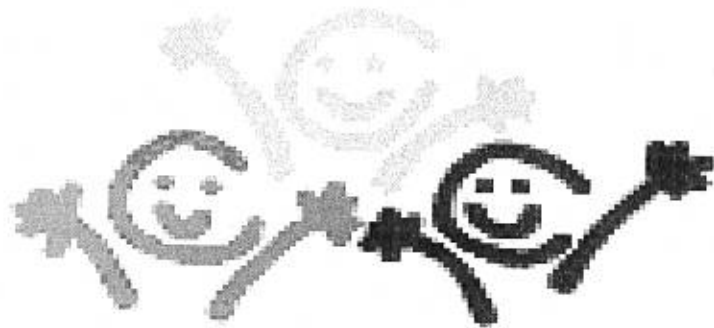


**Safe Environment  
Family  
Take Home Packet**



Diocese of Venice  
Religious Education

## TIPS FOR PARENTS

As parents there is no way we can completely protect our children from sexual abuse but there are some ways we can lessen the chance it could occur. Unfortunately, just teaching our children not to talk to strangers or unusual people will not be enough. In fact, approximately 85% of sexual offenders are known to the child and 50% are parent figures. Here are some tips compiled from various sources on how to prevent child sexual abuse:

- \* Tell children that if someone tries to touch their bodies in a way that makes them feel “funny”, “bad”, or “unsafe” to say no and then go tell an adult they trust.
- \* Talk to children every day about their contacts with other people. Ask them about their feelings. This helps to encourage children to feel comfortable talking about anything.
- \* Do not teach children blind obedience to adults. Do not teach children to do everything a babysitter or teacher tells them. Instead teach them that most adults are good people to be respected but that they should listen to their own hearts; tell them it is okay to say no to an adult if they want the child to do something they know is wrong.
- \* Teach children the correct names for their body parts, as well as any nicknames you might use. Take away the embarrassment children have about talking about “private parts”.
- \* Teach children the difference between safe touches and unsafe touches. Explain to them that while it is okay for a doctor to touch their stomach to see what is wrong, it is not okay for Mr. Jones to touch them in their pants.
- \* Teach children not to keep secrets from you and do not encourage secret keeping in your family. Tell children that they can always tell you anything no matter what anyone tells them.
- \* Play “what if” games with your children. Create frightening and confusing situations and ask children what they would do in these situations, for example ask, “What would you do if someone wanted you to play undressing games?” Make sure you balance these games with questions about safe touches.

Name: \_\_\_\_\_

## **KEEPING SAFE**

- We are all created in the image and likeness of God. My body is the temple of the Holy Spirit.
- Our families and trusted adults and teachers share concern for our safety.
- We learn to differentiate between safe, unsafe and unwanted touch. We are called to chastity and we have a responsibility to avoid or immediately report any unwanted or unsafe touch to a parent or trusted adult.
- We show respect for ourselves and others by how we talk, act and live. We must identify respectful and disrespectful language and actions and avoid anyone who fails to respect us. In particular, the areas of our bodies covered by shirt and shorts are private and must not be violated.
- God gives us the gift of free will. All actions and consequences. We must learn how to discern the implications of the choices we make every day. When we experience the bad choices of others, we must report the offense and get help.
- The virtue of chastity helps us understand and identify the actions or behaviors, which are wrong or sinful. Children, young adults, and adults must avoid actions or experiences or behaviors which offend against chastity.
- Secrets can be very harmful to us physically, emotionally and spiritually. Always question secret play, secret games and determine to whom the secret may cause great harm.
- There are many different kinds of friendship. Healthy relationships and friendships can help us to understand ourselves, God and others. We often meet false friends who mistreat us or take advantage of our trust and friendship. Poor relationships and false friendships can deeply harm us psychologically, emotionally, spiritually and even physically. People who manipulate or misuse friendship are not friends. We must report any relationship which can be harmful to us.
- Good communication with parents and family members help keep me safe. I can also help keep younger siblings and others safe by being observant and concerned.

Is someone bugging you?

TRY THE "DEBUG" SYSTEM

Five Steps

Ignore

Move Away

Talk Friendly

Talk Firmly

Get Adult Help



# You are OK!

God has made you unique and special. You are created in God's image and likeness. You deserve respect and you must give respect. Learn the proper names for your body parts and always show respect for your body.

Your body is private and no one has the right to touch your body in a private place or to make you feel weird or uncomfortable.

There is a difference between a secret and a surprise. No adult should require you to keep "secrets." Adults who ask us to keep secrets from our parents, or say that you will be harmed or threatened in any other way are not trustworthy. Sometimes you will be told about a happy surprise or present and that is a good secret.

Adults and older children sometimes trick you so learn to say "no" and run away and tell a trusted adult. For instance, no adult should ask you to get into the car with them, go to a private room with them, or to search for someone or something that is lost, such as a lost puppy. If you do not have permission from your parents or guardian, it is probably not right.

Never get involved with playing harmful games, watching TV or movies or be on the internet when it is not good for you.

Learn the difference between a true friendship or a false friendship. Someone who cares about you will not ask you to do things that are not right or good.

Never be afraid to discuss your fears or questions with a trusted adult.

## Keeping Safe - Work Sheet

### I am God's child!

I must receive and give respect in the ways I talk  
and act in the ways others treat me.

I learn the difference between true friendship and false friendship.

My body is private and must be respected.

I learn the difference between safe touch and unsafe touch.

Secrets are not good. Secrets can separate us  
from others and can harm us.

People make good choices and bad choices  
and I learn how to tell the difference.

When someone does something wrong,  
I must tell someone I trust.

**My parents and I name three people I can go to for help  
besides my parents:**

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**“See what love the Father has given us,  
that we should be called children of God.”**



Dear Jesus,

When you walked this earth, you showed that you love little children.

We know that you love us as your own children.

It is hard for us to hear that some people do not treat children the way you did and hurt children by their words and actions.

Help us to learn how to protect ourselves, and others, from harm.

Help us to forgive those who have harmed children in the past.

Bless all those who teach us and work to keep us safe.

Amen.