

LESSON 4 Safety Awareness



In This Lesson

For You Pages 1–2

- Keeping Children Safe
- 3-Minute Retreat
- Lead Your Child to Grow with God
- Safe and Sacred at Home

For You and Your Child Pages 3–4

- With Your Child: Bringing the Lesson Home
- Pray Together



What the Church Says About

Protecting Our Children

Only if we devote time to our children, speaking of important things with simplicity and concern, and finding healthy ways for them to spend their time, will we be able to shield them from harm.

Pope Francis, *Amoris Laetitia*,
260 (2016)

Keeping Children Safe

As parents, you want your children to be prepared in case of danger but do not want to frighten them unnecessarily. Strategies for recognizing people with bad intentions, avoiding and responding to danger, and managing fear in the face of danger are critical points for children to learn—even if it is a topic that disturbs them.

**Conversations about topics such as
safety awareness are difficult to have with children,
but these conversations will help keep them safe.**

Teach your child to recognize inappropriate messages from adults in the form of gifts, praise, or directives. Make sure your child knows that a safe adult would never ask a child to keep a secret or go against parental wishes. Openly discuss plans for self-defense and set firm and clear family safety rules about where your child may go and with whom.

We can offer children reassurance—and take heart ourselves—in knowing that God gives us what we need to face life with wisdom and fortitude. He offers our hearts refuge, and he waits for us to draw near to him in good times and in bad.





3minute
RETREAT

Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.

Romans 12:2

Reflection

Through the sacraments we receive the grace of the Holy Spirit, which helps us follow the example of Jesus. When we center our hearts and minds on Jesus, we can discern the will of God and what is pleasing to him. We can share what we learn to help others be wise and careful.

Questions

What steps can I take to center my mind on Christ? How can I help my child take steps to center his or her mind on Christ?



Prayer

Speak to God, using this prayer or one of your own.

Loving God, help me to live in tune with your love so that it may resonate with everyone around me.

Lead Your Child to Grow with God: Spiritually, Socially, and Physically

Spiritual Children need to feel safe, secure, and loved. The daily routine might seem mundane, but the simple acts of service you do for your child every day create those feelings of safety and security. You are teaching your child how to serve and love others. Whether you are putting together their favorite items for lunch or washing their clothes, let children see you do these things with love.

Social Encourage your child to follow the example of Jesus and be kind to others, but also coach him or her to wisely choose whom to trust. Explain that it is not a good idea to trust someone who speaks negatively about friends or shares the secrets of friends with others. Remind your child that a true friend will stand up for others even in their absence.

Physical Guide your child in the practice of self-defense moves, such as punching or kicking, to bolster confidence that he or she could use them to get out of a bad situation. If your child is interested, you may wish to enroll him or her in a martial arts or other self-defense course. If your child is anxious about self-defense, explain that being prepared is better than being scared.



Safe and Sacred at Home



Embracing the Way of Jesus (Loyola Press)
by Pope Francis

Being children is the basic condition for knowing the love of God, which is the ultimate source of this authentic miracle. In the soul of every child, inasmuch as it is vulnerable, God places the seal of this love, which is at the basis of his or her personal dignity, a dignity that nothing and no one can ever destroy.

Big Ideas

In Lesson 4, your child will:

- develop methods for managing fear and staying calm in uncomfortable situations.
- devise strategies for avoiding and responding to danger.
- identify some ways in which God draws near to him or her when needed.
- define *abduction*.

Word to Know

abduction • *The act of taking away a person by force*

Bringing the Lesson Home

Determine ahead of time when and where you and your child will engage with the lesson content. Read or complete Side A of the worksheet with your child.

STEP 1 ENGAGE & EXPLORE

Pay close attention to how your child talks about the worksheet. Try to get a sense of his or her confidence level in knowing what to do in the different circumstances. Give your child the information or support needed to feel confident.

SAY: You may never find yourself in a situation where you feel scared or threatened, but I'm glad you will know what to do in any situation. **ASK:** What are some safety rules we have in our family?

Allow time for your child to respond. Talk about the safety rules specific to your family. You may wish to post these rules in a common area so they can be seen often.

SAY: It's my job to keep you safe, but I need your help. Please follow the safety rules we have set for our family and know that you can always come to me with anything that's on your mind.



Bringing the Lesson Home *(continued)*

STEP 2 REFLECT & RESPOND

Read or complete Side B of the worksheet with your child.

ASK: What is your favorite way of connecting to God?

Allow your child time to respond. Then share with your child your favorite ways to feel connected to God.

SAY: Let's pray together now. Pray aloud the prayer from the Pray Together feature or one of your own. Begin and end the prayer with the Sign of the Cross.

The worksheet is titled "Growing with GOD". It has two main sections: "Nearness to God" and "Prayer".

Nearness to God
During each day, we can do things that help us grow closer to God. We can also make choices that tend to keep us from him.
Reflect on what happened to you today. Use the space provided to record your thoughts in response to the questions.

Scripture
Submit yourselves to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. James 4:7-8

When did I feel God's presence today? How did I respond?

Which of my choices led me away from God? How could I have acted differently?

How did my choices today bring me closer to God?

How can I ask God to draw near to me tomorrow?

Prayer
Almighty God, thank you for your limitless grace. Help us to be mindful of all times of your blessings and love so that we may draw closer to you. In times of joy, fear, or hardship, you are the strong refuge we seek.

GRADE 4 / LESSON 4 Safety Awareness Worksheet 4 / Side B

LOYOLA PRESS, A Jesuit Ministry
www.loyolapress.com



Pray Together

Heavenly Father, thank you for being present in our lives always and for putting people in our lives who care for us and keep us safe.

Scan this code and guide your child through a simple review of the lesson.

