

Second 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 — “Respecting My Body and Being a Safe Friend”

Parent Goal

Help your child understand:

- Their body is a gift from God
- What boundaries are
- How to be a *safe friend*
- How to recognize unsafe behavior
- How to use the Personal Boundary Safety Rules

1. Begin With a Faith Connection

Say: “God made you wonderfully. Because your body is a gift, you get to keep it safe, and you also help keep others safe by being a good friend.”

2. Read Together (optional)

If you have *Body Boundaries Make Me Stronger*, read it aloud.

If not, say: “Today we’re learning how to keep our bodies safe and how to be a safe friend. Safe friends help us feel comfortable, respected, and happy.”

3. Teach the Vocabulary (Parent Scripts Included)

Use the exact concepts from the 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. Talk About Being a Safe Friend

Say: “A safe friend is someone who respects your boundaries and doesn’t make you feel uncomfortable or ‘yucky inside.’ A safe friend wants what is best for you.”

Ask:

- “What does a safe friend do?”
- “What does an unsafe friend do?”
- “How can *you* be a safe friend to others?”

5. 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.”

Say: “Even if a friend does something unsafe, you can still tell a safe adult.”

6. Activity: HOOT-N-HOLLER

Tell your child:

“I’ll tell you a situation. If it shows respect for boundaries, shout **RAH-RAH!** If it does not, shout **BOO-HISS!**”

Use the examples from the Virtus document:

- Mom hugs you before bed → **RAH-RAH**
- Stranger stands very close → **BOO-HISS**
- Teacher pats your back and says “Good job” → **RAH-RAH**
- Doctor looks at private parts because you’re sick → **RAH-RAH**
- Classmate keeps shouting your name after you asked them to stop → **BOO-HISS**
- Grandpa hugs you → **RAH-RAH**

Ask: “Why did you choose that reaction?”

7. Close With a Reminder

Say: “Your body is a gift from God. You can always tell me if something feels wrong. I will help you.”

Lesson 2 — “Being Safe Online”

Parent Goal

Help your child understand:

- Online safety
- How unsafe behavior can happen on the internet
- How Personal Boundary Safety Rules apply online
- How to respond to unsafe online situations

1. Begin With HOOT-N-HOLLER Again

Repeat the activity from Lesson 1.

Use the examples from the document:

- Mom hugs you → **RAH-RAH**
- Cousin hugs you → **RAH-RAH**
- Someone tries to touch private parts → **BOO-HISS**
- Nurse gives you a shot → **RAH-RAH**
- Dad holds your hand crossing the street → **RAH-RAH**
- Friend punches you → **BOO-HISS**

Ask: “Why did you choose that reaction?”

2. Introduce Online Safety

Say: “We also have to be safe when we use the computer. The internet is like a neighborhood, some parts are safe, and some are not.”

Ask:

- “What do you like to do online?”
- “How do you stay safe when you’re online?”

3. Apply the Personal Boundary Safety Rules to Online Life

Say:

Say No “If something online makes you uncomfortable, you can say ‘NO’ by closing the page or turning off the screen.”

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

Tell a Safe Adult “Tell me right away if something online feels wrong.”

Ask:

- “What should you do if a friend online wants you to do something unsafe?”
- “What should you do if you see something inappropriate?”

4. Activity: WHAT WOULD YOU DO?

Use the scenarios from the Virtus document. Read each one aloud and ask: “What would you do? Which safety rule would you use?”

Examples:

- You accidentally land on a page with inappropriate pictures
- Someone shows you pictures of private body parts
- Older students laugh at something inappropriate online
- A message pops up from someone you don’t know
- A friend types inappropriate words
- Someone is being mean online
- You take a phone into the bathroom and drop it in water
- You go online without permission and see bad pictures

Guide your child to use:

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

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

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 can ask for help whenever I need it.
- I only use the internet with permission.

DRAFT