

LESSON 2
Boundaries



Growing with **GOD**TM
Safe and Sacred

In This Lesson

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What the Church Says About

The Family as Domestic Church

It is within the context of his family that Jesus would come to know as man the will of his heavenly Father, who had sent him into the world to be its Savior and Redeemer.

United States Conference of Catholic Bishops (November 17, 2009)

Cherished and Respected

Children who grow up knowing just how much God loves them develop an identity that is rooted in faith and trust in God. Children need to see living examples of God’s love through interactions with family, friends, classmates, neighbors, and all acquaintances to learn that they are dear to God and that they have an important role to play in serving God’s kingdom. When raised in this way, children develop an awareness of what it feels like to be cherished and deserving of honorable and respectful treatment. Consequently, they are more able to recognize when they are not being treated in this manner.

Children should feel encouraged to protect and defend themselves or others when they see or experience wrongdoing. Confident children—those who feel valued by God and by others—may be more likely to stand up for themselves and others.

Help your child develop the confidence to act boldly—to stand up and say, “No!” if they find themselves in a dangerous or uncomfortable situation. Talk with your child about personal boundaries, and let your child know that he or she gets to decide those perimeters and that when those boundaries are crossed to report it to you.





3minute
RETREAT

*In the morning let me hear of
your mercy,
for in you I trust.
Show me the path I should walk,
for I entrust my life to you.*

Psalm 143:8

Reflection

Your child trusts you and depends on you for so many things each day. Praying in the morning prepares our hearts to live with the intention of following the path that God has laid out for us. When you walk God's path and offer his mercy to others, you become worthy of your child's trust.

Questions

As a parent, how can I prepare my heart to receive God's mercy and be merciful to others? How can I live so that my child trusts me completely?



Prayer

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

Guide me on the path, O Lord, that helps me become a person who earns the trust of others.

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

Spiritual Nurture your child's relationship with God by reading Scripture together. Give the Bible a place of honor in your home. As your family reads, discusses, and prays about God's Word together, you will find God revealing himself to each of you in new and perhaps unexpected ways.



Social Help your child identify different emotions as well as learn how to cope with them. Ask your child to think about how he or she might respond or see others respond when they are experiencing those

emotions. Practice role-playing different scenarios in which you and your child express and respond to different emotions. When children can identify how they are feeling, they can communicate their feelings to others as needed in an appropriate manner.

Physical Remind your child that he or she is dear to God. Point out the gifts God has given your child that demonstrate his or her love (for example, an able body, a happy smile, a healthy heart). Teach your child to care for these gifts by bathing regularly, brushing teeth, eating healthy food, and being active each day.

Safe and Sacred at Home



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

God has no difficulty in making himself understood by children, and children have no difficulty in understanding God.

Big Ideas

In Lesson 2, your child will:

- explain that the Bible is the Word of God.
- identify and use specific emotion words to describe feelings.
- demonstrate the “No!” and “Go!” steps to use if he or she feels scared or threatened.
- write and draw about what it means to be dear to God.
- define *Bible* and *sacred*.

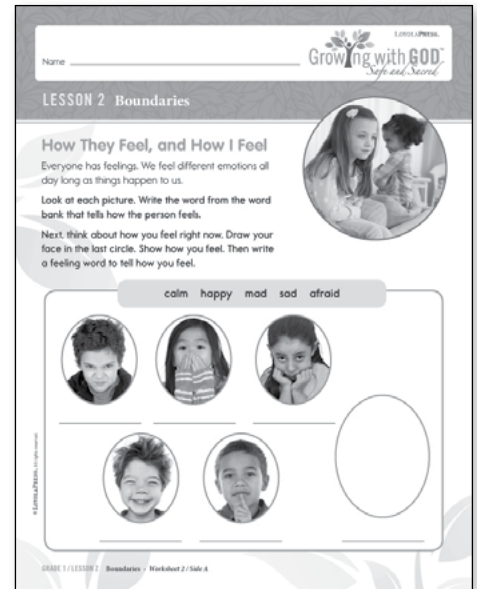
Words to Know

Bible • *The Word of God*

sacred • *Holy and treasured*

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

Take a moment to look at the self-portrait your child drew and read the emotion word written below it. **SAY:** I see how you made the expression on your face match the way you were feeling. Encourage your child to identify the emotion. Talk with him or her about what caused that feeling and why. **ASK:** What are some other emotions you felt today? Allow time for your child to answer. You may wish to share some of the emotions you felt during the day and how you coped with them.



SAY: It's important to pay attention to our feelings. Our feelings help us notice when things are not right so that we can take action and stay safe when we need to. If you ever feel uncomfortable or unsafe around someone, say, “No!” Tell the person to stop and then run to tell a trusted adult. Explain to your child that this holds true for family members, family friends, teachers, coaches, babysitters, and so on. Encourage your child to tell you immediately if an encounter makes him or her feel unsafe or uncomfortable.

Bringing the Lesson Home *(continued)*

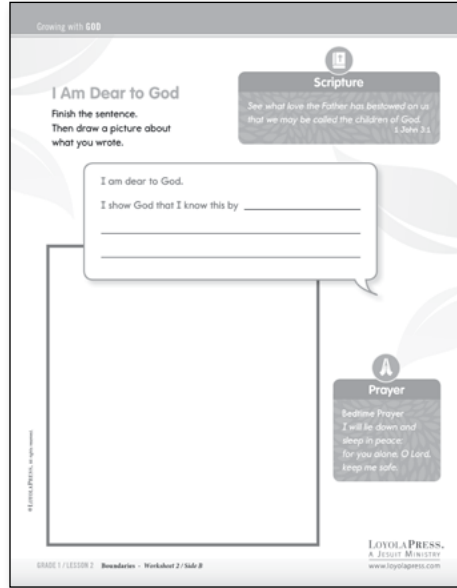
STEP 2 REFLECT & RESPOND

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

SAY: You are dear to God and to me! Read to me what you wrote and then tell me about the picture you drew.

SAY: God knew you before you were born, and he made you just the way he wanted you to be. My hope for you is that you always know you are worthy of being treated with honor and respect.

Pray the prayer from the Pray Together feature or one of your own. Begin and end the prayer with the Sign of the Cross.



Pray Together

Heavenly Father, thank you for the people in our lives who show us love and respect. Please give us the confidence to take decisive action when we see or experience wrongdoing.

