

Safe Environment Education Fourth Grade

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



Healthy Boundaries

Fourth grade can be a tough year where children struggle to figure out the difference between mean behavior and bullying. Bullying behavior is repeated, intentional and 100% the fault of the person who is showing the mean behavior. It is never the fault of the person who is being mistreated. Everyone has been mistreated at some point, and that is not their fault, regardless of how they look, act or what they enjoy. Teaching our children this fact can lift a weight from their shoulders so that they understand they are not responsible for the mean behavior of other people. It is important that children learn that often the people who are hurting are the ones who choose to hurt others. They bully and could be being bullied and not know how to react and thus cause them to lash out. This knowledge can help our children better understand these situations.

When someone is mistreating you, what could you say to them? What is something you could tell yourself when this happens to you?

If this behavior continues and you've tried to tell them to stop, who could you tell to receive help?

Communication

Secrets feel special at this age of a fourth-grade child. It can make one feel unique or set aside as someone special. It is important then to be sure to continue conversations with your children about how special they are to you. These conversations bring opportunity to discuss with the child what a secret is, and how parents and other trusted people should know all secrets, especially one that someone is trying to get them to keep from others.

What are some things you think I feel are special about you?

Why would someone want you to keep a secret? Who should you tell secrets to?

Technology

YouTube is a dominant force with this age child. It is among the most popular app with tweens and teens recording over 80,000 hours of video content watched every second. Video content can be very beneficial. However, it can also be some of the most horrible, violent, explicit content imaginable. Every kid who watches YouTube will eventually see something harmful. It is important to self-evaluate, is YouTube under control in your home? Is Restricted Mode locked in? Are you curious about the videos children like to watch? Does your child know exactly how to handle confusing or explicit content they might encounter?

Do you know what to do with YouTube videos that are scary, uncomfortable or violent?

How would you handle a violent video that is shared in a group chat with other kids?

Body Awareness

Our bodies will instinctually tell us when something is not right. It is important to help children understand this and to learn to listen to what our bodies are telling us. Learning that our bodies naturally get anxious to protect us will help them learn what is right and wrong when they are away from parents. Sometimes we may feel anxious if we really care about something or want it to go well, but our bodies will also tell us that something or someone is making us uncomfortable. It is essential to help children realize this and then to tell the person to stop or a trusted adult.

Has your body ever given you a feeling of being uncomfortable, or that something didn't feel right?

What can we do to help you be comfortable when you come to us because you feel unsafe or nervous?

Theology of the Body

The human body includes right from the beginning... the capacity of expressing love, that love in which the person becomes a gift and by means of this gift fulfills the meaning of their being and existence.