

Sixth 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 - “Made in God’s Image: Personal Boundaries and Safety”

Parent Goal

Help your child understand:

- They are made in the image and likeness of God and possess God-given dignity.
- Personal boundaries help protect their dignity, body, and safety.
- The difference between safe and unsafe friends/adults, safe and unsafe touches, and special safe adults.
- The Personal Boundary Safety Rules: Say No, Get Away, Tell a Safe Adult.
- These safety rules apply with peers, friends, adults, and situations that involve secrecy or pressure.

1. Begin With a Faith Connection

Say: “God created you in his image and likeness. Your body and your life are gifts from God. Because you have God-given dignity, you deserve to be treated with respect, and you have a right to reasonable personal boundaries that help keep you safe.”

2. Watch the VIRTUS Middle School Video (If Available)

Watch the linked together - <https://vimeo.com/1180990140/d8bf069a8f>

“As we watch, listen for the basic rules of personal safety, warning signs that a situation may be unsafe, and ways our safety rules also apply online.”

3. Recap the Video Concepts

Ask your child:

- “What are the basic rules of personal safety?”
- “What are some warning signs that someone may not be respecting your safety or boundaries?”
- “What safety rules also apply when you are using online tools?”

Guide them toward:

- Know and communicate your personal boundaries.
- Say “No” or “Stop” when someone crosses a boundary or makes you feel unsafe or uncomfortable.

- Move away from the person or situation.
- Tell a safe adult what happened and keep telling until someone helps.
- Do not keep secrets about situations that make you feel unsafe, pressured, or uncomfortable.

4. Review the Vocabulary (Parent Scripts Included)

Safe Friends/Adults “Safe friends and adults are people we know will respect us and will not intentionally hurt or confuse us.”

Unsafe Friends/Adults “Unsafe friends or adults put us at risk because they do not respect us, our safety, or our boundaries, or they hurt us.”

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. Connect Boundaries With Being Made in God’s Image

Say: “Being made in God’s image means every person has dignity. Respecting your own boundaries and the boundaries of other people is one way we honor that dignity.”

- “Why is it important to set personal boundaries when it comes to our bodies?”
- “How do these safety words and rules connect with the truth that every person is made in God’s image?”
- “Why can it sometimes be difficult to say no to a friend, older student, or adult?”

Remind your child that it is OK to say “No,” “Stop that,” “Don’t do that,” or “I don’t like that” to anyone who is crossing a reasonable safety boundary. They may also move away and seek a safe adult.

6. Review the Personal Boundary Safety Rules

Say No “Use a clear voice when someone tries to touch you or interact with you in a way that makes you uncomfortable or unsafe. You can say “No,” “Stop,” or “I don’t like that.””

Get Away “Move away from the person or situation and toward a safer place or safe people.”

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

7. Activity: Practice with Scenarios

Say: “I am going to read some situations. For each one, tell me why it may be unsafe or inappropriate and what you could do using the rules: Say No, Get Away, Tell a Safe Adult.”

Scenario 1: A friend invites you to spend the night. Later, the friend’s older brother takes you to a party where people are using alcohol, and you feel uncomfortable.

- Why might this be unsafe or inappropriate?
- What could you say or do?
- Which safe adult could you tell?

Scenario 2: At a park, someone you recognize tries to show you videos of people’s private body parts and says it is OK because they know your parents.

- Why might this be unsafe or inappropriate?
- What could you say or do?
- Which safe adult could you tell?

Scenario 3: At a restaurant, someone keeps staring at you, winks, and silently mouths words to you even after you look away.

- Why might this be unsafe or inappropriate?
- What could you say or do?
- Which safe adult could you tell?

Scenario 4: At a neighborhood picnic, a neighbor stands very close, follows when you move away, and reaches out to touch you.

- Why might this be unsafe or inappropriate?
- What could you say or do?
- Which safe adult could you tell?

Scenario 5: A friend repeatedly takes selfies with you and posts them on social media even though you have asked them to stop.

- Why might this be unsafe or inappropriate?
- What could you say or do?
- Which safe adult could you tell?

Scenario 6: Friends want to change plans and see a movie your parents have told you that you are not allowed to see.

- Why might this be unsafe or inappropriate?
- What could you say or do?
- Which safe adult could you tell?

8. Close With a Faith Reminder

Say: “You are made in God’s image and likeness. Your dignity never depends on another person’s approval. You can use your safety rules with anyone, including a friend or an adult, and you can always come to me or another safe adult when something feels unsafe, pressured, confusing, or wrong.”

Lesson 2 - “Made in God’s Image Online: Protecting Your Digital Self”

Parent Goal

Help your child understand:

- Being safe online is part of respecting the dignity of a person made in God’s image and likeness.
- Their digital presence should be positive, truthful, and consistent with who they really are.
- Online sharing can have lasting consequences and some parts of life should remain private.
- Personally Identifiable Information (PII) should be protected.
- Online grooming happens when someone uses attention, trust, pressure, or manipulation to influence a young person toward unsafe or unhealthy choices.
- The Personal Boundary Safety Rules also apply online.

1. Review the Safety Vocabulary

Say: “Before we talk about online safety, let’s remember that the same dignity and boundaries we talked about in Lesson 1 still apply when we are using phones, games, apps, social media, or other online tools.”

- Safe and unsafe friends/adults
- Safe and unsafe touches
- Special safe adults
- Boundaries
- Say No, Get Away, Tell a Safe Adult

2. Connect Faith and Online Life

Say: “Being safe in life also means being safe online. What happens online can affect real people. Because you are made in God’s image and likeness, what you share about yourself and how you treat others online should respect God-given dignity.”

3. Watch “The Museum of You” (If Available)

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

Say: “Think of your online presence like a museum. The things you post, share, like, or allow others to see become part of an exhibit about you. Ask yourself

whether that exhibit is truthful, respectful, safe, and something you will be comfortable with later.”

4. Family Discussion: Your Digital Museum

- “How is your online or digital presence like a museum?”
- “What are some benefits of being thoughtful about what you share?”
- “What are some downsides to sharing too much online?”
- “What might a ‘red flag feeling’ tell you about something happening online?”
- “Before posting, could you ask: Would I feel good showing this to someone in the future? Could someone copy or use this in a way I did not intend? Does this represent who I really am?”
- “Why is it wise to keep some parts of your life private?”

5. Teach About Personally Identifiable Information (PII)

Say: “PII means Personally Identifiable Information. It is information that can identify you, locate you, or make it easier for someone to contact you. This information is not meant for public posting and should be protected according to our family’s safety rules.”

Examples to discuss include:

- Legal or full name
- Home or street address
- School name or location
- City or frequent locations
- Phone number or personal email
- Other information that reveals where you are or when you will be somewhere
- “What could happen if PII is posted publicly?”
- “Who should you ask before sharing information that could identify or locate you?”

6. Talk About Online Grooming and Unsafe Pressure

Say: “Sometimes a person online may pretend to be a friend or safe person in order to build trust and gradually pressure a young person toward something unsafe, unhealthy, or wrong. This is called grooming. A person may use attention, compliments, secrecy, gifts, repeated messages, or pressure to try to gain influence.

You never owe an online person private information, pictures, secrecy, or continued conversation.”

- “Is this person respecting my boundaries?”
- “Are they asking me to hide this conversation or keep secrets from safe adults?”
- “Are they pressuring me to share personal information, pictures, or do something I know is not right?”
- “Does what they are saying help me make choices that are true, good, and respectful of my dignity?”

If something online feels unsafe, pressured, confusing, or secretive, stop the interaction, move away from the device or account when possible, and tell a safe adult.

7. Apply the Personal Boundary Safety Rules Online

Say No “You can refuse requests for personal information, pictures, secrecy, private conversations, or anything that crosses your boundaries.”

Get Away “End or leave the conversation, app, game, group, or account when a situation becomes unsafe. Follow family rules for blocking or reporting with a safe adult’s help.”

Tell a Safe Adult “Show or tell a parent, guardian, teacher, or another safe adult what happened. Do not try to manage a troubling online situation alone.”

8. Closing Activity: Reflect on Your Digital Presence

Give your child an index card or sheet of paper. Names are not necessary. Ask them to respond privately to these questions:

- If your digital presence is like a museum, what are the latest two “exhibits” you have added, such as things you posted or shared? Why did you share them?
- Do those posts reflect the dignity of someone made in the image and likeness of God?
- What is one thing from today that was new to you or something you had not thought much about before?

Review the answers as a conversation starter rather than a graded activity. If an answer suggests a safety concern, respond calmly and seek appropriate help or support.

9. Close With a Faith Reminder

Say: “God calls you to live with truth, wisdom, and respect both in person and online. Your digital life is part of your real life. Protect your privacy, respect other people’s boundaries, and come to a safe adult whenever an online interaction leaves you feeling unsafe, pressured, or confused.”

Parent Follow-Up for the Week

Daily Reinforcement Ideas

- Ask: “Did anything online today make you feel pressured, uncomfortable, or confused?”
- Ask: “Did something you posted or shared reflect who you truly want to be?”
- Review one privacy setting or family online-safety rule together.
- Practice one boundary statement: “No, I don’t share that,” “Please stop,” or “I need to ask my parent or guardian.”
- Remind your child that asking a safe adult for help is always a good choice.

Family Safety Rules to Post at Home

- I am made in the image and likeness of God, and my body and life have dignity.
- I respect my boundaries and the boundaries of others.
- I use Say No, Get Away, Tell a Safe Adult when a situation is unsafe.
- I protect personal and identifying information online.
- I think before I post and choose what is truthful, respectful, and safe.
- I do not keep unsafe or uncomfortable secrets from my safe adults.