

Fourth 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 I Can Protect It — Even From Unsafe Secrets”

Parent Goal

Help your child understand:

- Their body is a gift from God
- They have the right to protect their body
- What personal boundaries are
- How to respond when someone violates boundaries
- How unsafe secrets/surprises can be used to harm
- How to use the Personal Boundary Safety Rules

1. Begin With a Faith Connection

Say: “God made your body as a gift. Because your body is special, you have the right to protect it from anything or anyone that could hurt you, even if they try to hide it as a secret or surprise.”

2. Watch the VIRTUS Video (If Available)

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

Say: “Today we’re learning how to stay safe. We’ll talk about boundaries, safe touches, unsafe touches, and how to get help when something feels wrong.”

3. Recap the Video Concepts (Parent Script)

Ask your child:

Ways to stay safe

“What are some ways to keep yourself safe?”

Guide them toward:

- Personal boundaries
- Safe touches
- No one has the right to cross your boundaries
- Safe adults and special safe adults
- Safety rules: **Say No, Get Away, Tell a Safe Adult**

When to say no to an adult

Say: “You can say no to an adult if they cross your personal boundaries.”

Then ask: “What kinds of things would make you say no?” “How would you say no if you felt uncomfortable?”

When to GET AWAY

Parents should ask: “If someone makes you uncomfortable, what can you do to get away?” “Where would you go?” “Who would you look for?” “If you were online, what does ‘get away’ look like?”

Guide them toward:

- Leaving the room
- Moving toward a safe adult
- Closing the laptop/tablet
- Logging off
- Putting the device down and coming to you

Why tell a safe adult

Say: “You tell a safe adult because it’s not your fault, and adults are supposed to protect you.”

Then ask: “Who are your safe adults?” “If you told a safe adult, what do you think they would do to help you?” “What if the unsafe thing was done by someone you know, would you still tell me?”

4. Teach the Vocabulary (Parent Scripts Included)

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

Safe Friends/Adults “Safe adults help you, protect you, and never try to hurt or confuse you.”

Unsafe Friends/Adults “Unsafe adults hurt, scare, or confuse kids. Unsafe behavior is never OK.”

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

Safe Touches “Safe touches help you, like a hug from Mom or a doctor checking you.”

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

Special Safe Adults “Doctors or nurses may need to touch private parts to keep you healthy.”

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

Have your child imagine their bubble.

5. Teach the Personal Boundary Safety Rules

Say:

Say No “If someone violates your boundaries or makes you feel uncomfortable, you can say ‘NO,’ ‘Stop,’ or ‘I don’t like that.’”

Practice different ways to say no.

Get Away “Move away from the person or situation. Go to a safe adult.”

Tell a Safe Adult “Tell me or another safe adult. It’s our job to protect you.”

6. Teach About Unsafe Secrets and Surprises

Say: “Sometimes people say they want to share a secret or surprise. Most are fun, like birthday gifts. But if a secret makes you feel uncomfortable or ‘yucky inside,’ it is NOT a safe secret.”

“If someone asks you to keep a secret about touching, private parts, or anything that feels wrong, you must use the safety rules: **Say No, Get Away, Tell a Safe Adult.**”

Ask:

- “What is a safe secret?”
- “What is an unsafe secret?”
- “What should you do if someone asks you to keep an unsafe secret?”

7. Activity: ROLE-PLAY THE SAFETY RULES

Use the scenarios from the Virtus document (adapted for home use).

Tell your child: “I’ll read a situation. Tell me what you would do and why.”

Scenario 1 (adapted)

A friend wants to show you something online and says, “Don’t tell anyone.”

Ask: “Is this a safe secret or unsafe secret? What should you do?”

Scenario 2 (adapted)

Someone sends you inappropriate pictures and says you'll "look like a baby" if you tell.

Ask: "Which safety rule should you use first? Who will you tell?"

Scenario 3 (adapted)

A friend follows you somewhere and makes you uncomfortable.

Ask: "What should you do? Why?"

Guide your child to use:

- **Say No**
- **Get Away**
- **Tell a Safe Adult**

8. Close With a Reminder

Say: "Your body is a gift from God. You can always tell me if something feels wrong, even if someone says it's a secret."

Lesson 2 — “Staying Safe Online: What You Share Matters”

Parent Goal

Help your child understand:

- Online safety
- What Personally Identifiable Information (PII) is
- How unsafe behavior can happen online
- How Personal Boundary Safety Rules apply online
- How to respond to unsafe online situations

1. Activity: STAND UP / SIT DOWN

Tell your child: “I’ll say a situation. If it’s safe, stand up. If it’s unsafe, stay seated.”

Use the examples from the document:

- Mom hugs you → **Stand**
- Stranger stands very close → **Sit**
- Teacher pats your back → **Stand**
- Doctor checks private parts because you’re sick → **Stand**
- Classmate keeps shouting your name → **Sit**
- Grandpa hugs you → **Stand**

Ask: “Why did you choose that?”

2. Introduce Online Safety and PII

Say: “Today we’re learning how to stay safe online. “Some information is safe to share, like your favorite color. Some information is NOT safe to share, like your full name, address, or school.”

Ask:

- “What kinds of information do people share online?”
- “Why is it important to know who you’re sharing your personal information with?”
- “How can people misuse information online?”

3. Connect Online Safety to Personal Boundary Safety Rules

Say:

Say No “If something online makes you uncomfortable, close it or turn off the screen.”

Get Away “Move away from the device or leave the room.”

Tell a Safe Adult “Tell me right away. Even if it was an accident, I will help you.”

4. Activity: SITUATION CARDS

Use the scenarios from the document. Read each one aloud and ask:

“What would you do? Which safety rule would you use?”

Examples:

- You land on a page with inappropriate pictures
- Someone shows you pictures of private body parts
- Friends take selfies at a party and make fun of others
- Someone texts mean statements
- Someone types inappropriate words
- Someone is being bullied online
- You go online without permission and see bad pictures
- A message pops up from someone you don’t know
- Someone edits a selfie to make it look ugly and shares it

Guide your child to use:

- **Say No**
- **Get Away**
- **Tell a Safe Adult**

Ask: “Why did you choose that?”

5. Close With a Faith Reminder

Say: “God wants you to be safe everywhere, at home, at school, and online. You can always tell me anything.”

Parent Follow-Up for the Week

Daily Reinforcement Ideas

- Ask: “Did anything today make you feel uncomfortable?”
- Practice the “NO / Get Away / Tell” motions once a day.
- Praise your child anytime they set a boundary.
- Ask: “Did anything online today feel confusing or strange?”

Family Safety Rules to Post at Home

- My body is a gift from God.
- I can say NO to unsafe touches or unsafe online behavior.
- I can tell a safe adult anytime.

- I never keep secrets about safety.
- I only use the internet with permission.
- I can ask for help whenever I need it.

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