



Preparing to teach **Good Boundaries Script (the required annual safe environment training)** to children in preschool – grade 5

1. Getting ready to teach

- Pray/prayer → This is a good way to prepare yourself and begin the lesson.
- Why we teach this? → Reflect on this question. One simple answer: Just like with fire safety, each of us needs to know how to stay safe especially when mom or dad is not with us. This material is important personal safety information that every child needs to know.
- Read material several times to become familiar with it.
- Realize that you may never feel “at ease” about presenting this. This is normal.
- Enlist a second adult to help as support if you would like.
- Ready any props or tools to help that you would like to use.
 - Teddy bears/dolls for younger ones
 - Coloring sheets, crayons
- Choose a comfortable location.

2. The training material

The *Good Boundaries Script*, commonly known as the *Script*, is the required educational material for children in preschool to grade 5. There are two different *Scripts*, one for preschool - grade 3 and a second for grades 4 - 5. Each *Script* is written in two formats – a written text and an outline. Both formats contain the same information. The parent should use whichever format she/he prefers. Available at: <http://www.diocesefwsb.org/Safe-Environment-Training-Children-and-Youth>

Two more *optional* resources are also at the website address given above. They are coloring pages that reinforce one important aspect in the educational material. The first coloring page, *Children in Swimsuits*, is meant for younger children, for example, preschool – grade 1. The second coloring page, *Children’s Faces*, is for older children, perhaps grade 2 or above. These are resources to use in addition to the *Good Boundaries Script*.

3. Teaching preschool – kindergarten

- Introduce the material as “important personal safety information for you”
- Section one – Respecting our body
 - Voice tone, gentleness, and eye contact will help get this fundamental message across



- Section two – Personal space
 - Stand for circles
 - Sit again for questions and answers
 - With smaller children, use of girl & boy teddy bears with swimsuits may be helpful
 - Have children repeat with you the important messages
 - Say NO, get away, tell an adult who will help
 - Ask: Can you think of some adults who would help you if I were not there?
 - Section three – Sirens, recognizing danger
 - Examples of sirens, feelings
 - Have children repeat important messages
 - LISTEN to sirens (feelings)
 - At this point, it may be enough for them. If you only make the points of the first two sections that may be all you can do.
 - Coloring sheet after the talk – swimsuit page only. Do not let them play with it during the talk. Send home for discussion.
- 4. Teaching first – third grades
 - Same as above, but you will get more awkwardness and giggling rather than lack of attention.
 - Should be able to get good discussion and should be able to complete three sections.
 - Same suggestions on coloring sheet. Also, grade three may be ready for Sirens coloring sheet.
- 5. Teaching fourth – fifth grades
 - Introduce the material as “important personal safety information for you”
 - Section one – Respecting our body
 - Voice tone, gentleness, and eye contact will help get this fundamental message across
 - Section two – Personal space
 - Stand for circles
 - Sit again for questions and answers
 - Have children repeat with you the important messages
 - Say NO, get away, tell an adult who will help



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- Ask: Can you think of some adults who would help you if I were not there?

- Section three – Sirens, recognizing danger
 - Examples of sirens, feelings
 - Have children repeat important messages
 - LISTEN to sirens (feelings)

- Section four – Laws/rules
 - Classroom rules – what are examples of these that you follow
 - Optional use of Golden Rule exercise

- Coloring sheet after the talk – Sirens page. Do not let them play with it during the talk.

- 5. Concluding presentation – have the children list with you the important things they learned



Safe Environment Presentation Outline: Fourth- Fifth Grade Good Boundaries Script

(*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



Safe Environment Presentation Outline: Fourth- Fifth Grade 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	Respecting others also means respecting

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.	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	What happens when some people choose to ignore to break rules or laws?

<p>make laws as well as cities. It is very important for us to know the rules and laws and respect and follow them.</p>	<p>(Others may be put in danger or hurt. We lose the peacefulness in our lives.)</p>
<p>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>	
<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.

Sirens

Safe kids know that their feelings are important.
Trusting certain feelings can help keep you safe.
Sometimes before something bad is going to happen, kids feel:



Scared



Angry



Suspicious

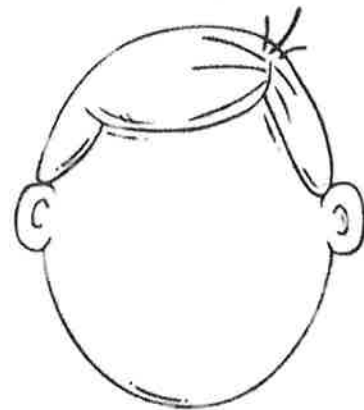
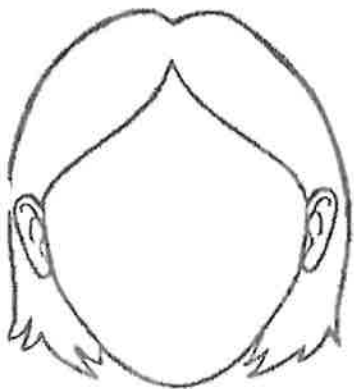


Creeped out



Nauseous

These are warning feelings.
Draw a face to show your warning feeling.



You may not know exactly what is wrong, but if your warning feelings or sirens are telling you something is not right...LISTEN TO THEM.

Name: _____

I know about keeping myself safe...

Circle T if the statement is true or F if the statement is false. If a statement is false, cross out the incorrect part and make the statement true.

1. T or F God gave me the amazing gift of my body. God loves me. I am good and lovable in God's eyes.
2. T or F I need to take care of my body and keep it safe.
3. T or F I should be respectful of my personal space and the personal space of others only when I feel like it.
4. T or F I should treat others as God wants me to treat them and use only safe touches.
5. T or F My private parts of my body are where my shoes cover.
6. T or F My warning signs help me know dinnertime and I should listen to them.
7. T or F Laws and rules help our community. I should follow these to keep myself safe and others.
8. T or F If I am being hurt or touched in an unsafe way, I should try to get away. I should never tell anyone about this.
9. T or F It is NEVER my fault if someone hurts or touches me in inappropriate ways, like where my swimsuit covers.
10. T or F There are adults in my life who can help me if I need it.

The name of an adult who could help me is: _____

Name: _____

I know about keeping myself safe...

Circle T if the statement is true or F if the statement is false. If a statement is false, cross out the incorrect part and make the statement true.

1. T or F God gave me the amazing gift of my body. God loves me. I am good and lovable in God's eyes.
2. T or F I need to take care of my body and keep it safe.
3. T or F I should be respectful of my personal space and the personal space of others ~~only when I feel like it.~~ *(always)*
4. T or F I should treat others as God wants me to treat them and use only safe touches.
5. T or F My private parts of my body are where my ~~shoes~~ cover. *(swimsuit covers)*
6. T or F My warning signs help me know ~~dinnertime~~ and I should listen to them. *(danger)*
7. T or F Laws and rules help our community. I should follow these to keep myself safe and others.
8. T or F If I am being hurt or touched in an unsafe way, I should try to get away. I should ~~never tell anyone about this.~~ *(an adult that I can trust to help me)*
9. T or F It is NEVER my fault if someone hurts or touches me in inappropriate ways, like where my swimsuit covers.
10. T or F There are adults in my life who can help me if I need it.

The name of an adult who could help me is: _____



Verification Form

To: Parents/Guardians

Date: School Year

Re: Training for students in Catholic schools and parish religious education programs

After you have instructed your child(ren) in the safe environment lesson provided by your parish or school, please complete the information below and return as directed.

Name of student: _____

Parish/school name: _____

Grade: _____

Title of lesson taught: _____

Name of student: _____

Parish/school name: _____

Grade: _____

Title of lesson taught: _____

Name of student: _____

Parish/school name: _____

Grade: _____

Title of lesson taught: _____

Name of student: _____

Parish/school name: _____

Grade: _____

Title of lesson taught: _____

I have received the training materials and used them to teach my child(ren) the lesson as requested.

Signature of parent/guardian: _____

Printed name: _____

Date: _____