

Fifth Grade Safety Formation for Home: Parent Teaching Guide
*(Adapted from the VIRTUS “Empowering God’s Children” Lesson Plans and
Diocese of Des Moines Catholic School Adaption)*

Lesson 1 — “My Body Is a Gift From God: Choosing and Being a Safe Friend”

Parent Goal

Help your child understand:

- Their body is a gift from God and deserves respect and protection
- The difference between safe and unsafe friends/adults
- How words and actions can respect or violate personal boundaries
- That a safe friend does not intentionally hurt, confuse, pressure, or disrespect another person
- The Personal Boundary Safety Rules: Say No, Get Away, Tell a Safe Adult
- How the saints can model faithful, respectful friendship

1. Begin With a Faith Connection

Say: “God made you in love, and your body is a gift from God. Because you have God-given dignity, you deserve to be treated with respect. Good friends help one another feel safe, respected, and cared for.”

2. Watch the VIRTUS Video (If Available)

Watch the linked together - <https://vimeo.com/1180989990/bba700f579>

“As we watch, listen for ways you can protect your boundaries and notice what makes someone a safe adult or a safe friend.”

3. Recap the Video Concepts (Parent Script)

Ask your child:

- “What are some ways to keep yourself safe?”
- “When is it OK to say no to an adult?”
- “Why should you tell a safe adult when something happens that makes you uncomfortable?”

Guide them toward:

- Know and communicate your personal boundaries
- Touches should be safe and have a good purpose
- No one has the right to cross your personal boundaries

- Know who your safe adults and special safe adults are
- Use the safety rules: Say No, Get Away, Tell a Safe Adult
- If something happens, it is not your fault; safe adults have a responsibility to help protect you

4. Review the Vocabulary (Parent Scripts Included)

Safe Friends/Adults “Safe friends and adults are people who respect you and do not intentionally hurt or confuse you.”

Unsafe Friends/Adults “Unsafe friends or adults do not respect boundaries, intentionally hurt or confuse others, or put someone at risk.”

Private Body Parts “Private body parts are the parts of the body covered by a swimsuit.”

Safe Touches “Safe touches have a good purpose and are not intended to hurt, scare, or make someone uncomfortable.”

Unsafe Touches “Unsafe touches are inappropriate or hurt, scare, or make someone uncomfortable.”

Special Safe Adults “Some adults, such as a doctor or nurse, may need to see or touch a private body part for the purpose of keeping you clean and healthy.”

Boundaries “Boundaries are limits between your space and another person’s space that help people feel safe, healthy, and respected.”

5. Talk About Safe Friendship

Say: “A safe friend respects you. A safe friend does not intentionally hurt you, confuse you, or pressure you to ignore your boundaries.”

- “What does it mean to be a safe friend?”
- “What does a safe friend promise through their words and actions?”
- “What might an unsafe friendship look like?”
- “How can you tell the difference between a safe and unsafe friend?”

Remind your child that disagreement does not automatically make someone unsafe. The important questions are whether the person respects boundaries,

dignity, and safety, and whether harmful or confusing behavior is intentional or repeated.

6. Review the Personal Boundary Safety Rules

Say No “If someone crosses your boundaries or makes you uncomfortable, you may say “No,” “Stop,” or “I don’t like that.””

Get Away “Move away from the person or situation and toward safety.”

Tell a Safe Adult “Tell a trusted adult what happened. Keep telling until someone listens and helps.”

7. Activity: Saints Who Show Us Friendship

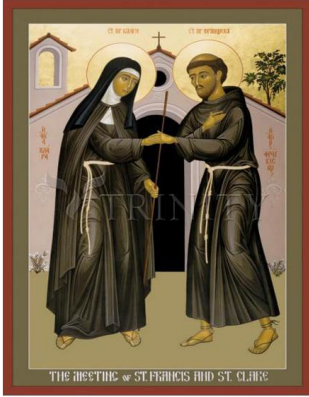
Say: “The saints remind us that friendship can help us love God, respect the dignity of others, and encourage one another to do what is good.”

Choose one or more of these friendships from the Fifth Grade VIRTUS lesson and briefly read or discuss their stories:

- Sts. Cosmas and Damian: brothers who served others through medicine and remained faithful to Christ. Cosmas and Damian were twins born to Christian parents. They were physicians who were renowned for their skill and for their refusal to take payment for their services. The charity and Christian witness of the brothers won many converts to the faith and their names became widely known and highly spoken of, which made them high priority for execution during the Diocletian persecutions. They were captured and ordered to deny their faith in Christ. The twins refused and were subjected to torture, including crucifixion. However, they miraculously survived. When the torturers realized they would not deny Christ, they beheaded the brothers.



- St. Francis of Assisi and St. Clare of Assisi: Francis came from a wealthy family who wanted him to be a cloth merchant and carry on the family’s work. At first, Francis wanted glory as well but he changed his plan after a message from God in a dream. Clare heard Francis speak when she was 18



and asked him to help her live the gospel message. Her family did not like her decision and wanted her to marry. Clare prayed she would be made ugly so that could not happen. The way of simplicity and poverty that Francis and Clare lived encouraged many people to join them. The relationship between St. Francis and St. Clare was one of spiritual friendship and intense love of Jesus Christ. Together they worked to preserve the gospel ideal of voluntary poverty.

- Sts. Perpetua and Felicity: In the year 203, Perpetua made the decision to become a Christian. She knew this would eventually lead to her death. Her pagan father tried to talk her out of her decision, but the 22-year-old mother of a newborn stood firm in her faith. This angered her father, who attacked her. Eventually Perpetua and her slave Felicity were arrested and taken to prison. Felicity was 8 months pregnant at the time. Both were treated harshly, with no regard for the pregnant Felicity. Two days before the execution, Felicity gave birth after a painful delivery. During delivery she was mocked by the guards, who reminded her this pain was nothing compared to what awaited her. Perpetua and Felicity were killed by the sword. On the way to execution, Perpetua called out to others, “Stand fast in the faith and love one another!”



guards, who reminded her this pain was nothing compared to what awaited her. Perpetua and Felicity were killed by the sword. On the way to execution, Perpetua called out to others, “Stand fast in the faith and love one another!”

- St. Pope John Paul II and St. Teresa of Calcutta (Mother Teresa): There was



a special friendship between Pope Saint John Paul II and St. Teresa of Calcutta. These two exemplify a spiritual friendship we can all emulate. A focus of John Paul II's pontificate was to focus on the dignity of life of ALL. Mother Teresa had begun this work many years earlier, serving the most poor and destitute in the slums of Calcutta, India. One time Pope John Paul II visited Mother Teresa in India and when she bent to kiss his hand, he kissed the top of her head and then asked to see her patients. What

Pope John Paul II was teaching, Mother Teresa was his living example. When she died, Pope John Paul II remarked, “I am grateful for this woman, whom I have always felt beside me.”

Ask:

- “What qualities of a safe and faithful friend do you see in this story?”
- “How did these saints encourage or support one another?”
- “What is one quality you want to practice in your own friendships?”

8. Close With a Reminder

Say: “Your body and your life are gifts from God. Good friends respect your dignity and your boundaries. You can always come to me or another safe adult when a friendship or situation leaves you feeling unsafe or confused.”

Lesson 2 — “Safe Friendship Online: Boundaries Matter”

Parent Goal

Help your child understand:

- Personal boundaries apply both offline and online
- Safe friends respect another person’s boundaries, privacy, and choices
- How to communicate a boundary clearly, even when a friend becomes upset
- How online sharing can affect another person
- What Personally Identifiable Information (PII) is and why some information should remain private
- How to ask a safe adult for help when online boundaries are crossed

1. Activity: SAFE FRIEND / UNSAFE BEHAVIOR LIST

Give your child a note card or sheet of paper. Ask them to write:

- Three qualities or actions that show someone is a safe friend
- Three behaviors that show someone may not be respecting another person or their boundaries
- “Which qualities are most important to you in a friend?”
- “How do safe friends show that they care about your health, happiness, and dignity?”

2. Connect Friendship With Respect for Property

Say: “Imagine you receive a new pencil case filled with pens, pencils, and markers for your birthday. A friend takes it without asking, uses your new supplies, breaks a pen, and keeps a few things. The friend returns the case and says you are a great friend.”

- “How would you feel about what happened?”
- “Did the friend respect your property and your boundaries?”
- “Where would this behavior fit on your safe-friend list?”
- “What could the friend have done differently?”

Say: “Friends do not have permission to cross a boundary simply because they are friends. Respect includes asking first and accepting another person’s answer.”

3. Connect Boundaries to Online Life

Say: “Personal boundaries exist online too. Some people like posting pictures or sharing things often. Other people do not, or their family may not allow it. Safe friends respect those differences.”

- Know your own boundaries before you post, share, message, or give information
- Ask before posting or sharing pictures or information about another person
- Respect “no” without arguing, teasing, threatening, or pressuring
- When someone ignores your boundary, stop the interaction and tell a safe adult if you need help

4. Family Discussion: Communicating Boundaries

- “What if a person gets mad when you communicate a boundary?”
- “What if someone says they will not be your friend anymore because you keep your boundary?”
- “What if a best friend or an adult does not honor your boundary?”
- “What does setting boundaries have to do with being online?”
- “What problems can happen when people ignore their own boundaries or the boundaries of others online?”

Reinforce: A person’s anger, disappointment, or pressure does not take away your right to a reasonable safety boundary. If you feel unsafe, pressured, or confused, involve a safe adult.

5. Story: Ask Before You Post

Say: “Annie loves taking selfies and often wants June in the pictures. Annie puts her arm around June or pretends to kiss June on the cheek. June feels uncomfortable and wishes Annie would stop, especially when the pictures are posted online.”

- “Why might it be hard for June to tell Annie how she feels?”
- “How could June clearly tell Annie that she does not want certain pictures taken or posted?”
- “What should Annie do after June communicates her boundary?”
- “What would make Annie a safer friend in this situation?”

Practice a possible response with your child: “Please ask me before you take or post a picture of me. I don’t want that one shared.”

6. Teach About Personally Identifiable Information (PII)

Say: “Some information can identify you or help someone locate or contact you. This is called Personally Identifiable Information, or PII. We should protect this information and follow our family’s rules before sharing anything online.”

Examples to discuss include:

- Full name
- Home address
- School name or location
- Phone number or personal email
- Account names and passwords
- Information that reveals where you are or when you will be somewhere

Emphasize that passwords should not be shared with friends. A parent or guardian may manage passwords according to family rules.

7. Story: Protect Your Account Information

Say: “Damien gets a new tablet and wants to use Brinley’s account and password to download a game. Damien says he will use the information only once, but Brinley is not comfortable sharing it.”

- “What does Brinley need to say to Damien?”
- “How should Damien respond to Brinley’s boundary?”
- “What safe choices could Damien make instead?”
- “When would it be wise to ask a parent or another safe adult for help?”

Practice a response: “I don’t share my account or password. Please ask your parent or guardian to help you get the game safely.”

8. Close With a Faith Reminder

Say: “God calls us to respect the dignity of every person. That includes respecting another person’s body, belongings, privacy, pictures, information, and boundaries, both in person and online. A safe friend listens and respects a clear boundary.”

Parent Follow-Up for the Week **Daily Reinforcement Ideas**

- Ask: “How did you show respect for a friend’s boundaries today?”
- Ask: “Did anyone pressure you to do or share something you did not want to?”
- Before sharing a family photo, model asking permission when appropriate
- Practice one respectful boundary statement: “No, thank you,” “Please stop,” or “Please ask me first.”
- Remind your child that asking a safe adult for help is always a good choice when something feels unsafe or confusing

Family Safety Rules to Post at Home

- My body and my life are gifts from God.
- I respect my boundaries and the boundaries of others.
- Safe friends do not pressure, intentionally hurt, or confuse one another.
- I ask before posting or sharing something about another person.
- I protect passwords and personal information.