# Script for EGC Lesson 4 for K-2nd graders.

*For this lesson, you will need to print out the appropriate student workbook and provide coloring materials for the coloring page. Depending on the reading level of the children, the Formation Director or DRE may choose to only print out the coloring page, as the rest is written.*

## 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 couple 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.

*Ask:* Is it okay to keep a surprise birthday party for a friend a secret? *(correct answer: yes, this kind of surprise does not cause anyone to be scared or unsafe)*

*Ask:* Your neighbor wants you to watch a scary movie. You don’t want to, and you know your parents would say no but he tells you it would be a secret. Should you tell your parents about this? *(correct answer: yes - allow for answers and talk about following rules to keep us safe).*

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.

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.

1. My friend tells me that her family friend gives her soda, even though her parents don’t let her drink soda yet. Her family friend has told her to keep it a secret. Should you:  
   (a) tell her to tell her parents or a safe adult to make sure it is safe for her to drink soda AND tell your parents or a safe adult about the situation, OR

(b) tell her parents probably wouldn’t mind their rules being broken?

Put your hand up if you are voting for option (a). *Count Votes.* Put your hand up if you are voting for option (b). *Count Votes.* If you voted for option (a), you are correct.

Question: Can anyone tell me why she should tell her parents or a safe adult that her family friend has been breaking the rules to give her soda and asked her to keep it a secret? *Allow for answers.*

Right, so 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.

1. I am going to list some possible boundary safety rules. Raise your hand if you think it is a real rule that you should utilize in real life:
   1. Say “No” and “Stop” if someone shows you unsafe, scary, or inappropriate pictures or videos. *(Wait for hands)* Correct! This is a boundary safety rule!
   2. If you feel nervous, keep it to yourself. *(wait for hands).* This one is incorrect – If you feel nervous, tell a safe adult so you can have their support for whatever is making you nervous!
   3. If you feel scared, uncomfortable, or if someone tries to see or touch your private parts, tell a safe adult right away. *(Wait for hands)* This is Correct! This is a boundary safety rule.
   4. If someone is doing something unsafe or dangerous, you should leave the situation if possible and tell a safe adult. *(wait for hands).* Correct – this is a boundary safety rule!

## Slide 3: Boundary and Safety Badge

*Please note that for this part of the training, the children can color the coloring page or write in their answers on the badge reflection page. Their ability to write on the badge reflection page will likely depend on their reading ability. This page may be omitted or used with parents at home after the lesson if the Formation Director so chooses.*

As we talk a little bit more about secrets, surprises, and promises, please feel free to color the boundary and safety rules coloring page.

Queston: Can anyone tell me what some safety boundaries or rules are? (*allow for answers*).

Thank you for sharing. Some safety boundaries and rules are to say “No!” if someone shows you anything unsafe, scary, or inappropriate. If this happens, you should also try to leave if possible and go tell a safe adult right away. If someone makes you feel scared, uncomfortable, or tries to see or touch your private parts, you are allowed to say “No!”, leave the situation, and tell a safe adult. You won’t get in trouble for telling someone about what has happened.

Safety boundaries are important because they keep us safe and they let us know that we have a right to be safe. Safety rules help us tell safe adults if we have a problem, if we’re scared, or if we’re uncomfortable.

Question: Can anyone tell me what a secret is? (*allow for answers*)

Secrets are pieces of information or actions that people ask us not to share, or that we are scared of sharing with others. Secrets are kept hidden and are never meant to be told. They can make us feel scared or uncomfortable, or even sad. They also sometimes involve situations where someone might get in trouble if the secret is shared.

It is important to remember that keeping secrets may effect our safety. When it comes to your safety and the boundary rules, it is NOT OK to keep secrets. Tell a safe adult right away if someone tells you to keep something a secret that makes you feel unsafe, uncomfortable, or scared. You will not get in trouble for sharing this secret.

Question: Can we keep little secrets? (*allow for answers*).

If someone tells us that it’s just a little secret and that it’s okay to keep it, it is still NOT OK! We can keep surprises for a very short amount of time because we know we will eventually share the surprise, but we must always share secrets with safe adults.

Even if it is one of our best friends asking us to keep a secret, it is not okay to keep it.

Question: Are secrets and surprises the same thing? (*allow for answers)*

No, sometimes they might look similar, but secrets and surprises are NOT the same thing. Surprises are happy and joyful. They are temporary and meant to be shared with others eventually, like when we have surprise parties or when we buy a special present for someone’s birthday, or if we have made a special dessert for someone because they did a good job. They can always be shared with safe adults.

Question: What if no one told us a secret, but we feel like we have a problem? Should we keep our problem a secret? (*allow for answers*)

Problems can be big or small; they can be small, little things like puzzles or big things like emergencies. Problems are meant to be solved. They can involve our fears and emotions. Sometimes we place boundaries in place to prevent problems or be prepared for them.

We should talk to safe adults when we feel like we have big or little problems. Problems are never meant to be kept silent or kept secret, because that is unsafe and can be stressful. Problems should always be shared with people who can help us. Safe adults are there to help you, like with packing your lunch or driving you to school, they are also there to help you figure out how to solve any problems you encounter.

Question: Can anyone tell me what they know about safe adults and safe friends? *(allow for answers)*

Safe adults and safe friends won’t hurt you or intentionally confuse you. They listen to and consistently respect your boundaries, and they follow the rules. You probably have many safe adults in your life. Safe adults do things to keep you safe like helping you cross the road safely, helping you get a shot at the doctor, or putting a Band-Aid on your knee when you scrape it.

If you have a problem or something feels unsafe or uncomfortable, you should tell a safe adult right away.

Remember that secrets are not safe. If someone asks you to keep an unsafe touch a secret, even if it tickled or felt good, you should tell a safe adult right away. You have the right to be safe.

## Slide 4: Closing Prayer

Question: Before we close this lesson with a prayer, does anyone have any questions? *(allow for questions and answers)*

**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.