# Script for EGC Lesson 4 for 3rd – 5th graders.

*For this lesson, you will need to print out the appropriate student workbook and provide writing utensils for the activity pages.*

## Slide 1: Secrets, Surprises, & Promises

*\*\*\*Introduce yourself then explain why you & the kids are there - \*\*\*\**

Today we will be talking about the differences between secrets, surprises, and promises. We will learn how to keep ourselves and others safe.

## Slide 2: Catechism & Definitions

First, we will start with a Bible quote and a short prayer:

*“Do not be afraid of them, for I am with you to deliver you, says the LORD.” – Jeremiah 1:8.*

*Lord, I know that you are with me, and I want to be like you. Help me to be brave and strong. When I need your guidance, remind me that I am not alone. Remind me that I can face any challenges with your grace supporting me. Amen.*

Let’s go over a some definitions to get started with our lesson.

A private body part is a body part that would be covered by a swimsuit.

A rule is a guide for conduct or action. We follow rules to make sure we are safe – just like how we have cross walk rules when we cross the street to keep us safe from cars, or privacy rules like knocking before entering a room.

A limit is the point or edge beyond which something cannot go; i.e., the furthest edge of something. An example of this is the fence in a backyard. We can’t go farther than the fence, because the fence is the limit.

Boundaries are limits that define one person as separate from another or from others. There are boundaries you can see (like a fence around a yard) and boundaries you can’t see (like the comfort zone bubble around us called our “personal space”). Boundaries vary depending on the relationship with the other person. For example, a boundary between you and your grandparents will be different from the boundary between you and a coach or teacher.

When someone crosses a boundary of ours, whether in-person or online, we should say “no”. Saying “no” means to refuse, deny, reject, or express disapproval/dislike of something. This includes any kind of words or actions that you do not want something to happen or continue. If someone is doing something that makes you feel uncomfortable, it is okay to say no, leave the situation, and tell a safe adult. It’s okay to say no even if that person is an adult.

Question: Can anyone think of a rule or boundary that we have in the classroom? *(allow for answers and give examples).*

Safe adults and safe friends are people who will not hurt you without necessity and will not intentionally confuse you. Safe adults and safe friends have your best interests in mind and their actions are safe. Safe adults may be doctors that give us shots to keep us healthy or an adult who stops us from running into the road without looking both ways.

Unsafe adults and unsafe friends may put a child at risk of emotional or physical harm. Unsafe adults and unsafe friends may break rules or ignore what your parents tell them to do. Unsafe adults and unsafe friends might pop our personal space bubble or ask us to keep secrets or promises, even though we know we should tell our parents or other safe adults.

Secrets are things that are kept hidden & never told or explained. Secrets can exclude others and have the potential to be unsafe or hurtful. Sometimes secrets cause the person involved to feel scared or nervous. If someone tells you to keep something a secret, tell a safe adult right away, especially if you feel uncomfortable, scared, or unsafe. You won’t get in trouble for telling the secret.

Surprises are typically happy, joyful, and temporary (meaning they will be revealed to everyone soon). Surprises should be safe and fun. They are meant to create joy for everyone.

When you make a promise, you are declaring that something specific will happen – that you will either “do” or “not do” something. Promises can be good, however, we should never make promises that involve keeping quiet about anything unsafe or uncomfortable.

A threat is when someone says they are going to hurt you, someone you love, or something you care about if you don’t do what they want you to do. If someone ever threatens you, tell them to stop AND then go tell a parent or safe adult right away. No one has the right to say threatening things to you and a safe adult will always work to protect you.

## Slide 3: Secrets v. Surprises

We know that a secret is something that is intended to never be told. They’re unsafe, especially when they have to do with our boundary and safety rules. Boundary safety involves rules like when we tell a safe adult when we’re uncomfortable or scared, and how we tell a safe adult right away if someone asks us to keep a secret, threatens us, or tries to touch or see our private parts. Knowing about secrets is an important part of our boundary safety plan, because they impact our safety and the safety of others.

A surprise should always be safe and have a expiration date where it will be revealed. Examples of some surprises are bringing someone flowers after they reach one of their goals or attending a surprise birthday party to celebrate a friend.

Now we will take some time to work on the first activity in your workbook: Opposites – Surprises vs. Secrets. Read each question and circle the correct response from the options to the right of each question. You will be deciding whether each statement is safe or unsafe, and we will discuss the answers together afterwards.

*\*\*Give the children time to read over the worksheet in their workbook and complete it.*

Now, let’s go over each answer.

*\*\*Go through the questions one by one, asking students to say what they answered and why. Remember to affirm correct answers by saying that unsafe secrets place ourselves and others at risk of being hurt emotionally or physically. Safe surprises will always have a time limit, and are meant to make everyone happy and joyful.*

Thank you all for sharing your answers and reasonings. Before we close the lesson, does anyone have any questions about what we have talked about today?

*\*\*allow for questions and answers*

Slide 4: Closing Prayer

**Closing Prayer**

Dear God, thank you for making each of us unique and special in your image.

Thank you for also giving us similarities, like our right to dignity and worthiness of respect.

Help me to live in peace in times of confusion.

Help me to remember to respect myself and others, as I would like others to respect me.

Help me keep strong boundaries, and thank you for placing trusted adults in my life.

Please give me the courage and confidence to speak up for myself and others if I see anything that does not seem right.

Amen.