



**Christian Sexuality Education Lesson Plan**  
**Grade 1-3: Safety and Cyber Safety**

	Grade 1	Grade 2	Grade 3
6A: Good touch and bad touch	<b>Major</b>	Minor	Minor
6B: Unsafe situations and secrets	Minor	<b>Major</b>	Minor
6C: Bad pictures (internet safety)	Minor	Minor	<b>Major</b>
6D: Feeling safe	<b>Major</b>	<b>Major</b>	<b>Major</b>

**1. Lesson Plan Information**

**[Safety]**

**Instructions for servants to pass on to parents. Parents need to teach their kids their private parts' correct names.**

Child sexual abuse is related to sexual body parts.

Name body parts and talk about them at an early age. Talk simply and clearly. Use proper names for body parts, or at least teach your child what the actual words are for their body parts. Feeling comfortable using these words and knowing what they mean can help a child talk clearly if something inappropriate has happened.

When a child or youth tells

What you say and do will help the child or youth feel safe and supported. If they tell you they are being neglected, abused or sexually exploited, make sure you:

- stay calm and react without shock, disbelief, anger, judgement, or fear
- let the child or youth tell you what happened in their own words without interruption
- listen carefully without asking questions
- reassure them that it is right to tell and it is not their fault
- acknowledge how they are feeling (scared, angry, embarrassed, hurt, sad)
- help them feel comforted and supported by saying things like:
  1. I believe you and I will support you
  2. it is okay to feel scared, angry and hurt
  3. I will try to help you figure what happens next
  4. you are brave for talking about this and it is right to tell me

Soon after the child or youth tells you what is happening, find a private place. Write down what you heard and saw. Be sure to:

- use the same words the child used
- describe the way the child looked, how they behaved and other things you noticed
- keep your notes private and secure

### **Sub-Topic:**

- To understand what is a good touch and a bad touch
- To recognize unsafe situations and unsafe secrets that we should not keep and others that we should.
- Internet safety
- How to feel safe

## **2. Verse for the students to memorize**

**G1:** “I have inscribed you on the palms of My hands”. Isaiah 49:16.

**G2:** “ The name of the Lord is a strong tower; The righteous run to it and are safe” Proverbs 18:10

**G3:** “Your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?” 1 Cor. 6:19

## **3. Lesson Objectives**

- Understand the difference between a good (safe) touch and a bad (unsafe) touch.
- Recognize when you are in an unsafe situation and what to do to protect yourself
- Understand the dangers of taking inappropriate pictures of ourselves or others
- How to feel safe

## **4. Teacher’s resources/references to read before the lessons**

- Father Tadros Yacoub Malaty – What is purity?
- Passport to Purity

<https://www.alberta.ca/how-to-help-and-report-child-abuse-neglect-and-sexual-exploitation.aspx>

<https://childmind.org/article/10-ways-to-teach-your-child-the-skills-to-prevent-sexual-abuse/>

<https://teachingsexualhealth.ca/teachers/sexual-health-education>

[https://en.wikipedia.org/wiki/Child\\_sexual\\_abuse](https://en.wikipedia.org/wiki/Child_sexual_abuse)

## **5. Lesson Content and timing**

**Red:** Sub-topic

**Green:** Open ended question for the students.

**Blue:** Conclusion

**Purple:** Verses from the bible

### **A. Review Previous lessons (5 Min.)**

**B. Opening / Icebreaker (5 Min.)** Different for each grade: Example:

**G1:**



Choo-Choo Change have kids make a train, holding the shoulders of the child in front of them. The first child will say an action he or she wants to lead, such as “I like to hop,” and then leads the whole train weaving around the room for about five seconds. After the five seconds, he or she becomes the caboose and the second child takes a turn. However, this time the child repeats the first person’s action and adds an action, such as “[Child’s name] likes to hop, and I like to slide my feet.” He or she leads the kids in hopping for about five seconds and then sliding feet for about five seconds. Then he or she becomes the caboose. Play continues with kids adding new actions until all the kids have had a turn and the train is performing all the actions.

Ask:

- What was most challenging for you as the leader? as a follower?
- Explain whether you prefer to lead or follow, and why.
- When have you needed to be a leader?
- When have you needed to follow?
- What can this game teach us about being leaders and followers?

**G2:**



### Tap & Tell

Let kids get to know each other better through sharing fun facts in this low-energy game.

Have kids stand shoulder to shoulder in a circle facing inward. Choose one child to be the Tapper. The Tapper will walk around the circle once, tapping all the children on the back once, except for one person whom the Tapper taps twice. After tapping each child, the Tapper joins the circle.

Say: After the Tapper has tapped everyone, you'll each take a turn sharing something special or exciting about yourself that you don't think anyone else knows (ONLY FOOD THAT YOU LIKE/Do Not like). If you were tapped twice, share two things about you.

Ask:

What did you like about learning these neat things about your friends?

Why does it matter that you let your friends know the real you?



### G3:



#### Shoe Hunt

A pile of shoes with children running towards the pile. This high-energy game encourages unlikely friendships.

Have each child place one shoe in the center of the room and then move to the outer walls of the room. Quickly mix the shoes, and then say: When I say “go,” choose one shoe from the pile that’s not yours and find the person with the matching shoe. Learn that friend’s favorite food, and then sit down until the person with your shoe finds you. Go!

An extra icebreaker or game to do later

## D'ICE Breakers

	What do you want to be when you grow up?
	If you had a restaurant what it would be called? What food would you serve?
	What is your favorite after school activity?
	How many people are in your family?
	What is your favorite holiday?
	How can you be a leader in the classroom and in the school?

### C. Present the new information/lesson Outline (40-45 Minutes)

**Section I (15-20 Min.):** Please use the related videos and activities listed in sections 7&8 below.

Today we will learn about some troubles that might happen in life, and will learn how to rely on God's protection. God did not promise us a problem-free life, but He promised to be our rescue.

"In the world you will have tribulation; but be of good cheer, I have overcome the world." (John 16:33).

We are children of God, the Holy Spirit dwells in us. God gave each one of us a gift; our bodies and we should keep it safe, holy and clean.

#### 6A: Good touch and bad touch

Discuss with kids safety in a simple way. Safety is how to stay safe and protected when a danger surrounds you. Just like the animals when they sense fear or danger, they react instantly.



Definition of private parts: Parts that are covered by your bathing suits

Why is it covered? Because it is private.



**DEFINITIONS- BAD TOUCH vs. GOOD TOUCH**

We need to learn about good touch and bad touch.

A good touch is usually comfortable, bad touch makes you feel uncomfortable.

Here are more examples to help you know the difference between good touch and bad touch.

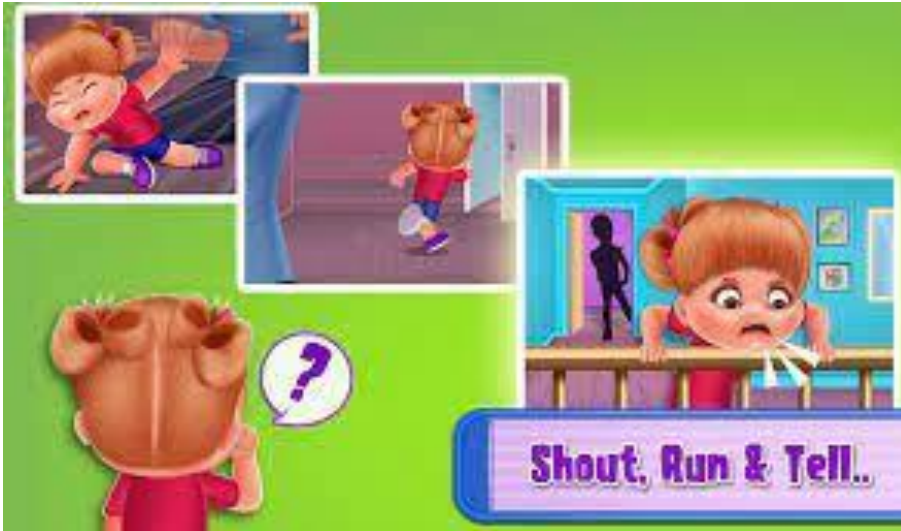


Good Touch	Bad Touch
Parents gentle hugs and kisses (on the cheek or forehead)	Makes you feel afraid, bad, ashamed, etc.
Teacher pats your head or back and says "good job"	A forced touch or hurts you
Gentle friendly hugs by family members	Told that it should be kept as a secret
Shaking hands, giving high fives or a fist bump	Touching private areas (covered by swimsuit)
Touch that does not scare or make you feel uncomfortable	Spitting, slapping, pushing, punching, etc.

Protect Yourself Rule: Shout, Run and Tell!



No one should ever touch you in a private part of your body (covered by a bathing suit), except your parents helping you in shower or a physician with your parents in the room. If someone tries to shout, stop or say, "Do not touch me" loudly and clearly. It doesn't matter who it is or where you are. If anyone tries to touch your private body part or wants you to touch their private body parts, shout at them to stop, run away and tell an adult you trust. Do not be afraid to be as loud as you can. Shout, run and tell!



"Fear not, for I have redeemed you; I have called you by your name; You are Mine." (Isaiah 43:1)



Objectives → Help children understand the difference between good touch and bad touch



## 6B: Unsafe situations and secrets

### EXAMPLES OF AN UNSAFE SITUATION

1. Bad touch: we talked about good touch and bad touch last year (Servant can give a summary from 6A)
2. Bullying and daring: Sometimes if our friend is angry, they may call us a bad name, or start yelling at us. Sometimes they are mean to us and may dare us to do something that we know is not right. They can threaten you if you tell someone about your dare.



Keep your distance if a stranger tries to approach you. Never be alone with someone you do not know or go where they tell you. If you are lost, find the nearest policeman.

Try to avoid being alone with someone in a closed room.

If you find a needle on the ground, do not touch it.

Never cross the street without checking the traffic light.

Do not expose your body in public.

Do not share washrooms, change rooms.



Do not take gifts from someone when your mom and dad are not around. You should ask your parents if it is okay first. Only gifts from trusted people. Parents, teachers or servants.

If you are using a public bathroom, make sure to lock the door.

Keep your daily prayers to God, talk to Him about everything and He will strengthen you, give you wisdom.

If an unsafe touch ever happened to you, you might feel confused, afraid, shocked, or frozen, that is normal. Unsafe touch can be done in a friendly way, such as, "I love playing with you, but if you tell anyone else what we played they will not let me come over again." Or it can be a threat: "This is our secret. If you tell anyone I will tell them it was your idea and you will get in big trouble!"

This is a lie! You must talk about it. Anyone who invades your privacy or tries to touch you in an uncomfortable way, is someone who is not trustworthy. It should never be okay to keep something like this as a secret, these are unsafe secrets.

They might threaten you with worse things. You must tell the event later .

Your parents care for you the most, help them to take care of you by telling everything about the person and what happened.

Unsafe secrets are not okay, and you should always tell your parents if someone tries to make you keep an unsafe secret.

Do not keep secrets from your parents. They love you the most and they want the best for you. Sometimes we are scared to tell secrets because we do not want to get in trouble.

No matter what the situation is, it is never your mistake. Tell your parents or the priest and they will protect you.

If you are keeping a secret, you should tell your parents, be brave. Don't forget God is there to help you, say His name and call your patron saint for help.

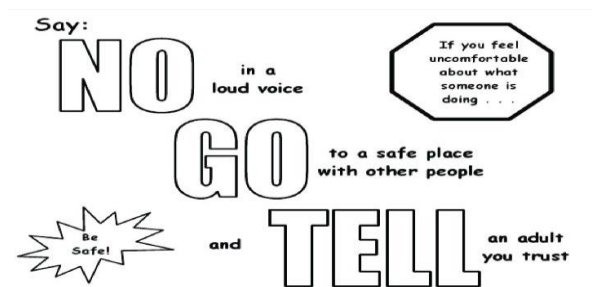
“There is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account” (Hebrews 4:13)

## REMOVE OURSELVES FROM UNSAFE SITUATIONS

- **There are things we can do to help us to remove ourselves** from unsafe situations.
- **This include:**
  1. Getting away
  2. Yelling for help
  3. Always have a buddy with you
  4. Refraining from giving personal information, *or photos of yourself in the internet.*
- **Give other examples of actions to use,** when you are in an unsafe situation.



## UNSAFE SITUATION – HOW TO RESPOND



Servant to explain that hitting is wrong but if someone is hitting you, you should protect yourself. It is important for the servants to emphasize on the tell alot more as the kids might not be as reactive as they could be. So telling later is very very important.

Objectives → Enable children to read into unsafe situations

## 6C: Bad pictures

Do you use the internet? What do you use the internet for?

**Watching videos**



**Sharing pictures**



**Chatting online**



**Personal information**



**Gaming**



You may be allowed to play on your parent's phones. Sometimes, it is fun to take pictures. Remember you need to ask before taking any picture.

Do you remember when we said no one should see or touch your private parts except your parents when they are helping you in shower or a doctor's office? Also, no one should take a picture of your private parts, not even you.

The Human body should be honored because it reflects God's image. Our bodies were anointed with Myron and sanctified by God and should be kept pure and not let the bad image take away our purity.

If we see inappropriate pictures of naked people popping up when you are on the internet or during a movie, we need to cover our eyes. Right away go and tell your parents.

It is not okay at this stage to share pictures with anyone, please ask your parents if anyone asked to share any pictures.



## Watching videos

It can be fun to watch videos online but sometimes you might see or hear something that makes you feel worried, scared or sad.

It is best to watch videos when there is a grown up watching with you, **not on your own.**



## Gaming

Playing an online game with your real-life friends can be great fun. You should **only play with people who you know and trust offline**, like friends from school.

Some games are only for grown ups or older children. Ask your parent or carer to check that the game you're playing is OK for children your age to play.

If you ever feel worried, scared or sad about something that happens when you are playing a game, **tell an adult you trust.**



Objectives → Warn children from bad pictures effect

### 6D: Feeling Safe

God is our creator; He loves us and He is our Savior. We believe that God is there for us to help us and keep us safe. God said, "I have inscribed you on the palms of My hands". Isaiah 49:16.

We love God and we follow His commandments to show our love to Him.

When we pray to God every day, we feel His support and we feel safe. Also, when we read the Bible, we learn how God shows love to His people and how Christians should live.

Talking to mom and dad helps us to feel safe too; we learn from them and they protect us in case of trouble.

God didn't create evil, evil exists because of the lack of good.

However, sometimes kids and other adults misuse the free will that God granted to us as a gift.

Note to servants. Please use the next part for G3 or in simpler words for G2. Also can use an example like Adam and Eve for G1

Free will means that we are all given many choices in our lives – we can choose to follow God’s commandments and be good or choose to disobey God’s commandments. Some people choose to disobey God’s commandments and hurt God’s children. If you see other children doing bad things to you or others, remember that God has placed many trusted people in our lives like our parents, our Father of Confession or our Sunday school Servants. Talk to a trusted adult and they will help you. People, who are choosing to do bad things, will have consequences to their actions. Rest assured God is just. Everyone will be judged according to his or her deeds. “will render to each one according to his deeds” (Romans 2:6).

### How to stay strong

- Talk to your parents



- Read the bible



- Pray



- Go to confession regularly

Objectives → Teach youth how to overcome risks and difficult situations

#### **D. Lesson review and what did you learn in the session? (5 Minutes)**

##### **Review**

- Review?

##### **Questions:**



#### **E. Prayer: (Use part or full)**

*Heavenly Father,*

*Thank you for allowing us to come to you today and listen to this lesson. Thank you for writing me in the palm of Your hands. Thank you for making me a child of yours. I ask you to please guide all my senses so I can stay pure. Guide me to safety and protect me from all evil. Help me to stay strong and know that You are always with me wherever I go. Please help me so I can behave and act like our Lord Jesus and shine Your light in the world. Through the intercessions of St. Mary and St. Mark, please hear us when we say thankfully: Our Father...Amen.*

#### **6. Practical application of the lesson to SSSs lives**

- Inappropriate touches
- When not to keep secrets
- Safety on the internet

## 7. Videos

### 1. Video introduction:

Set expectations in advance for an open discussion around the video.

### 2. Video viewing *(Run the whole video or part of it, according to what matches your presentation flow best.)*

Grades K-3 Barbara Sinatra Centre

#### **G1:** Protect Yourself Rules - Safe Touch / Unsafe Touch

<https://www.youtube.com/watch?v=zNTUMNKSNwk&list=PLQnG1xV-EAO1tZ9EGF98IQ0mXm6KCeCM&index=2>

#### **G2:** Protect yourself – Shout Run Tell

<https://www.youtube.com/watch?v=dkraVxm8If4&list=PLQnG1xV-EAO1tZ9EGF98IQ0mXm6KCeCM&index=5>

#### **G3:** Protect Yourself Rules - A Friendly Stranger

<https://www.youtube.com/watch?v=SY7RhBszp0k&list=PLQnG1xV-EAO1tZ9EGF98IQ0mXm6KCeCM&index=1>

#### **To remove the below:**

<https://www.youtube.com/watch?v=uAD17zMgjHc>

[https://www.youtube.com/watch?v=ZMTBI9Bfl\\_A](https://www.youtube.com/watch?v=ZMTBI9Bfl_A) (12:06-16:17) The telling part

[https://www.youtube.com/watch?v=ZMTBI9Bfl\\_A](https://www.youtube.com/watch?v=ZMTBI9Bfl_A) (8:59-11:52)

<https://youtu.be/a-5mdt9YN6I?t=97>

### 3. Open discussion about the Video.

## 8. Group Activity

#### **G1: (can work with section: 6A)**

*(Examples of good touch and bad touch)*



Your father gives good night hug and kiss.	Your siblings holding your hand while walking.	Someone touches you and asks you not to tell anyone.	Your mother gives you a kiss and hug.
A person touches you in a way that makes you uncomfortable.	Touch that makes you feel scared and nervous.	Someone touches you under your clothing	A pat on your back from your teacher when you do something good.

## Good Touch

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## Bad Touch

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### G2: (can work with section: 6B)

(Secrets)

Together with your child read each scenario and have your child decide whether they think it is a safe or unsafe secret. Discuss how they determined their answer.

1. The teacher asked two students to stay in for recess to help decorate the classroom for a surprise party in the afternoon. The teacher asked the students to keep the surprise a secret.

- A. KEEP SECRET (safe) - correct answer
- B. SPEAK SECRET (unsafe)

2. Zander was walking home from school when an older boy walked up behind him and hit him. The older boy told Zander not to tell anyone or he would hurt him again.

- a. KEEP SECRET (safe)
- b. SPEAK SECRET (unsafe) - correct answer

3. Alex's aunt was making a special anniversary dinner for Alex's parents and told Alex to keep it a secret.

- KEEP SECRET (safe) - correct answer
- SPEAK SECRET (unsafe)

4. Hosea was playing with his friend's older brother on Friday. He touched Hosea in a way that made Hosea feel uncomfortable. The older brother scared Hosea. He told Hosea not to tell anyone.

KEEP SECRET (safe)

SPEAK SECRET (unsafe) - correct answer

5. Dylan's brother is scared to go to the dentist. His dad asked Dylan to promise not to tell his brother about the loud noises some of the machines make.

KEEP SECRET (safe) - correct answer

SPEAK SECRET (unsafe)

6. One of Jasminder's neighbors asked her if he could take pictures of her. He said he would give her candy if she did not tell anyone.

KEEP SECRET (safe)

SPEAK SECRET (unsafe) - correct answer

7. If a family friend of Mason said he would take Mason to the candy store alone with no one else and asked Mason not to tell anyone.

KEEP SECRET (safe)

SPEAK SECRET (unsafe) - correct answer

8. Emma's dad is planning a surprise birthday party for her mom. He told her not to tell her mom.

KEEP SECRET (safe) - correct answer

SPEAK SECRET (unsafe)

**G3: can work with section: 6C**



**1. It is okay to post pictures online**

True

False

Sometimes

**2. Kids see things online that are weird or gross**



True

False

Sometimes



**3. Kids get in trouble when they see bad pictures online**

True

False

Sometimes

**4. When kids see something online that is weird, they should log off**



True

False

Sometimes



**5. It is okay to send pictures or videos through an app**

True

False

Sometimes



**7. It is okay to open attachments from people you don't know**

**True**

**False**

**Sometimes**

**8. It is okay to answer someone who asks weird questions online**

**True**

**False**

**Sometimes**



**9. If kids do something online that isn't safe, they will get in trouble**

**True**

**False**

**Sometimes**



10. If someone gets mad at you online, then you should do what they want



True

False

Sometimes

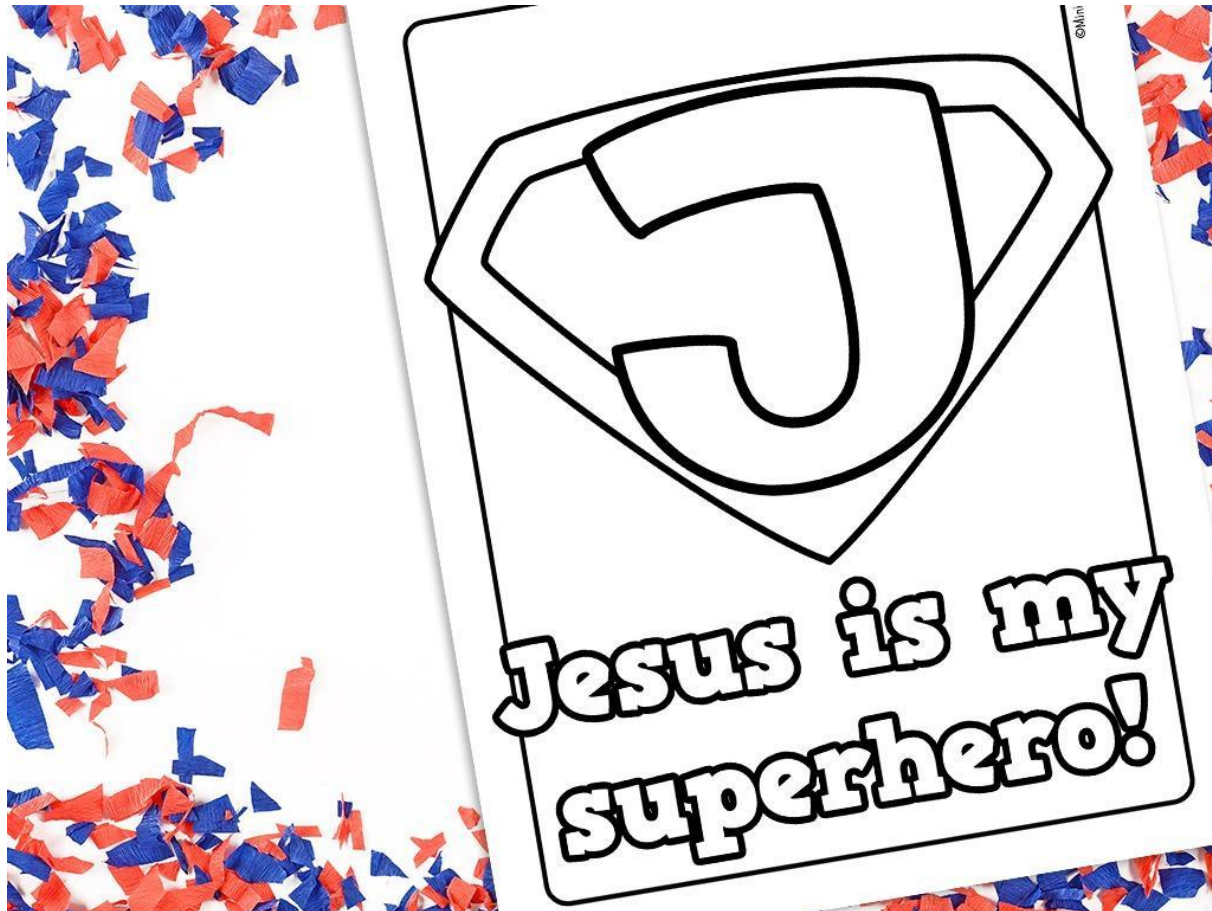
I have a digital picture of myself and someone I met online wants to see it. Is it OK to send it to that person?

Yes

No

### 9. Home Activity with mom/dad

G1:



**G2:**

If you were playing with an older child and they touched you in a private place, then told you not to tell anybody, would that be a good secret or a bad one?

At break time an older boy hits you and warns you not to tell anybody or he will hit you again. Is this a good secret or a bad one?

Your grandmother gives you a box and asks you to hide it as it contains a present for your grandfather. Is this a good secret or a bad one?

Your neighbour asks you to go into their house. You say no, and they say they will give you some sweets if you don't tell anyone. Is this a good secret or a bad one?

A surprise party has been organised for your friend on his birthday. You have been told not to let them know. Is this a good secret or a bad one?

**Another home activity in the following page**

**1. When is it okay to share your full name online?**

- a) Never
- b) If someone asks you
- c) Always

**2. Can you spot the private information? Mark an X through the information that you should not share with people you do not know well.**



My address is  
2524 Sycamore Lane.

I like watermelon.



I like swimming.

My birth date is  
February 5th, 2006.



**3. Which username tells too much about the person that created it?**



a) joe\_brown\_1985



b) i\_love\_goldfish99



c) brown\_dogs\_are\_cool42

**G3:** [Interactive Activity – Be Safer Online! \(netsmartzkids.org\)](https://www.netsmartzkids.org)

either the game or the comic to do at home

- <http://www.zoemolly.ca/app/en/game>