

Lessons 2

Boundaries, Limits and a Safety Plan

Dear Parent,

The second lesson “Boundary Limits and a Safety Plan” to your child. The goal of this lesson is that children will be better able to identify safe and unsafe situations and know what action to take. We talked about borders or limits needed to protect them within their *Circle of Grace*.

Below are the vocabulary words being taught in this lesson.

1. **Feelings:** Something I sense inside myself (e.g. angry, sad, happy, afraid, embarrassed, confused, excited, peaceful, etc.) which gives me information about others or myself.
2. **Holy Spirit:** God present with and within me. The Holy Spirit helps me to remember that I belong to God. The Holy Spirit helps me to experience and live God’s love.
3. **Signal:** A sign that tells me something may be safe or unsafe. This may be internal or external.
4. **Safe:** I am safe when my body and my feelings are respected by me and by others.
5. **Unsafe:** Anything that causes harm to me or others.
6. **Safe Touch:** Touch that respects me and others.
7. **Unsafe Touch:** Touch that is disrespectful and hurts, scares, or makes me feel uncomfortable or confused.
8. **Trust:** Being able to count on someone to help me to stay safe within my *Circle of Grace*.
9. **Trusted Adult:** A grown-up who helps me to stay safe in my *Circle of Grace* and to respect others within their *Circle of Grace*.
10. **Boundary:** A border or limit to keep ourselves safe within our *Circle of Grace*.
11. **Violate:** To break a law, promise, or boundary
12. **Secret:** A secret is something I know but do not tell.
 - Safe secret:** A secret is safe when it does not hurt others or me.
 - Unsafe secret:** A secret is unsafe when I think that someone, including me, might be hurt or get in trouble if I do not tell.

It is important as parents and guardians to dialogue with your child about how he or she understands these concepts. This lesson will help them begin to understand to seek help in situations that may make them uncomfortable or unsure. It may be helpful to come up with additional situations that you and your child can discuss.

Your child was given a 3 Step Action Plan card:

4. Use your voice, Say “No”
5. Remove yourself from the situation
6. Tell a trusted adult. (My trusted adults are _____)

_____.)

They were to write down at least three adults in addition to their parents they could turn to for help. We call each of these people a “trusted adult”. Instructions were given for them to take this card home and share the information with their parents.

Please discuss with your child the people on his/her list. If your child names someone you find inappropriate, please help him/her to identify someone else. Provide phone numbers of these people so that your child may write them down on their Personal Action Plan Card.

It is a good idea to contact these individuals to let them know you and your child have identified them as trusted adults. 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.

Your child should put this list in a safe place where they can have easy access to it if they would need it.

To help your child be well prepared to use the Action Plan in a range of possible situations, we offer you a few other scenarios that would be good to discuss with your child.

1. You are at a friend’s house, and they start to watch an R-rated movie. What do you do?
2. You are walking home and notice that a car is slowly following you. What do you do?
3. Someone you don’t know well is offering to take you home from practice and says you can get an ice cream on the way home. What do you do?
4. You are on the internet and pictures or words come up on the screen that make you uncomfortable. What do you do?
5. You’re riding your bike around the neighborhood on a really hot day and a neighbor you don’t really know invites you to come inside their air-conditioned house to get a cold pop. What do you do?
6. You’re invited to a friend’s house but know his or her parents won’t be home. What do you do?

Thank you for helping us help you keep your child safe!

Thank you for your support of the *Circle of Grace* program. It is essential and appreciated as we strive to provide the safest environment possible for our children.

Lesson 2: 3 Step Action Plan

Circle of Grace: Third Grade Personal 3 Step Action Plan

Steps to take to protect yourself:

1. Use your voice, Say "No"
2. Remove yourself from the situation
3. Tell a trusted adult.

My trusted adults in addition to my parents are:

- | | |
|----------|--------------|
| 1. _____ | Phone: _____ |
| 2. _____ | Phone: _____ |
| 3. _____ | Phone: _____ |

Circle of Grace: Third Grade Personal 3 Step Action Plan

Steps to take to protect yourself:

4. Use your voice, Say "No"
5. Remove yourself from the situation
6. Tell a trusted adult.

My trusted adults in addition to my parents are:

- | | |
|----------|--------------|
| 1. _____ | Phone: _____ |
| 2. _____ | Phone: _____ |
| 3. _____ | Phone: _____ |