

Third 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”

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 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.”

2. Watch the VIRTUS Video

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

After watching 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.”

Why tell a safe adult

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

4. Teach the Vocabulary (Parent Scripts Included)

Use the exact concepts from the 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. 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 Virtus 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 after you asked them to stop → **Sit**
- Grandpa hugs you → **Stand**

Ask: “Why did you choose that?”

7. Close With a Reminder

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

Lesson 2 — “Respecting Boundaries 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. Activity: THUMBS UP / THUMBS DOWN

Tell your child: “I’ll say a situation. If it’s safe, give a thumbs up. If it’s unsafe, thumbs down.”

Use the examples from the Virtus document:

- Nurse gives you a shot → **Thumbs Up**
- Cousin hugs you → **Thumbs Up**
- Classmate calls you a name → **Thumbs Down**
- Someone shows you inappropriate content online → **Thumbs Down**
- Best friend pats your back → **Thumbs Up**

Ask: “Why did you choose that?”

2. Discuss the Online Safety Rules

“The internet is like a neighborhood. Some places are safe, and some are not. We have to make good choices online.”

Three online rules

Ask “What are the three rules to stay safe online?” Guide them toward:

- Ask for permission
- Talk only to people you know
- Stick to sites you know

Why follow these rules

Say: “Some sites and people online are unsafe. These rules help protect you.”

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 Virtus 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
- Older students laugh at inappropriate content
- A message pops up from someone you don’t know
- A friend types inappropriate words
- Someone is being mean online
- You go online without permission and see bad pictures
- You drop a phone in water while using it in the bathroom

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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