

Sixth, Seventh, and Eighth Grade

Time: One 90-minute session or

Two 45-minute sessions

MATERIALS NEEDED:

- Script
- Opening and Closing Script for All Parish Grade Levels
- Fidget Spinner (if choosing to use “The Trinity Models Relationship” Opening Option)
- Items for optional activities
 - Whiteboard or presentation paper to write on (see page 16)
 - **Safe People Chart Worksheet**

GOALS:

Children will be able to:

- Understand that there is a relationship between their Catholic faith and their personal health and well-being (designated by the † in the left column)
- Identify the choices that we have for ways we treat others and choices we have for what we do when something bad happens to us
- Identify the four types of child abuse
- Identify the difference between public/private places
- Identify the four private places
- Differentiate between good, bad, and secret touches
- Identify the “alarm system” that God created to allow us to know when things are not “right” -- the “uh-oh” feeling
- Define boundaries
- Identify when boundaries are being violated
- Identify what to do when boundaries are violated
- Describe the difference between secrets and surprises
- Describe characteristics of a safe person
- Identify safe people inside and outside of the home

Sixth, Seventh, and Eighth Grade Script

Objectives	Notes	Script
	<p>†</p> <p>†</p>	<p>Let's take a deeper look at relationships. Relationships can be very good. Can you give an instance where you have had a positive relationship with someone or a group of people? [Examples: family, your best friend, friends at school or camp....]</p> <p>God created us to love, and God created relationships to be fruitful and good. But, God also created us with the freedom to make our own choices, and sometimes we mess up.</p> <p>Has there been a time when you made a bad choice and said something mean to someone in your family? When you have hurt someone in a relationship, you say you are sorry and you make amends with one another.</p> <p>Sometimes, someone that you are in relationship with does something to hurt you, and we are here today to talk about when things go wrong in a relationship. Not like when you or someone else said or did something mean to a friend or family member and asked for forgiveness, but when someone really hurt you.</p> <p>God never wants us to be hurt, and we are going to talk a little bit more about this. It is important that you are aware that sometimes adults hurt children and you need to know that there is something you can do if you, or someone you know, encounters this.</p> <p>We are going to talk about being safe and what to do when things that are not safe happen in our relationships.</p>
Identify the four types of child abuse	<p>†</p>	<p>The first thing we are going to talk about is child abuse.</p> <p>Before we go any further, we need to be clear. Child abuse is never okay. It is never something God intended for children to experience because it never properly conveys God's love and His desire for us to experience love.</p> <p>So what is child abuse? Child abuse is when other people hurt children and their bodies.</p> <p>You might be thinking: "Why do we need to talk about child abuse? Aren't we too old for this?"</p> <p>Unfortunately, child abuse happens to young people of all ages.</p>

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		<p>As children get older, sometimes it is harder for them to tell someone when abuse is occurring.</p> <p>Children are often not sure if something really is abusive or not.</p> <p>Does anyone know how many types of child abuse there are? Four, right!</p> <p>Can anyone name one? <i>[Take answers until you have all four.</i></p> <ul style="list-style-type: none"> ● <i>Physical Abuse</i> ● <i>Sexual Abuse</i> ● <i>Emotional, Verbal or Mental Abuse (all mean the same)</i> ● <i>Neglect]</i> <p>Three of them, <u>Physical Abuse</u>, <u>Emotional Abuse</u>, and <u>Neglect</u>, are committed by adults who are in charge of you.</p> <p>Sexual Abuse can be committed by anyone; other kids or grown-ups.</p> <p>Let's start with EMOTIONAL ABUSE.</p> <ul style="list-style-type: none"> ● This is when your caregivers say mean, hurtful things <u>over and over</u> again. <ul style="list-style-type: none"> ○ For example: "You are so stupid; I wish you were never born; I hate you; you never do anything right." ● Emotional Abuse is <u>not</u> when a grown-up says things that you do not like. <ul style="list-style-type: none"> ○ For example: "Go clean your room; set the table; you can't play a video game; you can't watch YouTube; wear this outfit today." These are all appropriate things for a grown-up to say to you, particularly your parents or other adults in charge. ● Emotional Abuse hurts you on the inside. What your caregivers say affect how you think about yourself. <ul style="list-style-type: none"> ○ For example: If your grown-up tells you that you are stupid all the time, you may start to think that about yourself. And that is not okay. ○ God made each of us in His image. Would God say "you are stupid" to you? Of course not! Which is why it is not okay when someone says it repeatedly

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	†	<p style="text-align: right;">to you, and why you should not say it to anyone else either!</p> <p>Does anyone have any questions about Emotional Abuse - what it is, what it is not?</p> <p>Next, we are going to talk about Physical Abuse.</p> <p>PHYSICAL ABUSE is:</p> <ul style="list-style-type: none"> ● Non-accidental physical injury that causes bruises, broken bones, or black eyes. <p>There is a difference between abuse and punishment.</p> <p>When you make a bad choice or do something wrong, you probably will suffer a consequence, like no phone or video games for a week. This is a punishment, not abuse.</p> <p>Abuse is when someone hurts your body on purpose, leaving a bruise or causing a broken bone, or giving a black eye.</p> <p>Let's look at some examples:</p> <p>You get in trouble at school for talking back to the teacher. Your teacher calls your dad. When you get home, you have a big fight with him, he punches you and gives you a black eye. Is this Physical Abuse?</p> <p>Yes – he caused an injury, gave you a black eye. This is abuse.</p> <p>You fight with your sister and slap her. Your mom sends you to your room and takes away your phone, tablet, and Xbox. Is this Physical Abuse?</p> <p>No – these are consequences for making a bad choice.</p> <p>Are there any questions about the difference between abuse and punishment?</p> <p>So, now we will talk about Neglect.</p>

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		<p>NEGLECT is:</p> <ul style="list-style-type: none"> ● When your caregivers do not give you the basic things you need to be healthy or safe like food, clothing, or shelter. ● It is also when a parent or caregiver does not feed a child on purpose. They hide or lock up the food. <p>Neglect is not:</p> <ul style="list-style-type: none"> ● When you do not get a pair of shoes or expensive jeans you want. ● Or, when you do not get a snack or dessert every day, or do not get to go out to dinner when you want to. <p>These can be consequences for a bad choice or because of financial choices your parents have to make. They are not, however, examples of neglect.</p> <p>In other words, neglect is not when you do not get what you want. It is when you do not get what you need.</p> <p>Are there any questions about Neglect?</p> <p>Just to review, Emotional Abuse, Physical Abuse, and Neglect are committed by adults who are in charge of you. The next thing we are going to talk about, Sexual Abuse, can be committed by anyone.</p> <p>When we talk about Sexual Abuse, we are referring to anything dealing with private places on a person's body.</p> <p>It could include:</p> <ul style="list-style-type: none"> ● Someone talking about private places or talking about your body in a way that makes you feel uncomfortable. ● Someone taking pictures of your private places. ● Someone showing you pictures of someone else's private places. ● Someone touching your private places for no good reason. <p>So, here are some things I want you to remember:</p> <ul style="list-style-type: none"> ○ There are two - and only two - reasons it is okay for a grown-up to touch your private places: to keep you clean or to keep you healthy. As you are getting older, there are fewer and fewer reasons for someone to touch or look at your private places.

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		<ul style="list-style-type: none"> ○ Anyone can sexually abuse another person. It is not just grown-ups, but kids, too, can do sexually abusive things. ○ You should not touch anyone else’s private places, and no one should ask or force you to touch theirs. ○ If <u>anyone</u> - another child, teenager or grown-up - touches your private places for no good reason, asks you to touch theirs, takes pictures of your naked body, or shows you pictures of someone else’s naked body, you must tell a safe grown-up.
	Never Ever Rules	<p>There are two “Never Ever” Rules</p> <ul style="list-style-type: none"> ● Abuse is <u>never ever</u> okay. ● Abuse is <u>never ever</u> your fault.
		<p>When young people are abused, they often blame themselves. They believe they did something wrong or caused the abuse.</p> <p>This is not true. There is nothing you can do or say that would make it okay for someone to hurt you in any of the ways we talked about.</p> <p><i>[Ask the children the following questions.]</i></p> <ul style="list-style-type: none"> ● What if the abuse happened five years ago and you never told, is it your fault then? <ul style="list-style-type: none"> ○ No – it is never your fault. No matter how long it takes to get the courage to tell, it is never your fault. ● What if someone touched your private places and you didn’t say “no”, is it your fault? <ul style="list-style-type: none"> ○ No – it is never your fault. Whether you say no or not, it is never your fault. Most times, young people do not say “no” because they are afraid. ● What if you met someone you knew you were not supposed to meet, and they touched or hurt you? Is it your fault? <ul style="list-style-type: none"> ○ No – it is never your fault. Even if you made a bad choice and met someone you were not supposed to meet, it is not your fault. NO ONE has the right to hurt you in any way.

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		<p>Your mouth is a private place because you get to decide who you kiss and who gives you kisses. You also decide what goes in your mouth.</p>
<p>Private Places Rules</p>		<p>There are two very important rules regarding your private places.</p> <p>Do you know what they are?</p> <ol style="list-style-type: none"> 1. No one should touch your private places. 2. You should not touch anyone else's private places. <p>However, there are two reasons that it may be okay for someone to touch or look at your private places, only two.</p> <p>Does anyone remember what the two reasons it would be okay for someone to look at or touch your body?</p> <p>One reason is to keep you clean. When you were a baby, and someone changed your diaper, that person did that to keep you clean.</p> <p>As you get older, there would be fewer and fewer times when someone would have to touch your private places in order to help you stay clean.</p> <p>An example might be if you broke a bone and had a cast. You might not be able to wash yourself, and you would need help.</p> <p>The second reason it may be okay for someone to touch or look at your private places is to keep you healthy. Many of you go for well-visits with your pediatrician and are probably familiar with this.</p>
<p>Differentiate between good, bad, and secret touches</p>		<p>Now that we have reviewed our bodies, let's talk about touches.</p> <p>Can anyone name them?</p> <p>There are three kinds of touches: good touches, bad touches, and secret touches.</p> <p>Good touches are touches that make us happy. These are touches that we do not mind giving to people or people giving to us.</p> <p>Can you name a touch you like to give or get? <i>[Get three examples. Examples could include hugs, kisses, high fives, pats on the back, tickles or holding hands]</i></p>

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		<p>There are also bad touches.</p> <p>Bad touches are touches that may hurt us. They are any touches that we do not want to give to someone or we do not want someone giving to us.</p> <p>Can you name a touch you do not like to get and should not give? <i>[Get three examples. Examples could include hitting, kicking, biting, punching.]</i></p>
		<p>You can decide which touch is a good touch and which is a bad touch. You can even change your mind about a touch.</p>
		<p>The next type of touch we are going to talk about is called a secret touch.</p> <p>A secret touch is any touch someone tells you to keep secret.</p> <p>A secret touch could be if someone touches your private places or wants you to touch their private places and does not want you to tell anyone.</p> <p>Does anyone remember what kind of abuse this is? That's right. This is Sexual Abuse.</p> <p>A secret touch could also be if someone hit you so hard, you had a bruise on your body and that person said, "You better not tell!"</p> <p>Does anyone remember what kind of abuse this is? Yes! A secret touch that leaves a bruise is Physical Abuse.</p> <p>Here is a tricky one: what if an adult hurts a young person and does not say not to tell anyone, but the young person intuitively knows that the adult does not want he or she to tell - is that a secret touch? Yes! That counts as secret, too!</p>
<p>Define personal space</p>		<p>While we are talking about our bodies and touches it is important to talk about boundaries. Who can tell me what a boundary is?</p> <p>We often think about personal space when we think of boundaries. A boundary defines an area. Many of you have fences in your yard – that defines where your yard starts and ends.</p> <p>Personal Boundaries are similar. They are limits we set with other people. Boundaries show other people what we find acceptable and what we do not.</p>

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<p>Identify when boundaries are being violated</p>		<p>They also vary from person to person.</p> <p>Let's talk about personal space.</p> <p>Personal Space is a space around us that we do not want anyone to enter without permission - a space between us and someone or something else that allows us to feel comfortable and safe.</p> <p>This space is different for each of us and is different depending on who or what we are near.</p> <p>What do you do when someone invades your Personal Space? <i>[Take answers]</i></p> <p>You can say to the person, "You are too close", or you can step back. Or you could do both. If the person continues after you have said, "You are too close," you can walk away or go to an adult for help.</p> <p>So, that is Personal Space. There are other kinds of boundaries, too.</p> <p>Let's talk about Emotional Boundaries.</p> <p>Emotional Boundaries involve your thoughts and feelings. It is how much personal information one shares with others based on the relationship. For example, you share more information with your best friend than you do with the person in line at the store.</p> <p>Another type of boundaries is Social Boundaries.</p> <p>Social Boundaries are established rules about how people are supposed to interact with one another.</p> <p>For example: Not belching in public or giving your seat to an older person. Your grandparents may call these "good manners"! They are also called Social Boundaries!</p> <p><i>Let's go over a few examples.</i> You tell me if boundaries are being violated or respected.</p> <ul style="list-style-type: none"> ● Getting permission before you touch someone ● Hitting someone ● Asking before taking someone's phone or tablet ● Touching someone's private place

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<p>Identify what to do when boundaries are violated</p>		<ul style="list-style-type: none"> ● Kissing someone after he or she said “no” or “stop” ● Taking pictures of someone without permission ● Hugging someone without permission ● Posting mean comments about someone ● Your sister asks to borrow money from you ● Continuing to send text messages after being told not to ● Spreading rumors online about someone ● A coach asks his player to borrow money ● A camp counselor asks a camper out on a date ● Peeking at someone while they are changing or in the bathroom <p>If someone violates your boundaries what should you do?</p> <ul style="list-style-type: none"> ● Say “stop”; “no”; “that’s not okay”; “I don’t like that”. ● Tell a safe grown-up about what happened <p>How can you set boundaries?</p> <ul style="list-style-type: none"> ● Set limits and be assertive <ul style="list-style-type: none"> ○ Say “stop”; “I don’t like that”. ○ Tell the person they are violating your boundary ○ Say it like you mean it ● Move away from the situation ● Make an excuse <ul style="list-style-type: none"> ○ “My mom won’t let me.” <p>Practice is important.</p> <p>Setting limits and being assertive can be difficult, so it is important to practice.</p> <p>Letting people know what our boundaries are and addressing it when they are being violated is part of taking care of yourself, being safe, and developing healthy relationships.</p> <p><i>Let’s practice setting limits.</i> <i>[Have children role play these situations.]</i></p> <ul style="list-style-type: none"> ● A friend holds up her phone to take a picture while you are changing. ● Your neighbor asks for a hug and you do not want to hug her.

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		<ul style="list-style-type: none"> ● Someone wants to borrow your tablet and you do not want to loan it to anyone. ● You have been chatting online with someone. This person wants to meet you in person. You do not want to. ● Someone sends you a picture of another student without clothes on, and he or she wants you to forward it. ● You receive a text message from a man that works with your dad. The text message says, “I like your new haircut, it makes you look older.” ● A camp counselor asks you to come over on Saturday to watch a movie. ● A group of friends are going to go to the park to drink alcohol they got from their parents’ stashes. They want you to come, and you say, “No thanks.” They continue to ask you to come.
<p>Describe the difference between secrets and surprises</p>		<p>Sometimes when people knowingly violate a boundary, they ask you to keep it a secret.</p> <p>What is a secret? Something you should not tell. Is there a difference between a secret and a surprise? Yes</p> <p>Surprises are things that you keep to yourself for a short time and that make you smile, feel happy. It is about something exciting or something for which you are waiting to happen. Surprises are things you do not mind having or keeping.</p> <p>What are some examples of surprises? <i>[Get two or three examples.]</i></p>
	<p>Write a list on the board or large piece of paper</p>	<p>Secrets are often things that make people feel sad, scared, worried, hurt, or uncomfortable. Secrets are often never to be told. When someone asks or tells you to keep a secret and it is hurting you or someone else, you must tell a safe adult.</p> <p>As you get older, it might be hard not to tell a secret, even when you know you should.</p>

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		<p>Why might young people not want to tell about secrets? <i>[Write list on board or paper, making sure to include the following:</i></p> <ul style="list-style-type: none"> ● <i>Fear of getting someone in trouble; including themselves</i> ● <i>Fear of making the situation worse</i> ● <i>Fear of getting the person who is doing the hurting in trouble</i> ● <i>Fear of that person not liking them –</i> <ul style="list-style-type: none"> ○ <i>If they tell about a friend being hurt or doing something dangerous</i> ○ <i>Sometimes being afraid the person hurting them will not like/love them anymore</i> ● <i>Embarrassed to say what happened to them</i> ● <i>Guilty or ashamed that they did something that was wrong. Example: sending a picture of themselves or going with someone they were not supposed to]</i> <p>It is hard to tell when you or someone you know is being hurt or doing something dangerous. BUT it is very important to be brave and tell. Not telling could lead to things that are worse.</p>
	<p>†</p>	<p>When someone violates our boundaries, gives a secret touch, or tells or asks us to keep a secret, how do we feel? <i>[Answer will vary: mad, sad, scared</i> <i>Validate all reasonable answers.]</i></p> <p>Has anyone ever heard of the “uh-oh” feeling?</p> <p>What is that? God created us to have an “uh-oh” feeling so we know when something is not right and we can do something. Our feelings are gifts from God, and we have to know how to interpret them and use them.</p> <p>That “uh-oh” feeling can be described by some people as getting a “butterflies in your stomach” feeling.</p> <p>Sometimes your heart beats fast, and you get hot. These are all ways your body is telling you something is wrong, and you need help.</p> <p>This is your body’s way of telling you, you are in danger.</p> <p>When you get the “uh-oh” feeling, it is important to listen to your body and trust that feeling. It is time to pause, decide what to do and talk to someone. It is why God created us to have feelings.</p>

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		<p>You might decide you need to get away or out of the situation or say, “don’t do that”, or get a safe adult.</p> <p>Ignoring your “uh-oh” feeling is not usually a good idea.</p> <p>When are some instances when you might get an “uh-oh” feeling? <i>[Ask for and discuss three examples.]</i></p>
<p>Describe characteristics of a safe adult</p>		<p>We have talked a lot today about telling a safe adult. Who knows what a safe adult is?</p> <p>Safe adults or persons are adults that you know, feel safe with, and trust.</p> <p>Safe adults are people that:</p> <ul style="list-style-type: none"> ● help you ● listen to you ● take care of you ● do not hurt you ● respect your body ● respect your personal space ● set limits ● do not ask you to keep secrets, especially from other safe people ● do not threaten to hurt you ● set limits
	<p style="text-align: center;">Activity Safe People Chart Worksheet</p>	<p>You can have safe adults at home and other places like at school, church, camp, clubs or aftercare.</p> <p><i>[Distribute the Safe People Chart Worksheet.]</i></p> <p>The chart lists a few examples of some important behaviors that a safe adult should display. Fill in the first column with names of safe people in and outside of your family. Then put a check mark in every box that describes that adult.</p>
<p>Identify a safe person inside and outside of the home</p>		<p>Remember, people on your lists should:</p> <ul style="list-style-type: none"> ● Be someone who has the power and ability to help you ● Be an adult ● Have at least four checks. If a person does not have four checks, consider putting someone else on the list instead. <p>Remember</p> <ul style="list-style-type: none"> ● YOU are the one who decides who your safe people are

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		<ul style="list-style-type: none"> • No one can tell you who goes on your list <p><i>[Share and discuss Safe People Chart Worksheet as a group.]</i></p> <p>It is okay for your safe people to change.</p> <p>Your list may change because someone on it may move away or you just do not have the same relationship. It does not mean that person is not a good person, it just means that person is not available to talk to and help you, or your relationship has changed.</p> <p>Your list might change because someone does something that makes you feel scared, unsafe or uncomfortable.</p> <p>It is okay and important for you to go to another safe person and let them know why you no longer want that first person on your safe people list.</p> <p>If someone does not make you feel safe or does something to hurt your body, it is okay for you to take them off your safe person list. It does not matter what their relationship is to you.</p> <p><i>Let's pretend</i> you have your soccer coach on your list. He has been your coach for two years and you spend a lot of time with him. Let's also pretend that you live with your Mom. You and your mom really like him.</p> <p>Your coach picks you up for practice and drops you off sometimes when your mom works late. But lately he has been different. He asks you to stay after all the other players have left to practice more. He says you have real potential and wants to help you develop your skills.</p> <p>Since your mom works late he often takes you to dinner. He always says not to tell your mom because she will feel bad that the coach is paying for dinner and he does not want her to feel that way. He likes spending time with you and is happy to do it.</p> <p>Because you are spending so much time together, he also knows you really want to play a new online game that everyone is playing but your mom will not let you. The last time you were together, you ate dinner at his house, and he let you play the game on his computer.</p> <p>What do you think? Is your coach being a safe person?</p>

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		<p>What are some things that do not seem like safe people behavior?</p> <p><i>[Take answers, and include the following:]</i></p> <ul style="list-style-type: none"> ● <i>Asks you to keep secrets from your mom</i> ● <i>Lets you play a game your mom does not want you to</i> ● <i>Eating dinner at his house instead of a restaurant]</i> <p>What should you do? Should you take him off your safe people list? <i>[Answers may vary. Let children agree/disagree with each other.]</i></p> <p>So, let’s continue the story. These things make you feel a little weird. You mention to your mom that you would prefer she picks you up from practice from now on. You tell your mom that her you miss her and want her there. She says she’s sorry, but she must work and you coach is a super guy. She says, “We are lucky he can give us so much support!”</p> <p>Today when he was bringing you home he told you how much he likes spending time with you and that you are his favorite and star player. He asks if you would like to go away with him to a soccer tournament in Maryland. Just the two of you because you are the star. You say, “Yes, of course, how awesome!” He is very excited, hugs you and starts to rub your thigh.</p> <p>What do you think now? Is your coach being a safe person? What are some things that do not seem like safe people behavior? Should he stay on your list? What should you do?</p> <p><i>[Review all the “red flag” behaviors - highlighting that he is still nice, helpful, and fun.</i></p> <ul style="list-style-type: none"> ● <i>Asks you to keep secrets from your mom</i> ● <i>Lets you play a game that your mom does not allow</i> ● <i>Invited just you to go with him to a tournament in Maryland</i> ● <i>Hugs you and rubs your thigh]</i> <p>It is important to know and understand that we must look at all behaviors when making decisions about our safe people because often times people are nice and fun, but they do things that are not safe.</p> <p>What do you think you should do if you were in this situation?</p>

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		<p><i>[Take answers. Discuss option of trying to persuade mom one more time or going to another safe adult.]*</i></p> <p>Remember YOU are the one who decides who your safe people are. Sometimes other safe people do not know what is going on and might tell you someone is safe when you know they are not. It is important to clearly explain what someone is doing that is unsafe to your safe adult so that person can help you.</p>
	<p>Role Playing</p>	<p>I am wondering what you would say in this situation.</p> <p>How would you tell a safe adult about this situation with the soccer coach?</p> <p><i>[After taking answers, highlight the following important points that should be told to your safe adult]:</i></p> <ul style="list-style-type: none"> ● Tell who the person is ● Tell what that person is doing exactly <ul style="list-style-type: none"> ○ Asked you to keep secrets from your mom ○ Let you play a game that your mom does not allow ○ Invited you to go with him to a tournament in Maryland ○ Hugged you and rubbed your thigh <p>Let's role play now. Pretend that I am your safe adult. How would you tell me about your soccer coach?</p> <p><i>[Be sure to do the following:</i></p> <ul style="list-style-type: none"> ● Give the young person your complete attention ● Thank the young person for telling you. ● Tell the young person he or she is brave, you are proud of him or her. ● Say you are sorry this happened. "Your coach is doing things that are not okay." ● Say, "You did the right thing by telling." ● Tell the young person, "I have to tell someone else so we can help you." ● Do not make promises. ● Do not ask leading questions.] <p>What would happen if the safe adult you told did not believe you or told you to keep it a secret?</p>

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		<p>For example, that person might say, “No, you must be mistaken! Coach would never do that! He is loved by all his players!”</p> <p>Or</p> <p>“I’m sorry but this is your opportunity for a scholarship to college. We cannot ruin this. We cannot tell anyone what is happening. I will just make sure you are not alone with him anymore.”</p> <p>What should you do?</p> <p>You have to tell another adult. I know it might be very hard, but it’s important to tell another safe adult on your list.</p> <p>Why do you need to do this? Because:</p> <ul style="list-style-type: none"> ● you need help and protection. ● your coach needs help, too.
		<p>Remember, sometimes adults do not know what to do, too! If you go to a safe adult and he or she does not believe you or help you, it is important to tell another safe adult. Sometimes adults do not always know the answer. It does not mean they are bad people. It just means that you need to tell another safe adult and keep telling until someone can help you.</p>
		<p>Sometimes young people want to know why someone would hurt a child in the ways we have talked about today.</p> <p>This is a great question.</p> <p>Adults do not always know what is right or what to do in every situation. Some adults have trouble expressing their emotions, like anger, appropriately. People who hurt children need help to learn how to stop doing what they are doing.</p>
		<p>Let’s talk for a minute about unsafe people. What do they look like? <i>[Answers will vary. Focus on: They look like everyday people.]</i></p> <p>People who hurt children do not always look creepy, weird or mean. They often look and act nice, they are not hurtful all the time.</p> <p>Unsafe people can be girls or boys, men, and women. For example, the soccer coach was a man in our story, but it could have been a woman. It could have been an older teen who assists the coach. Offenders hurt both boys and girls.</p>

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		<p>If a man sexually abuses a boy or a woman sexually abuses a girl, it does not mean that child is gay. In most cases, the offender chose the child because of opportunity not because of his or her gender.</p>
	<p>†</p>	<p>Remember to tell a safe adult:</p> <ul style="list-style-type: none"> ● if someone is being hurt. ● if you are being hurt. ● if someone wants you to keep a bad secret. ● anything about secret touches. <p>If someone gives you a secret touch, asks you to give them a secret touch, or even talks about secret touches, it is time to tell someone!</p> <p>You have just heard a lot of information. Some of you may know someone who has suffered from one of the four types of abuse that we have talked about, and it may have even been you.</p> <p>You are probably wondering, what do I do now, or what do I tell my friend? Let's be very clear.</p> <p>God wants you to be able to handle this, to get help, and learn what to do to heal, forgive, and to be at peace.</p> <p>Our faith teaches us about forgiveness.</p> <p>Forgiveness is about letting go of the pain, and letting God handle the justice part of it.</p> <p>It is not that you forget what happened, or that you have to be okay with what happened. It is not okay. It is never okay.</p> <p>It is that you give your pain to God and not permit yourself to carry the burden of the pain anymore. It is saying, "God, I know who I am, and I know you love me. Those hurtful actions are not my fault, and they do not change who I am in your eyes."</p> <p>Forgiveness is very hard work and it can take a long time, but we know if we ask God for help, we will get the help that we need.</p> <p>But, the starting point is making sure that the safe people who can help us are told about it. Sometimes you may have to go to another safe person to make sure that you are heard, just like we learned about.</p> <p>Even after having been tortured and nailed to the cross, Jesus asked God to forgive the people who had done this to Him because He</p>

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		<p>understood that forgiveness is the beginning of healing. Jesus is our model for forgiveness even in the worst circumstances.</p> <p>My point is that the beginning of healing and forgiveness starts with telling your safe adult and getting help. Telling your safe adult is the very first step.</p> <p>Does anyone have any questions?</p>
		<p>Thanks so much for being such great listeners and sharing with me! Be sure to share what we have talked about with your caregivers.</p> <p>Let's end with a prayer...</p>