

# Personal Safety Curriculum for Children and Youth

Grade Level 2

## Learning Objectives:

- a) To build understanding that good rules protect us, and are a natural part of growth in the Kingdom of God
- b) To encourage communication with trusted adults when students feel that rules are being violated, and when the students feel their personal well-being and safety are at risk.

## Suggested Material

- A copy of the story, Officer Buckle and Gloria, By Peggy Rathman
- Drawing paper, pencils, crayons, and copies of the “No-Go-Tell Rule” bookmarks

## Teaching Learning Activities

### Activity/experience:

1. Opening Prayer:
  - a. Leader instructs the children to repeat each prayer
  - b. Make the Sign of the Cross with the Students

*Leader:* Dear God, Thank you for creating those around me who love and care for me.

*Children:* Dear God, Thank you for creating those around me who love and care for me.

*Leader:* Dear God, Thank you for giving me the ability to know who I can turn to for help when someone does not follow the rules

*Children:* Dear God, Thank you for giving me the ability to know who I can turn to for help when someone does not follow the rules.

*All:* Amen

2. Read Officer Buckle and Gloria aloud.
3. Discuss the rules noted in the story. Review the Ten Commandments, and ask students to share rules they follow at home and in school.
4. Ask children to fold drawing paper twice to form four sections. Students will draw pictures of four rules they follow to stay safe. Students share the rules they have illustrated.
5. Have a conversation with the students about consequences. Ask “Do we sometimes have consequences when we don’t follow the rules?” “Should we tell

- a trusted adult if someone is not following a rule, and it may cause harm to another person?”
- a. Student responses will vary.
  - b. Ask students to name some adults they might trust to talk to about this.  
(Examples include parents, teachers, grandparents, counselors, etc.)
6. Let the students know that adults must follow the rules too. If an adult is not acting appropriately toward you, it is important to tell you parent, teacher, or another adult you trust.
  7. Hand out the “No-Go-Tell Rule” Bookmarks and tell the students “God loves you. God made you. You are the only ‘you’ God created. You are special and important. God never wants anyone to hurt you. No one has the right to hurt you.”
  8. Ask the students what should they do if someone is hurting them or making them feel uncomfortable?
  9. Ask the students to echo you as you read the “No-Go-Tell Rule” on the bookmark.
  10. Students will decorate the bookmarks, and share them with their parents at home.

## **Closure**

1. Identifying a trusted adult
  - a. Do we have to do what adults tell us to do if it is something that makes us uncomfortable?
  - b. Who can we tell if we are asked to do something that makes us feel uncomfortable?
2. God gave us rules to keep us safe and happy.
  - a. We also have rules in our homes and classrooms.
  - b. What are these rules, and how should we respond when adults or children are not following these rules?

# **YOUR RIGHTS**

You have the right to get help.

You have the right to tell if you or someone you know is abused.

You have the right to protect yourself.

You have the right to say “No!” to anyone who tries to hurt you.



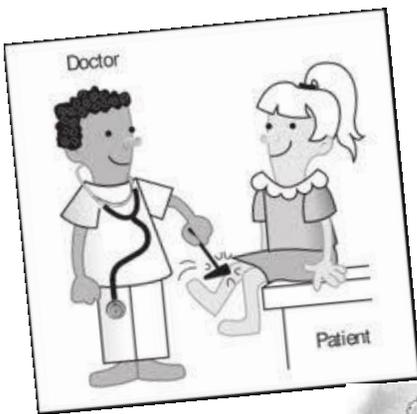
# My List of Helpers

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## **Ten Commandments (This is not a handout)**

1. I am the Lord your God: you shall not have strange Gods before me.
2. You shall not take the name of the Lord your God in Vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

## **Positive Form of the Ten Commandments**

1. We honor God as Creator. We praise him and would never put anything else in His place in our lives.
2. We always show reverence and honor to God, so would never use his name in a disrespectful way.
3. We remember to worship God by participating at Sunday Mass, and through that we give honor to ourselves, as well, by resting, praying, and doing good deeds for others.
4. We respect our parents and their authority. We also give that same respect to those who are given authority over us as long as they protect and care for our good.
5. We respect life as being sacred in all its forms which has dignity and beauty.
6. We respect the family and our part in family life. We respect marriage as being the place for sexual relationship. We respect our own bodies and those of others.
7. We respect the property of others.
8. We respect others by being honest and truthful. We do not gossip or try to harm others' reputations.
9. We respect our relationships and the relationships of other people.
10. We are satisfied with and are grateful for the gifts which we have been given.