

Preschool Ages 3,4,5
Diocese of Covington Safe Environment Curriculum

TOPIC: Personal Safety

Grateful acknowledgement to the Diocese of Tucson for permission to use its material.

Student Objectives:

The students will:

- a. Learn that each person's body is the temple of the Holy Spirit.
- b. Discuss that they have parts of their bodies that are considered private and to respect these in self and others.
- c. Learn that all children are persons of worth and their bodies belong to them.

Lesson Overview:

Through stories and role-playing, children learn about the sacredness of their bodies and learn to say NO to unsafe touches.

Background Information:

Children will learn that their private parts are covered by a bathing suit.

Vocabulary:

Private Parts - those parts of the body covered by a swimsuit.

Respect – being nice and kind to others.

Safe/Comfortable Touch – touches that make you feel safe and loved (they might include hugging, playing, snuggling, helping, etc.)

Unsafe/Uncomfortable Touch – touches that make you feel angry or afraid (they might include but are not limited to kicking, grabbing, biting, pushing, touching private parts of our bodies for no good reason.

Catechist's Role:

Develop in the children the understanding of the sacredness of their bodies and help them to know that they are persons who are good and lovable.

Materials:

Boy doll and Girl doll

Pictures of boys and girls both as babies and as young children

Teaching/Learning Activities

1. Discuss

- a. God gave us a wonderful gift in our bodies.
- b. Think of all the wonderful things our bodies help us do (walk, run, sit, play, study, etc.)
- c. Think of all the great things our bodies help us enjoy (eating, sleeping, singing, playing)
- d. We are made in the image and likeness of God. Because we are a child of God, our bodies are very special. God's life in us makes our bodies temples of the Holy Spirit. (Be sure they understand that a temple is a very special holy place where God lives.) Being temples of the Holy Spirit means we are special and we take special care of our bodies.

2. Ask the children to name some ways we take care of our bodies (eat, clothe, wash, sleep, etc.)

3. Have the class listen to these stories:

John was very angry with Billy. He threw dirt on Billy and made his clothes dirty.

Was Johnny nice to Billy? (No)

Carmen and Juanita were fighting over their dolls. Carmen said her doll had prettier clothes than Juanita's had. Juanita tore the clothes off Carmen's doll. Then she took her doll's clothes off and said, "Now are they the same?"

Was what Juanita said nice? (No)

Should Carmen tease Juanita? (No)

Did Carmen and Juanita respect each other and each other's property? (No)

4. Discuss:

We are special.

Our bodies are special.

Have the children look at pictures of babies and children.

Explain that God made parts of our bodies very private. These parts we always keep covered. Only our mothers and fathers, big brothers and sisters, those who take care of us like our doctors and nurses should see our private parts. And they see our private parts only when they need to help us. For example, when they help us get dressed, take bath, or are taking care of us when we are sick. Each of us is important and our bodies belong to us.

5. Have the class listen to these stories:

Jim had a new pair of *Sponge Bob Squarepants* underwear. He wanted the kids at school to see it when he was wearing it. Should he let them see it?
(No)

Mary's friend wanted Mary's little brother to undress.

Should Mary let her brother do that? (No)

Whom should Mary tell if her friend keeps asking? (Parents; older sibling)

We keep our private parts covered. Look at the dolls. Ask them to see how the dolls are properly dressed. We are properly dressed. No one should ask us to take off our clothes unless it is our parents or trusted adults who are helping us.

6. Processing the Experience:

Why are our bodies special?

What can our bodies do?

Why do we respect our bodies?

Is it important to keep our private parts covered?

What do we do if someone asks us to show them our private parts?

How do you take good care of your body?

How do you show respect for other people's bodies?

7. Ask class to repeat after you:

I am special as can be

Because God loves me.

8. End with song:

To the tune of "Frere Jacques"

I Am Special!

I Am Special!

God made me!

God made me!

I Am Very Special!

I Am Very Special!

You are too!

You are too!

9. It is important to present short lessons multiple times through the year for young children. Accessing Kidsmartz is a handy way to do that.

www.virtus.org

enter id and password

click on EDUCATOR on top bar

click on Kidsmartz on left column

Date:

Dear Parents/Guardians:

Your child, being formed as a disciple of Jesus by you as well as through our curriculum, is one of the most precious gifts you will receive.

As a community we are called to protect the life and dignity of the children entrusted to us. You and we are called to give special attention to the most vulnerable among us. Together we are charged with caring for all that God has created.

Because we believe so strongly in the importance of being faithful to this call, we take special steps to make sure our children are aware of what it means to create a safe environment for themselves.

Safe environment education is not education for human and sexual development. It is rather an effort to train young people to recognize when adults or others behave in an inappropriate manner toward them, how to resist, and to report any and all attempts.

Age appropriate information is integrated into the lesson plan taught at each grade level. The curricular points covered in your child's class are listed below. We encourage you to discuss these points with your child. Parents are primary educators of their children and studies have shown that children listen when parents take the time to talk with their children.

If you have questions, please call us.

Thank you for your concern, your care and your dedication to the formation of your child. Thank you for entrusting the precious gift of your child to us.

Sincerely in Christ,

Pre-K

- Discuss that they have parts of their body considered private.
- Learn to respect their private parts and those of others as persons of worth and worthy of respect.

Suggested Parent/Child Follow up

- Review which parts of their body are private
- Remind them that they are special and loved very much.