

Safe Environment Education First Grade

"He Loves, He Hopes, He Waits." - St. Maria Goretti



Healthy Boundaries

It is good for first grade students to understand their own comfort levels. Conversations with your children could include making them aware that they can say no to an adult if they do not like what the adult is doing. Giving children the words and the encouragement to speak when they are uncomfortable is very important. For example, "Please stop. I don't like that."

What are some words that you could use when you feel uncomfortable?

How can you say no to an adult that is doing something you do not like?

Communication

Those that groom children for abuse will use secrets to isolate and manipulate kids. It is best for parents to have discussions with their children about what secrets are and when they are appropriate to keep. Building up a relationship where kids understand that secrets between just two people are not good, and that parents should always be able to be a part of a secret shared with others.

What are secrets? Who should know secrets that are told to you?

What should you do if an adult wants you to keep a secret?

Technology

Children today are surrounded by technology. Even at the young age of first grade it is important to start talking about which websites and social media are allowed to be used in your family. It is essential to discuss the importance of asking permission to go to different sites or to watch new shows. Parents should be modeling the behavior they are expecting as children at this age are learning from observing how others are using technology.

What are some good uses of electronics/technology?

What would be some good limits on use of electronics/technology?

Body Awareness

Children need to have awareness of their bodies. It's important to have discussions with them regarding appropriate uses of their bodies, including where it is appropriate to touch. Along with respecting their own bodies, they need to be respectful of other people and their bodies.

How can we respect our own bodies? How can we respect other people's bodies?

What can you do if someone touches you in a way that you do not like, or in a place they should not touch?

Theology of the Body

"The body shows to us the invisible reality of God. God created our bodies in His image so that we may learn about Him from our bodies. If we have a bad image of our own bodies it will be more difficult to understand and love God. We need to find God through others." ~T.O.B. 19:4

SOURCES: Statistics on resource page: www.d2l.org ~ Technology: Chris McKenna @ Protect Young Eyes
Body Awareness and Boundaries: Amy McNamara, LCSW; AM Counseling Services, PLLC