

# Building Boundaries: Called to Protect for Young Children

## Kindergarten: Rules About the Body

### Child Development:

Kindergarteners have a lot of curiosity. They are curious about their anatomy and about others' bodies. They are beginning to develop social relationships by playing with others and by being in a school environment. As they explore the world beyond family, they are learning rules for how to behave and how others should behave. They are learning how to make decisions about what is right or wrong.



### Lesson Overview:

The focus of this program for kindergartners is building physical boundary skills. The corresponding lessons are designed to reinforce the concept of rules and how rules help keep us safe. Children will review the rules that keep their bodies safe and healthy, including how to take care of the body and establish rules for appropriate touch.

### Objectives for Kindergarten Students:

Students will

1. Review the concept of rules, how rules work, and how to respond when someone is breaking rules.
2. Participate in activities that will enforce the rules that protect the body.
3. Respond to situations where someone is breaking the rules that protect the body.

Your child will participate in three activities to reinforce the above objectives. The primary focus of this lesson is rules and the importance of following rules. Children will learn that we have rules about the body; for example, we must keep it safe and clean. Children will learn that they have a right to say no to someone who wants to hurt their body or make them feel uncomfortable. Children will also learn that their private parts (the areas of their bodies covered by their swim suits) can only be touched by someone who is responsible for keeping them clean, healthy, and safe.



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## First Grade: Rules for Interacting with Others

### Child Development:

First graders continue their journey toward independence and toward more understanding about rules for conduct. Their efforts to be socially accepted outside the family make self-esteem a major issue for them. They need the approval of their parents and peers, and they can become anxious if they are pushed too hard to excel. As this is a year that brings with it a lot of emotions, first graders are learning to identify and manage their feelings.



### Lesson Overview:

The focus of this program for first graders is about starting to build emotional boundary skills. The corresponding lessons are designed to reinforce the concept that interactions can affect how we feel. Children will review the basic types of feelings. In addition, they will review the concept of bullying and how it makes kids feel. Children will learn how to tell someone about people or events that make them feel mad, sad or scared.

### Objectives for First Grade Students:

Students will

1. Review the concept of feelings and what makes them feel good or bad.
2. Learn the rules for how they're supposed to treat each other.
3. Learn about bullies and how they break rules for how people treat each other.

Your child will participate in three activities to reinforce the above objectives. These teach children how to identify feelings such as mad, sad, glad, and scared. In these lesson plans, children learn that the body reacts to these feelings. And they learn that the body and the feelings work together to teach us when we might be in danger or when someone is not treating us with respect. Finally, this lesson discusses the "Golden Rule" and asks children to consider how they want to be treated and how they want to treat others.



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## Second Grade: Listening to your Intuition

### Child Development:

Second graders are generally friendly and eager, and they tend to know right from wrong. They like to be a member of a group, they want a best friend, and they want to perform well. They are beginning to feel influence from their peers as well as from their families in their continuing journey toward independence.



### Lesson Overview:

The focus of the program for second graders is to continue to build behavioral boundary skills. The corresponding lessons are designed to reinforce the concept that because we know our feelings, we sometimes feel funny if we are asked to do (or we do) something that breaks a rule or seems dangerous.

### Objectives for Second Grade Students:

Students will

1. Learn what intuition is and how to listen to it.
2. Learn how to say no when intuition tells them to.
3. Learn how to tell a trusted adult when they feel their intuition is warning them about something.

Your child will learn that they have an extra “sense,” sort of a warning system that helps them identify when something doesn’t feel right. This lesson teaches children words to say when they feel bad and want to remove themselves from an uncomfortable situation. Children will also learn the words to say to tell a trusted adult when something bad has happened to them.



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## Third Grade: Secrets, Those You Keep and Those You Share

### Child Development:

Parents remain the strongest influence for third graders, but the peer group continues to grow in importance as well. Third graders are social and are looking outside the family for new ideas and activities. Typically they prefer to play with their with their same-sex peers.



### Lesson Overview:

The focus of this program for third graders is continuing to build emotional and behavioral boundary skills. The corresponding lessons are designed to reinforce the concept some secrets are good while others are not. The accompanying activities help the students learn to make decisions about which secrets can be kept and which should be told to a trusted adult .

### Objectives for Third Grade Students:

Students will:

1. Learn about different types of secrets.
2. Learn how to recognize a bad secret.
3. Learn how to tell a trusted adult when someone has asked them to keep a bad secret.

Your child will learn that some secrets are meant to be kept while others are meant to be shared. They will participate in activities that help them learn how to recognize a secret they should share, and they will learn that adults are better able to manage those secrets. Children will learn what to say to a trusted adult when someone has asked them to keep a secret that makes them feel unsafe.

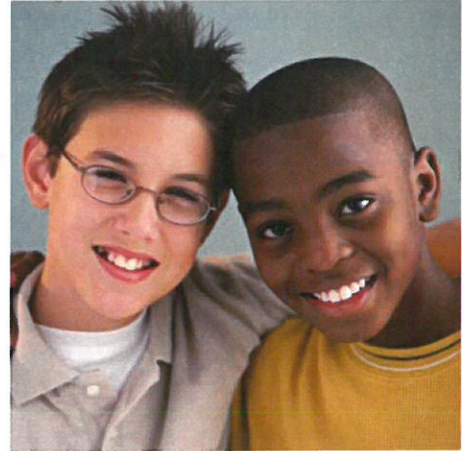


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## Fourth Grade: Healthy Friendships

### Child Development:

Fourth graders are entering pre-adolescence. Now, they value their friends' opinions and values even more. They may join clubs and organized sports or activities as their social lives become more active. If they can maintain healthy self-esteem during this time, fourth graders will be better equipped to withstand negative peer pressure that sometimes arises at this age.



### Lesson Overview:

The focus of this program for fourth graders is behavioral boundary skills. The corresponding lessons are designed to reinforce the concept of peer to peer interactions and how some are healthy and some are not. The accompanying activities help the students learn good boundaries with friends and adults.

### Objectives for Fourth Grade Students:

Students will:

1. Learn what makes a healthy friendship with peers.
2. Learn to identify a safe adult.
3. Learn how to respond to situations that make them feel uncomfortable.

Your child will learn about friendships and what makes friendships healthy and fun. They will learn about bullies and that no one has the right to bully them. They will learn also about healthy relationships with adults, and they will be asked to identify adults in their lives whom they can talk to.

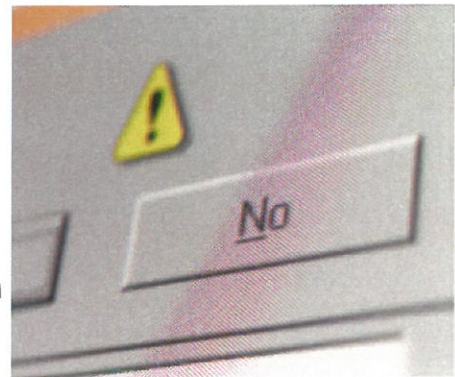


# Building Boundaries: Called to Protect for Young Children

## Fifth Grade: Healthy Privacy

### Child Development:

Fifth graders continue to spread their wings as their overall development accelerates. This is an age when fitting in with the peer group is paramount. In addition, it is a time when children may begin to experiment with risky behaviors to gain the respect of their peers or to follow the leader of a peer group. Fifth graders remain affectionate with parents but clearly have a life, with its stresses and successes, beyond the family.



### Lesson Overview:

The focus of this program for fifth graders is behavioral boundary skills. The corresponding lessons are designed to reinforce the concept of appropriate privacy — what can and should be kept private, and what should not. The lessons continue to develop the fact that children must tell adults some things that are private or “secret.” In addition, the lessons caution fifth graders about giving out too much private information to people on the Internet.

### Objectives for Fifth Grade Students:

Students will:

1. Learn what can and should be kept private and what needs to be shared with a safe adult.
2. Learn the rules for safety when communicating on the Internet.
3. Learn how to recognize and respond when someone wants too much private information.

Your child will learn that they have a right to certain types of privacy. For example, they can keep their journals private, and they can keep certain confidences with friends. But they will learn, also, that they should not keep everything private. If they have a physical problem, they need to confide in someone. If someone is making them feel bad or asking them to break rules, they need to tell someone. This lesson includes information about the Internet and how to recognize when someone is asking questions or wanting information that is too personal to share.

