

Diocese of Covington Safe Environment Curriculum

Topic: Personal Safety

Grade: 4

Approximate Time: 45 to 60 minutes

Learning Outcomes		
<p>Theme: The Ten Commandments provide guidance to our lives as morally responsible Christians.</p> <ul style="list-style-type: none"> • Students will learn to use the Ten Commandments to guide their moral choices. • Students will become familiar with assertive responses in potentially dangerous situations. • Students will learn to verbalize ways to share with an appropriate adult when something inappropriate has happened. 		
Teaching/Learning Strategies		
<ul style="list-style-type: none"> • Whole class discussions • Small group – Cooperative Learning Groups • Role play “What If Scenarios” 		
Values & Attitudes	Resources & Materials	Assessment
<ul style="list-style-type: none"> • Responsibility for one’s own actions • Value family and friends • Respect for self and others 	<ul style="list-style-type: none"> • Copy of Discussion Questions • Bible Story or Moral Values story • Copy of 4th, 5th, 8th and 10th Commandments • DVD-1205 “Tricky People” from the Diocesan Office • VC1206 “McGruff on Self Protection” Preventing Child Abuse and Neglect” from the Diocesan Office • What If Scenarios 	<ul style="list-style-type: none"> • Responses in group discussion • Worksheet on the “Importance of Trust” that can be found in <u>Blest Are We 6</u>, Activity 16a.

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Safe Environment Lesson Plan

Grade 4

The Ten Commandments

Remember that a notice must be sent home to the parents PRIOR to the lesson occurring. Please make sure to send any "opt out" forms to the Office of Catechesis and Formation. A letter also goes home to the parents AFTER the lesson is complete.

Suggestions for class discussion:

- **Whole class discussion – have students raise their hands to respond.**
- **Small group discussion – divide class into small groups (3-4 students). Have each group discuss each question for about 5 minutes. Have a reporter from each group report the groups' answers.**

Opening Prayer:

Heavenly Father,

We ask you today for your guidance and protection. Keep us safe from harm and help us grow and become worthy in your sight. Give us strength to keep our faith in You.

God, also guide us through our conscience, the teachings of the Church, the Scriptures, the Holy Spirit, and the advice of others. We pray this through Jesus Christ Our Lord.
Amen.

1. Name the Ten Commandments.

2. How do you take care of your own body?

Guide the students into these conclusions:

- You take care of your body by obeying the 4th and 5th Commandments:
- 4th Commandment – Honor your father and your mother. You do this by obeying your parents. Obey them by asking permission to go somewhere, and by letting them know if something has changed. Do not go anywhere they have forbidden you to go. Do not do anything they have forbidden you to do.
- 5th Commandment – You shall not kill. You obey this commandment by taking care of the body that God has given to you as a gift. Take care of your body so you can take care of other people.

3. How do you honor what your mother and father tell you to do and what are some things your parents tell you not to do?

Guide the students into these conclusions:

- You honor your mother and father by saying "No" and walking away when someone gives you something you shouldn't have, even when it's something you would really like (10th).

- You are obeying the 4th and 10th Commandments.
- Your parents may tell you not to go to someone's house.
- Your parents may tell you not to stay at someone's house, or at the store, past a certain time.
- Your parents may tell you to stay away from someone.
- Your parents are guided by the Holy Spirit. That is how they know where and who you should be with.

4. If someone gives you something you shouldn't have, what should you do and do you owe the gift-giver anything?

Guide the students into these conclusions:

- You should say "No" and walk away.
- Tell a trusted adult what happened.
- The trusted adult will know what should happen next. The Holy Spirit will help them know.
- You don't owe a gift-giver anything. A real gift is something freely given. A real gift is not given with the intention of getting something in return.
- Sometimes people do not have good intentions, and they want something in return for a gift they have given you.
- Sometimes people want you to do something bad for them in return for a gift they have given you. If you are asked to do something in return for a gift that makes you feel "funny", "bad", or "unsafe", you must say "NO", "WALK AWAY", "RUN AWAY", or "YELL LOUDLY". Tell someone you trust what happened.

5. Do you have a responsibility to protect yourself? Do you have a responsibility for others?

- Yes, you have the responsibility – you are obeying the 5th Commandment when you tell an adult about an unsafe situation. You are not only protecting yourself, but you are protecting others from being hurt by that unsafe situation.

How is saying "NO" and letting someone know something bad has happened to us protect others from harm?

- Letting someone know can prevent someone else from being harmed in the same way.
- The person who did the bad thing needs to be helped by counseling and other services. It is not your job to protect them.
- God asks us not only to be holy ourselves so that we can be with Him in heaven, He asks us to help other people be holy so they can be with Him in heaven.

6. Do you let your parents know where you are and whom you are with?

- You should obey the 4th and 8th Commandments by first asking permission from your parents about where you want to go and who you want to be with.

- You should be completely honest with your request. Tell them where you want to go and exactly whom you want to be with. Do not leave out any information. Obey your parents' requests.

Why do you let your parents know where you are and whom you are with?

- When you tell your parents exactly where you want to go and exactly whom you want to be with, you are being honest with your parents – you are obeying the 8th Commandment – you are sharing the truth with them.
- When you tell your parents exactly where you want to go and exactly who you want to be with, they can make good decisions because they know the truth. They will be guided in their decisions by the Holy Spirit.

Ending Prayer:

Recite the following prayer with the students.

Dear Jesus,

When You walked this earth, You showed that You loved little children.

We know that You love us.

It is hard for us to hear that some people do not treat children the way You did.

We know that some people hurt children by their words and actions.

Help us to forgive them.

Help us to learn how to protect ourselves, and others, from harm.

Bless all those who help us keep safe.

Amen.

What If Scenarios:

- One of your friends tells you about a tickling game that her stepfather plays with her. The game makes her really upset. What do you say to her?
- Your friend, Jessica, tells you that lately she has felt really uncomfortable when her Uncle Joe comes to visit. He sits really close to her and hugs her a lot. She tells you not to tell anyone because she doesn't want to get him into trouble or hurt his feelings. What do you do?
- One of your brother's teenage friends comes to your house a lot. He always thinks of ways to be alone with you and when alone, tries to show you pictures of people with no clothes. What could you do?

THE IMPORTANCE OF TRUST

Teacher: Introduce the concept of trusting in God to meet our needs and to answer our prayers.

On a scale of 1 (no trust) to 10 (total trust), rate the following situations.

1. ___ Lisa tells a lot of lies. Can Reza trust that the story Lisa told her is true?
2. ___ Franklin is often late for softball. Can Irene trust that Franklin will be on time today?
3. ___ Mrs. Diaz, the reading teacher, always gives a quiz on Tuesday morning. Can Frank trust that there will be a quiz next Tuesday morning?
4. ___ Maria does her chores after school every day. Her mother asks her to take the mail to the mailbox. Can her mother trust that Maria will do it even if she is not there?
5. ___ Bobbi tells stories and gossips about others. Arturo thinks Bobbi is his friend but lately he is wondering if he can trust her. Can he?

Pick one example above and write your comments about it:

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Check two or three of the things that you believe to be true about trust.

- ___ You can predict if someone is likely to be trusted based on what they do.
- ___ Someone who always tells the truth can probably be trusted.
- ___ You can trust someone who lies much of the time.
- ___ If you trust someone in little ways, you can probably trust him or her with important matters.
- ___ You can probably trust someone you hardly know.
- ___ Being trustworthy means that you can be counted on to keep a confidence.
- ___ You can trust a person who tries to trick you.
- ___ It's best to find out if a person can be trusted before confiding in him or her.

Write your comments on one of your beliefs about trust.

Ten Commandments

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.