

4/7/2021 Grade 3/4 In Class Lesson-Safe Environment with Commandments 7 & 8

Overview:

We are required by the Green Bay Diocese to cover Safe Environment once during the year. We will cover the following in this lesson:

- a. Identify and define various types of boundaries
 - b. Begin to set their own boundaries and communicate them to others
 - c. Honor appropriate boundaries in different types of relationships
 - d. Understand boundaries can apply for Online activities too.
1. Ask: What kind of rules must be followed in your house?
 - a. What are your family rules regarding when your homework must be completed?
 - b. How long and how late are you permitted to be on the phone?
 - c. Where are you aloud to have food in your house?
 - d. What are your family's rules regarding the internet? Computer games?
 - e. Who can be in your room and when are they allowed in your room?

Friends:

- f. Do you expect your best friend to sit next to you at lunch every day?
 - g. Do your parents allow you to go to friends houses? What about those who invite you, but you don't know?
2. Explain: These are examples of boundaries. Parents give boundaries? Does God give us boundaries? What are they called?

3. Are boundaries good or bad? Why?

a. Cover:

- i. Boundaries define us as individuals and bring order to our lives.
- ii. Boundaries determine how we allow others to treat us.
- iii. Boundaries determine how we treat others.
- iv. Healthy boundaries keep us safe.
- v. The 10 Commandments are boundaries for is in how we treat ourselves, God and others.

4. Boundaries are different depending on the relationship. Why? Give examples.

- a. Different boundaries between best friends, people you just met, teachers and children, parents and children, coaches and players. Bring up Covid.
- b. Discuss situations where boundaries are crossed. How do you feel? What can you do about it?
 - i. Examples:
 1. Listening to private conversation between your parents.
 2. Someone behind you copies your test papers.
 3. Someone takes part of your lunch without asking.
 4. Some adult comes and talks to you that you don't know.
- c. What is that feeling when someone crosses your boundary? (*Holy Spirit*)
- d. How can you protect yourself if someone crosses your boundary?
 - i. Speak up and let the person know that you want them to stop what they are doing?
 - ii. Get away from that person.
 - iii. Most people understand and will respect you when you explain that they crossed your boundary, you feel uncomfortable. If not, get away and tell a trusted adult.

5. Clues or feelings that a boundary needs to be placed:

- feeling angry or upset
- feeling suffocated or threatened

- feeling guilty
 - feeling uncomfortable or afraid
 - feeling anxious about how the person will react
 - feeling like you can't let someone down
 - having a hard time telling the person "no" even when you don't want to do what they asked
 - person does not like it when you spend time with others
6. Students write a situation that they found themselves in that was uncomfortable with one of their friends or classmates that stepped over the boundary line that upset them or they observed.
- a. Put in what happened (type of boundary violation), how student reacted to the violation, students feeling in the end if it was resolved.
7. What are some safe phrases you can use:
- Leave me alone
 - No thank you
 - I don't feel comfortable when you do that.
 - NO!
 - You are NOT safe.
 - I'd rather give you a fist bump or a high five.
 - I don't like it when you do that to me.
 - My body is private.
 - Stop!
 - I'm telling my parents about this.
 - I don't like that.

The 7th and the 8th Commandments

God's Laws teach us how to treat God, ourselves and others. If everyone followed the 10 Commandments, everyone would treat others the way they want to be treated.

7th Commandment: Thou shall not Steal

- a. What are ways we steal others?

- b. We have the 7th Commandment because God gives us the right to own property, to receive just wages for our labor/work, to respect the property of others, just as others respect theirs, and to share in the natural resources of the earth.

8th Commandment: Thou shall not bear false witness against thy neighbor

How do we bear false witness? Always tell the truth.

- a. What happens when we don't tell the truth? What is it called?
- b. Why is this wrong?
- c. How is this hurting other people?

God is faithful to us and to his promises, for God is the God of truth. This Commandment charges us to speak the truth in ALL things and to keep our promises. Jesus came to bear witness to the truth.

If time, play the game on page 128 in the book.