

# Safe Environment Education Kindergarten

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



## Healthy Boundaries

Kindergarten is a great age to talk about boundaries to develop comfort while saying things like hello and goodbye. Children should not feel pressured to give anyone hugs and kisses if they are not comfortable with it. Letting them know that they are the boss of their own bodies and giving them the option of giving a high five, a fist bump, or just a wave would be appropriate, kind and respected.

***If you don't feel comfortable giving someone a hug, what could you do that would be comfortable for you?  
If you feel uncomfortable, who could you get to help you?***

## Communication

It is good to set up from a very early age the idea of open and honest communication between children and parents. By the time children are in kindergarten they can start to grapple with the idea of truth and lies and begin to better understand what it means to not tell the truth. They are also very motivated by not disappointing their parents and teachers. Now is the time to let them know you will always love them even if they do something wrong and it is always best to tell the truth.

***Do you understand the difference between a truth and a lie? Explain for me.  
I will always love you even if you make a bad choice, can we agree that you will always tell me the truth even if it means you had made a bad choice?***

## Technology

At this age, a child should never be left alone with anything connected to the internet. Parents and caregivers should always be nearby with one eye on everything a child is doing online. This also means using "allow lists" only, preventing kids from browsing in the digital spaces where they like to be: like YouTube Kids or search engines. Only allow them to visit certain spots that you've programmed into the app or device so that they don't accidentally see something life-altering.

***If you see something scary or weird online, you'll never be in trouble if you tell me. Does that sound good?  
Let's practice.  
I want you to pretend you see something online that bothers you. What would you do?  
(Put it down! Tell someone!)***

## Body Awareness

At this age, it's important to discuss with children when it's important to keep their hands, feet, and bodies to themselves, and what that looks like. For example, everyone has an invisible bubble, if we get too close to someone who does not want to be touched, we could pop their invisible bubble. Just like other people have a bubble, so do we; if someone is in our space and we don't like it, we might get uncomfortable.

***If someone doesn't like us in their space, what is something they might do to show us that?  
What is something you could say if someone is in your space and you feel uncomfortable?***

## Theology of the Body

*"The body, and it alone, is capable of making visible what is invisible: the spiritual and the divine. It was created to transfer into the visible reality of the world the mystery hidden in God from time immemorial and thus to be a sign of it."* ~T.O.B. 19:4