

First 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, and Boundaries Keep Me Safe”

Parent Goal

Help your child understand:

- Their body is a gift from God
- What boundaries are
- How boundaries help keep them safe
- How to recognize safe vs. unsafe behavior

1. Begin With a Simple Faith Connection

Say: “God made your body as a wonderful gift. Because your body is special, you get to keep it safe. One way we stay safe is by having boundaries, a bubble of space around us.”

2. Read Together (optional)

If you have *Astra the Astronaut’s Body Safety Guide*, read it aloud.

If not, say: “Today we’re learning how to keep our bodies safe. Some people help us feel safe, and some behaviors are not safe. We’re going to learn how to tell the difference.”

3. Teach the Vocabulary (Parent Scripts Included)

Use the exact concepts from the Virtus document, but with parent-friendly explanations.

Safe Friends/Adults

Say: “Safe adults are people we know well, like parents, grandparents, our priests and church staff, and teachers, who help us and never try to hurt or confuse us.”

Unsafe Friends/Adults

Say: “Unsafe adults are people who hurt, scare, or confuse kids. Even if we know them, unsafe behavior is never OK.”

Private Body Parts

Say: “Private parts are the parts covered by a swimsuit. No one should look at or touch those parts unless they are a doctor or nurse helping you stay healthy.”

Safe Touches

Say: “Safe touches help us, like a hug from Mom, holding hands to cross the street, or a doctor checking you when you’re sick.”

Unsafe Touches

Say: “Unsafe touches hurt, scare, or make you feel uncomfortable.”

Special Safe Adults

Say: “Sometimes a doctor or nurse needs to look at private parts to keep you healthy. That’s OK because they are helping you.”

Boundaries

Say: “Boundaries are like a bubble around your body. You get to decide who comes close to your bubble.”

Have your child stretch their arms out and imagine a bubble around them.

4. Activity: Draw Your Boundary Bubble

Use the Virtus document’s idea:

If you can go outside:

Give your child chalk. Have them sit and draw a circle around themselves.

Say: “This circle is your boundary. You get to decide who comes inside it.”

If you are inside:

Use yarn, tape, or a blanket to make a circle around your child.

Ask: “Who do you feel safe letting inside your boundary?” “Who should stay outside your boundary?”

5. Activity: OK / NOT OK Corners

Tape a green paper (“OK”) to one wall. Tape a red paper (“NOT OK”) to the opposite wall.

Say: “I’ll tell you a story. If it’s OK and safe, go to the green side. If it’s NOT OK or unsafe, go to the red side.”

Use the examples from the Virtus document:

- Dad holds your hand to cross the street → **Green**
- Someone you don’t know stands very close → **Red**
- Teacher helps you up after you fall → **Green**

- Doctor looks at private parts because you're sick → **Green**
- Classmate kicks you → **Red**
- Babysitter puts on a band-aid → **Green**
- Grandpa hugs you → **Green**

Ask: "Why did you choose that side?"

6. Close With a Reminder

Say: "Your body is a gift from God. Boundaries help keep you safe. You can always tell me if something feels wrong."

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Lesson 2 — “Personal Boundary Safety Rules”

Parent Goal

Teach your child the three Personal Boundary Safety Rules:

1. Say No
2. Get Away
3. Tell a Safe Adult

1. Activity: Stand Up for Safety

Say: “I’ll tell you a short story. If the person in the story is respecting boundaries, **stand up**. If they are not respecting boundaries, **sit down**.”

Use the examples from the document:

- Mom hugs you after school → **Stand**
- Cousin hugs you → **Stand**
- Someone tries to touch private parts → **Sit**
- School nurse puts on a band-aid → **Stand**
- Dad holds your hand crossing the street → **Stand**
- Friend punches you → **Sit**

Ask: “Why did you stand or sit?”

2. Review Vocabulary Again

Repeat the vocabulary from Lesson 1. First graders learn through repetition.

3. Teach the Personal Boundary Safety Rules

Say: **Say No** “If someone tries to hurt you, scare you, or touch you in a way that feels wrong, you can say ‘NO!’ loudly.”

Get Away “Move away from the person or place. Go somewhere safe.”

Tell a Safe Adult “Tell a grown-up you trust — like Mom, Dad, Grandma, or your teacher.”

4. Activity: Safety Pantomime

Teach the motions from the document:

- **Say No** → Stand with hands out and shout “NO!”
- **Get Away** → Run in place
- **Tell a Safe Adult** → Cup hands around your mouth like whispering

Practice using the earlier stand-up stories.

5. Activity: Draw Your Safe Adults

Give your child two “frames” (you can draw simple boxes on paper).

Say: “Draw two adults who help you feel safe. These are people you can tell if something feels wrong.”

Ask: “Why did you choose these people?” This builds trust and communication.

6. Close With a Faith Reminder

Say: “God loves you and wants you to be safe. You can always tell me anything, and I will help you.”

Parent Follow-Up for the Week

Daily Reinforcement Ideas

- Ask: “Who are your safe adults today?”
- Practice the “NO / Get Away / Tell” motions once a day.
- Praise your child anytime they set a boundary (“I don’t want a hug right now”).
- Remind them: “You can always tell me if something feels wrong.”

Family Safety Rules to Post at Home

- My body is a gift from God.
- I can say NO to unsafe touches.
- I can tell a safe adult anytime.
- I never keep secrets about safety.
- I can ask for help whenever I need it.