

Empowering God's Children Program by Virtus
Power to Protect 2.0

1 – Parents watch video.

- This is a one-time video and not intended for every lesson.
- It is encouraged that parents watch this video and determine if they wish to show the video to their children and have a discussion following its presentation.
 - K-5 Video Link - <https://vimeo.com/1180989990/bba700f579>
 - 6-8 Video Link - <https://vimeo.com/1180990140/d8bf069a8f>
 - 9-12 Video Link - <https://vimeo.com/1180991086/6a69f315a6>

2 – Each year there will be two lessons.

- Year one includes the following lessons: Physical Boundaries: Safe and Unsafe Touching Rules AND Safe Adults, Safe Touches, and Special Safe Adults. These lessons are grade banded for kindergarten through second grade, grades three through five, grades six through eight, and grades nine through twelve.
- Year two includes the following lessons: Boundaries: You Have Rights! AND Secrets, Surprises, and Promises. These lessons are grade banded for kindergarten through second grade, grades three through five, grades six through eight, and grades nine through twelve.
- Year three includes the following lessons: Being a Safe Friend AND Boundaries: Feelings and Facts. These lessons are grade banded for kindergarten through second grade, grades three through five, grades six through eight, and grades nine through twelve.
- Year one is included in this packet. Year two and year three will be adapted from the Virtus materials within the 2026-2027 formation year.

2 – Provide parents with the lesson materials and ask that they cover the material within the next month. After two weeks, send an email reminder about the materials. At the end of the month ask parents to report back on their experiences with the materials and if there are follow-up questions or resources they feel they need. Send only one reminder to those parents who have not responded.

- Use your group roster for traditional faith formation programming and your enrollment logs for family faith formation programs.
- This information will be used to report to Safe Environment the number of children and youth who have received the formation.

- Parents always have an opt-out option on this material. If you do not hear back from parents list on the log as an opt out and materials were presented to the parents.

3 – Pastors with parish staff can organize these sessions within the formation programming at the parish. Given the many different methodologies, we provide faith formation to children and youth, it would be best to handle this as a structured family event using a date already on your calendar.

- Begin your session in prayer.
- Move into grade specific groups with a catechist for each grade. Parents are encouraged to go with one of their children for the session. Since the session will be the same theme for all children and youth, parents can easily visit with their other children about their lesson. Materials for those lessons should be available to parents for their other children.
- The time for each lesson should be around 20 minutes so covering both will should be 40 minutes. One-hour session, even with limited Q&A, should last no longer than 60 minutes with an opening prayer and closing prayer.
- Send materials to those parents with their children and youth who do not attend the session and follow instruction for #2.

4 – The tracking record is designed to be simple. Begin with the total number of children and youth in each grade. This may be a guesstimate, especially as we get to high school. Subtract out of this figure those who have told you they are opting out or those you do not receive a response back on your follow-up email. The total trained will be the difference.

- If you decide to have an evening session, track using the total number of children and youth in each grade who attended as well as your follow-up for those who did not attend.
- Submit your totals to Sherri Simmer at ssimmer@dmdioocese.org by April 1 of each year.