

Diocese of Fort Wayne + South Bend

Good Boundaries Script

Safe Environment Presentation Outline: Fourth- Fifth Grade

*(*Presenter's note: This is the basic presentation to be given to older grade school children. It is for the presenter to make the necessary pedagogical adjustments according to age level. However, the presenter should avoid any audio-visual materials that portray abusive behaviors — such as inappropriate touching.)*

Sirens. Just like a fire truck has a siren to warn us that it is coming and to get out of the way, God has given us different kinds of sirens to help us know when we may be in danger. While we all have sirens, not everyone's are exactly the same. Some people have one in their **stomach**. When they feel unsafe, their stomach will hurt, get tight or feel queasy. Some people will feel it in their **shoulders** and **back**. (*Demonstrate how people may tense up their shoulders and pull them tight up against their ears.*) When they are feeling unsafe their **shoulders** and **back** will get tense and tight and sometimes start to ache. Many just experience sirens in their **heads** and their **hearts**. Their heart will start to beat very fast and a voice will say to them: "Something is not right; something is not right; I feel scared; I feel scared." You may even have all these sirens go off at the same time. You might not know exactly why or how you are unsafe, but these sirens will warn you that you are in danger.

ALWAYS LISTEN TO YOUR SIRENS!!! God gave you these sirens and it is important to listen to them.

Respecting each other's body and personal space. Ask them to tell you what they think this means. This may be a new concept for them, particularly the concept of personal space. Explain to them that personal space is the space that is around your body. Have them stand up and put their arms out and turn around in a circle. Explain to them that the circle they just made around them is their personal space. Give examples such as when you are standing in line, or sitting in a circle you should give the person enough personal space.

Respecting each other's body and personal space is an important part of respecting someone. To respect people means to treat them in a kind and gentle way, in a way that makes them feel that you care for them. This is the way God wants us to treat each other. Since nobody likes to be treated in a way that is not loving or respectful, you should always respect each other's body and personal space.

Point out that when you hit or push others, you are not respecting their bodies and so you are not respecting them. If someone hits or pushes you, you need to tell them to stop and that they are not respecting your body. It is not okay to hit or push them back in order to get back at them — that would not be respecting their bodies; but you can push them back and even hit them if that is the **ONLY** way to protect yourself. Have them define and give examples of "protecting yourself" — pushing or hitting back to get away and avoid further harm.

"Some of you may wonder when and where it is okay to touch someone." Tell them that anywhere your bathing suit covers is off limits. No one at anytime should touch those places. The **ONLY** person that can check those places is the doctor or another health care professional. *(*Presenter's note: all children by this age are old enough to wash themselves and rub on medicine by themselves. Therefore there is no reason that anyone would need to touch them unless it is a doctor doing a check up.)*

Point out that you also need to respect the personal space of those around you. Sometimes even friends are never comfortable having people closer than an arms length away. (*Raise your arm to show them again.*) Have them think of times when it is okay to be closer, such as when you hug someone, when you shake someone's hand, when you are sitting next to your parents on the couch watching TV or reading a book. Make the point that if you feel uncomfortable with how close someone is, you can and should ask them to move further away.

IF AT ANY TIME, YOU FEEL THAT YOU ARE IN DANGER BECAUSE SOMEONE IS NOT RESPECTING YOUR BODY OR YOUR PERSONAL SPACE, YELL FOR HELP AND RUN TO A TRUSTED ADULT IF POSSIBLE.

You can also talk about respecting property and personal items. Remind them that they need to respect other people's property and that, even if it is a friend, they need to ask permission to use or borrow something. They also need to accept "no" as an answer. Your personal items are also something that you can protect. It is okay to share, but someone needs to ask permission to touch your toys, or go into your desk or backpack.

Laws/Rules. Laws are rules which are made for the good of a community. Some laws are for all people at all times. God's laws are like this. The greatest of these is God's command that we love him with all our heart, mind and soul and love our neighbor as ourselves. He also gave us the Ten Commandments. Imagine what the world would be like if everybody followed God's laws! States like Indiana also make laws for the good of the people of the state — like laws against speeding. Different states have different speed limits — but all of them have one. Even a small group of people — like this classroom — has its own rules that need to be followed for the good of all the students. It is very important that you respect all of these laws or rules.

One law that is both the law of God and of the State of Indiana and of any other state is that you do not harm anyone's body. That means you must respect each other's bodies by not hitting, pushing or touching the areas covered by a bathing suit. Unfortunately, not everyone follows this law. You need to protect yourself from people who break this and other laws. If someone harms you or tries to harm you in this way, make sure you tell an adult. Besides telling a trusted adult such as a parent, teacher, counselor, aunt, uncle or grandparent, the police are people that help protect you from people who speed and break other state laws. The police are people you call when someone breaks into your house.

Sometimes, even adults we love and trust break laws and can hit or touch you in inappropriate ways. No matter who they are you need to tell someone about it. It is easier to tell on another student when he pushes you. It is harder to tell on an adult who is not respecting your body, especially on a friend or family member. Sometimes people who break who do not respect your body tell you not to tell anyone. This is not a secret you should keep.

Some adults can be like the weather — you cannot always predict how they are going to behave. Have you ever planned a trip to a fun spot and in the middle of the day it starts to rain? Even if your parents checked the weather channel and it said sunny day with no rain, it might still rain. You think it will be sunny, but it rains. Some adults, who you think will respect your body, do not. Most adults are helpful and will not hurt children, but you have to listen to your sirens when they go off. There are many adults that you can count on to help you stop someone who is not respecting your body or your personal space. If you don't succeed at first, keep searching and telling until you find an adult that will listen and help you.

Adults are here to protect you. You all have your sirens to tell you when you are in danger, but you need to ask an adult to help you avoid more danger or find ways to safety. **ALWAYS LISTEN TO YOUR SIRENS!!! ALWAYS ASK AN ADULT FOR HELP!!!** *(Have them repeat this after you.)* Even if another adult is the one making your sirens go off, you can find an adult to help you. Don't stop telling until you find someone to help you. Telling a friend is not enough. You need to tell an adult. It may be scary to tell someone, but they will help you. Remember to practice protecting your body and your personal space.

1. Listen to your sirens
2. Do not be afraid to resist people and to tell them to stop.
3. Ask for help from an adult

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***Good Boundaries* Script – Safe Environment Education**

Outline for grades 4-5

Note: The content below is the same as that in the text version above. Either may be used to present to the children. The presenter will have to make some adjustments in language according to the age of the children.

CONTENT	SKILL/EXERCISE
Today we are going to talk about some important personal safety information for you.	Have children in circle or other comfortable arrangement to listen.
RESPECTING OUR BODY	
In the Book of Genesis, we learn the stories of creation.	What do we learn about ourselves and creation? (God created each of us. God gave us the gift of life and our body. God gave us this gift because God loves us very much. We are children of God.)
Since we were given such an amazing gift, we should take care of ourselves. When we love and respect our bodies and ourselves, God is happy and we feel good.	How can you love and care for yourself? How do others love and care for you?
All of these things are safe touches.	
PERSONAL SPACE	Let's stand and hold our arms out making a big circle around us.
This space inside the circle is our personal space. We respect ourselves and others when we are careful with each other's personal space.	How do you want others to treat you and your personal space? Ex. Stand 8 ft. apart and have one child walk toward other. Have the still child put up arms and say stop when she/he wants the person to stop. Notice how far apart you are.
Jesus taught us a rule about how we treat each other and care for others. The Golden Rule – We care for others (do to others) as we would want them to care for us (do to us). We treat them in a kind and gentle way and want them to do the same for us.	Respecting others also means respecting their property, personal items, and their feelings. How can you hurt someone without touching them?
There are other times when people touch us that don't feel safe.	How do you feel when someone pushes you or hits you? Ask them to stop. What are other ways you protect yourself?

Some parts of our body are private. These are the parts of my body that are covered by a swimsuit. Only a doctor or nurse may touch or examine my private parts during my check-up.	If anyone ever touches you in a way that feels bad or is in your private parts, say, "NO".
If someone touches or hurts you, it is never your fault. No matter what the person says to you. Do not keep this secret even if told to do this. This is not a good secret. Tell an adult you trust and keep telling until someone believes you and helps you.	Who are some people who you could tell and could help you?
SIRENS, RECOGNIZING DANGER	
When someone hurts us or we may be in danger, we have sirens or warning signs. Some sometimes when we feel unsafe our body hurts.	Has your stomach ever felt sick or hurt? Your shoulders back or head?
You may not know exactly what is wrong, but if your warning bells or sirens are telling you something is not right.....LISTEN TO THEM. God gave you your sirens to tell you something.	When might your sirens go off?
If you ever feel that you are in danger because someone is not respecting you, your personal space, or your private parts, get away, get to a trusted adult and ask for help.	
LAWS/RULES	
Laws are rules that are made for the good of all members of a community. Some laws are meant for all people at all times.	What is the greatest law or commandment that Jesus teaches us in the Gospels? (We are to love God with our whole mind, heart, soul, and strength. We are to love our neighbor as ourselves.) God gave the Jewish people the Ten Commandments.
Other communities also make laws. Our nation makes laws. Individual states also make laws as well as cities. It is very important for us to know the rules and laws and respect and follow them.	What happens when some people choose to ignore to break rules or laws? (Others may be put in danger or hurt. We lose the peacefulness in our lives.)
An important law of God and all states is that no one should harm another person's body. Some people make bad choices and do not obey this law. If any person tries to hurt you or does hurt you, try to get away. Always tell an adult you trust who you believe can help you.	

<p>Sometimes, there are adults who are close to you or your family who can be the ones who may try to harm you or touch you in inappropriate ways, touch you in the private areas of your body. This is really hard. Always remember that what happens is NOT your fault. Listen to your sirens. Tell an adult who will help you. Keep telling until someone believes you and helps you. It is hard and scary sometimes to tell on an adult, but you can do it.</p>	
<p>Remember that many adults in your life are doing things to keep you safe and protect you. God put adults in your life to love you, care for you, protect you, and keep you safe. Never be too afraid to ask them for help.</p>	<p>Who are some adults who can help you? What do adults do to help you feel safe?</p>
<p>So what did we learn today?</p>	<ol style="list-style-type: none"> 1. God created us and loves us. God made our bodies. 2. We each have personal space that is to be respected. 3. We should treat ourselves and others with respect and care (golden rule). 4. Some touches are safe, some are unsafe. 5. We have warning signs when we are in danger. 6. If ever in danger, not being respected, being touched in a unsafe way, get away. 7. Get help from an adult. Keep telling and asking until you get the help you need. 8. There are adults in your life to care and protect you.