

Kindergarten 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 — “God Made My Body Good, and I Can Have Boundaries”

Parent Goal

Help your child understand:

- Their body is a gift from God
- They have personal boundaries
- They can recognize safe and unsafe behavior

1. Begin With a Simple Faith Connection

Say to your child:

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

2. Read a Book Together (optional)

If you have *Safe Touch: A Kid’s Guide to Good Touch, Bad Touch, and Body Boundaries*, read it aloud.

If not, simply say:

“Some touches help us feel loved or safe. Some touches hurt or confuse us. Today we’re going to learn how to tell the difference.”

3. Teach the Vocabulary (Parent Script Included)

Use these exact words from the Virtus document, but with parent-friendly explanations:

Safe Friends/Adults

Say: “Safe adults are people we know well, like parents, grandparents, 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: “Stand Up for Safety”

Tell your child: “I’ll tell you a short story. If the person in the story is respecting boundaries, **stand up**. If they are not respecting boundaries, **stay seated**.”

Use the examples from the Virtus document:

- A friend pushes you down at recess → **Sit**
- Grandma kisses your cheek → **Stand**
- A stranger stands very close to you → **Sit**
- Babysitter puts on a band-aid → **Stand**
- A classmate asks to see your private parts → **Sit**
- Your cousin hugs you → **Stand**
- A friend kicks you → **Sit**

Ask:

“Why did you stand or sit?” This builds understanding.

5. End With a Simple Reminder

Say: “Your body is a gift from God. You can say no to unsafe touches, unsafe behavior, or anything that makes you uncomfortable.”

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. Set Up “OK / NOT OK Corners” at Home

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

Tell your child: “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**
- A classmate kicks you → **Red**
- Teacher helps you up after you fall → **Green**
- Doctor looks at private parts because you’re sick → **Green**
- You call your brother a name → **Red**

Ask: “Why did you choose that side?”

2. Review Vocabulary Again

Repeat the vocabulary from Lesson 1. Children 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 Virtus document:

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

Practice using the earlier OK/NOT OK statements.

5. Reinforce With Real-Life Scenarios

Ask:

- “What would you do if someone pushed you?”
- “What would you do if someone asked to see your private parts?”
- “What would you do if you felt scared or confused?”

Guide them to use the three rules.

6. Close With a Faith Reminder

Say: “God loves you so much. He 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 your child: “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.

Email my parish formation leader that I have completed these two lessons. Share with your parish formation leader any insights or discoveries you had based upon your work with your child.

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