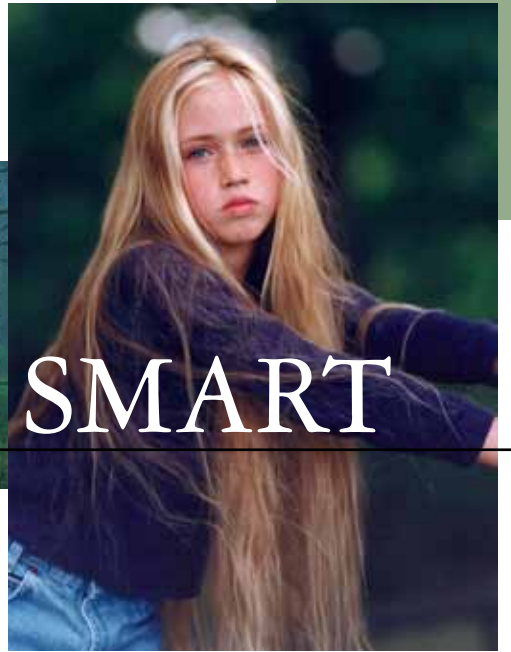


Did You Know...

Girls are at serious risk of being sexually victimized? Some people think it only happens to little kids. Well it doesn't. It may happen to your friends, people you know at school, and you. If it happens to you, talk about it with an adult you trust.

What Is IT?

Did you know adults who abduct and victimize kids mainly do it for two reasons? You know what they are? They are control and sex. And you may have already figured out **some** people you know, adults and even guys your own age, could be interested in you for the same thing.



Here are some FACTS

- 67% of all victims of reported sexual assaults were younger than 18¹
- Females were more than 6 times as likely as males to be the victims of reported sexual assaults²
- Adult offenders assaulted 63% of juvenile victims³
- The average victim of abduction and murder is an approximately 11-year-old girl, who is described as a "low risk," "normal" kid from a middle-class neighborhood with a good family relationship who has initial contact with an abductor within a quarter mile of her home⁴

So How Can You Stay Safer? KNOW THE RULES.

There are rules to live by. Rules to remind you, like a little voice inside you saying, "HEY, do I really want to do this? Do I really want to go there?" These are your rules for life.

So What Are THE RULES?

1 DON'T GO OUT ALONE

2 ALWAYS TELL AN ADULT WHERE YOU'RE GOING

3 IT'S YOUR BODY

4 SAY NO IF YOU FEEL THREATENED, AND TELL A TRUSTED ADULT

We know these rules are pretty BASIC, pretty common sense. Yeah, yeah, you've heard them a million times, but have you ever really LISTENED to them? Have you ever really thought about what they mean? We are going to talk about three girls. You may be thinking, "I know this stuff, and it can't happen to me." Well it **can** happen to you and girls like you, just like it happened to these three girls. Here are their stories.

Laura Smither — Friendswood, Texas

Laura was a bright, loving 12-year-old who trusted her friends. She was cautious about new people and situations. She was smart and aware of her surroundings, which made her kidnapping unthinkable to her friends. She lived in a small town where everyone felt safe, in a neighborhood where everyone knew each other. Crime is often like that — we always think it happens somewhere else. After the abduction several friends told Laura's parents, "If this could happen to Laura, of all people, it could happen to anyone. It could happen to me!"

One morning as her mom was making breakfast, Laura went out alone for a quick jog in her rural neighborhood. She never returned. A massive local, regional, and national search was conducted for her. Laura's remains were found 17 days later about 20 miles from her home.

What can we learn from Laura's story? She was wise and careful, and, like her friends, she thought she was safe in her own hometown. That's the way we all want to grow up, but we have to KNOW THE RULES.

RULE

1

DON'T GO OUT ALONE - THINK ABOUT IT before you go. Remember if you avoid situations that may put you at risk in the first place, you're already one step ahead.

Maria de Los Angeles Martinez — Phoenix, Arizona

Maria de Los Angeles was 17 years old when she decided she wanted to earn some extra money. So she advertised over a local radio station in Phoenix for a babysitting job. A man responded to her ad, he picked her up one morning, and she has not been seen since.



YOU'RE
STRONG

RULE

2

ALWAYS TELL AN ADULT WHERE YOU'RE GOING – Not long after the man picked Maria de Los Angeles up, she made a telephone call to her parents asking them to come and get her, but before she could give them an address, the telephone was disconnected. Again, **THINK ABOUT IT. NEVER, EVER** go somewhere with someone you don't know. This includes hitching rides. This includes babysitting for anyone without getting information about the family like where they live and references about them **FIRST**. Leave a telephone number and an address with your family **BEFORE** you go.

Summer Nix – Spartanburg, South Carolina

Thirteen-year-old Summer started surfing the Internet with a 15-year-old girlfriend. When her friend met an older guy in a chat-room, Summer thought it was an online game. But then her friend began to plan to run away with the older boy and pressured Summer to join them. Summer and her older friend hit the road with their newfound 18-year-old cyberpal. It was a journey Summer will never forget.

It took 72 hours for Summer to realize she'd made a big mistake and wanted to go home. She called law enforcement from a pay telephone to ask for help. Summer is safe now, but wishes she'd followed her own intuition. All she left behind when she ran away was a handwritten note to her mom apologizing and promising she'd be back.

RULE

3

IT'S YOUR BODY – Girls face a lot of situations today putting them in uncomfortable spots. You're constantly having to make decisions for yourself and are faced with peer pressure about anything from who your friends are – male or female – to exposure to drugs and sex. One more time, **THINK ABOUT IT**. And think about what you post and do online. Once it's out there, you can't get it back.

RULE

4

SAY NO IF YOU FEEL THREATENED, AND TELL A TRUSTED ADULT – Don't be afraid to stand up for yourself. Listen to your intuition and follow your best judgment. If your friends are making bad decisions, you don't have to go along. Have the confidence to say **NO** if **anyone** makes you feel uncomfortable about **anything**. And remember it's never too late for you to tell an adult if anything is bothering you.


According to the U.S. Department of Education, in the United States 23 percent of nursery school children use the Internet, 32 percent of kindergartners go online, and by high school 80 percent of children use the Internet.⁵ Visit the National Center for Missing & Exploited Children's websites at www.cybertipline.com, www.missingkids.com, and www.NetSmartz.org to download free safety tips, view activities for and real-life stories about teens who encountered risks on- and offline, and report the sexual exploitation of children. Or call 1-800-843-5678 to make a report or request free brochures and information about cybersafety.

YOU KNOW WHAT'S GOING ON



Now you know the rules. You may have always known them, but now you really **get** them. They're like bells going off in your head when you're faced with a risky situation. They aren't able to get you out of every tough spot, but they might keep you from getting into one.

We know you're **SMART** and **STRONG** and ready to **TAKE ON THE WORLD**. Go do it, just use your head **FIRST**. Know the rules. From now on, these are **your** rules for life.



DON'T GO OUT ALONE

There is safety in numbers and this rule isn't just for little kids, it applies to everyone. We are always safer if we take a friend, sister, or brother.

ALWAYS TELL AN ADULT WHERE YOU'RE GOING

Letting someone know where you'll be at all times is smart. If you're ever faced with a risky situation or get into trouble, your family and friends will know where to begin looking for you.

IT'S YOUR BODY

You have the right to reject unwanted and inappropriate attention such as teasing, touching, and bullying. And you're in control of the image you project to the rest of the world.

SAY NO IF YOU FEEL THREATENED, AND TELL A TRUSTED ADULT

If someone — anyone — touches you in a way to make you feel uncomfortable, you have the right to say no. Whether it is peer pressure about sex, drugs, or doing something you know is wrong, be strong and stand your ground. Don't be afraid to make your feelings known.

The National Center for Missing & Exploited Children®

KNOW THE RULES

www.cybertipline.com

www.missingkids.com

www.NetSmartz.org

1-800-843-5678

Cites for Statistical Research

¹According to Howard N. Snyder in *Sexual Assault of Young Children as Reported to Law Enforcement: Victim, Incident, and Offender Characteristics*, Washington, DC: National Center for Juvenile Justice, July 2000, page 2, based on National Incident-Based Reporting System (NIBRS) data studied from 1991 through 1996, 32.8% of reported sexual assaults were committed against those who were 12 to 17 years old, 20.1% of reported sexual assaults were committed against those who were 6 to 11 years old, 14.2% of reported sexual assaults were committed against those who were 18 to 24 years old, 14.0% of reported sexual assaults were committed against those who were 5 years old or younger, 11.5% of reported sexual assaults were committed against those who were 25 to 34 years old, and 7.4% of reported sexual assaults were committed against those who are older than 34, accessed August 5, 2009, at www.ojp.usdoj.gov/bjs/pub/pdf/saycrlr.pdf.

²*Id.*, page 4.

³Howard N. Snyder and Melissa Sickmund. *Juvenile Offenders and Victims: 2006 National Report*. Washington, DC: National Center for Juvenile Justice, March 2006, page 33, accessed August 5, 2009, at <http://ojjdp.ncjrs.gov/ojstatbb/nr2006/downloads/NR2006.pdf>.

⁴Katherine M. Brown, Robert D. Keppel, Joseph G. Weis, and Marvin E. Skeen. *CASE MANAGEMENT for Missing Children Homicide Investigation*. Olympia, Washington: Office of the Attorney General, State of Washington, and Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice, May 2006, pages x and 14, accessed August 5, 2009, at [www.atg.wa.gov/uploadedFiles/Another/Supporting_Law_Enforcement/Homicide_Investigation_Tracking_System_\(HITS\)/Child_Abduction_Murder_Research/CMIPDF.pdf](http://www.atg.wa.gov/uploadedFiles/Another/Supporting_Law_Enforcement/Homicide_Investigation_Tracking_System_(HITS)/Child_Abduction_Murder_Research/CMIPDF.pdf).

⁵U.S. Department of Education, "Rates of Computer and Internet Use by Children in Nursery School and Students in Kindergarten through Twelfth Grade: 2003," in *Issue Brief*, October 2005, page 1, NCES 2005111rev, accessed July 22, 2009, at <http://nces.ed.gov/pubs2005//2005111rev.pdf>.

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