

## Lesson 2

### The Stoplight: Home Activity Sheet for Parents

The goal of Lesson 2: The Stoplight - Feelings, Touch, and Secrets is to help children identify safe and unsafe situations/secrets. The children are now better able to understand that God does not want or cause bad things to happen to them, to understand that God is with them and for them even when they are hurting or sad. They are able to identify when someone comes into their *Circle of Grace*, and to recognize safe and unsafe touch in a person's *Circle of Grace*.

In this lesson, we use the analogy of a stoplight to connect a green signal with safe situations, a red signal with unsafe situations, and a yellow signal with situations in which a child might feel confused or unsure. We also used the stoplight analogy to discuss secrets. Most offenders use secrecy as a tactic to control the child from telling about the abuse. It is important that the students understand the difference between a good secret and a bad secret. This understanding could be key to them seeking help. Sometimes it is hard for a child to distinguish between the yellow and red situations. When that happens, children need to talk to someone they trust like their parents, leader, or other trusted adult. Learning to be more aware of these signals helps children recognize them as one of the main ways the Holy Spirit helps to guide us.

It is important for you as parents and guardians to reinforce this lesson at home with your child. You are encouraged to talk with your child about real situations in his or her everyday life and invite your child to identify whether the situations are green (GO AHEAD, this is safe), red (STOP, this is unsafe always talk to a trusted adult before acting), or yellow (BE CAREFUL, always talk to a trusted adult before acting).

Your support of the *Circle of Grace* Program is essential and very much appreciated as we strive to provide the safest possible environment for our children.

## **Lesson 3**

### **The Trusted Adult: Home Activity Sheet for Parents**

The goal of Lesson 3: In this lesson, we ask children to name and draw a picture of trusted adults (in addition to their parents). Please ask your child to show you this drawing. If your child names someone you find inappropriate, please help him/her to identify someone else.

Please contact these individuals to let them know you and your child have identified them as trusted adults. This can be done in person, by phone, or a letter. (Letter-writing is a fun activity you can do with your child.) Being identified as a trusted adult will most likely make them feel honored as well as alert them to your safety plan for your child.

Please have your child return the drawing with your signature as a confirmation for us that you received this information and discussed it with your child. Please call the parish, school, or religious education office if you have questions.

**Thank you for your cooperation!**