

# Growing with GOD™

*Safe and Sacred*

## LESSON 2 Boundaries

### In This Lesson

#### For You Pages 1–2

- Teach Your Child About Secrets
- 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

## *A Chaste Life*

**We do not lead the moral life on our own. God helps and transforms us from within by the power of his grace. In freedom, we are called to cooperate with God's grace.**

*Catechism of the Catholic Church*  
1742, 2001, and 2022

## Teach Your Child About Secrets

Knowing a secret can be enticing for anyone. Even adults are sometimes thrilled at the thought of being trusted with information. Children are no different. They love to be in on the birthday surprise for Dad or the surprise party for another beloved family member. However, they need to know that while some secrets lead to fun surprises, others can be dangerous or harmful.



### **Parents can help children develop awareness of unsafe secrets and what to do if they are ever asked to keep one.**

The human desire to be included can be alluring and powerful and make temptation difficult to ignore. Because it is not uncommon for adults to keep secrets, your child may view this behavior as a sign of growing up or being trustworthy. Unfortunately, it is this kind of thinking that makes them so vulnerable to those who have bad intentions. Teach your child to be aware of the tactics people use to groom children for manipulation. Tell your child that most people are good, but some people are not to be trusted. Explain that people like this might ask a child to keep a secret. They might give a child a gift and say to keep it secret, or they might touch a child in a way that doesn't seem right and say not to tell anyone. Tell your child that if an adult or older child tells him or her to keep a secret from you, it is an unsafe secret and to tell you as soon as possible. Reassure your child that he or she will not be in trouble for telling the truth. Impress upon your child that when we tell the truth, our hearts are at peace.



3minute  
RETREAT

*Nothing gives me greater joy than to hear that my children are walking in the truth.*

3 John 1:4

### Reflection

We walk in the grace of Jesus Christ. He is our model and greatest example of the ultimate truth of the Father's love. We express this love when we listen and respond to the concerns of others. Doing this shows that we want what is best for them in the eyes of God.

### Questions

How may I demonstrate grace, integrity, and honesty for my child? In what ways do I show my child that I want what is best for my family in the eyes of God?



### Prayer

Speak to Jesus, using the words of this prayer or your own.

*Loving Jesus, help me give you joy each day by making me aware of the steps I can take to follow you with integrity and love.*

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

**Spiritual** Parents want their children to feel free to tell them everything. At times, children may fear the consequences of doing so and opt to hide the truth. Remind children that God knows them and everything about them. When we live God's truth, we make room in our hearts for a deeper relationship with him.

**Social** Children at this age want adults to pay attention to them and listen to what they have to say. Their enthusiasm may cause them to interrupt. Politely encourage your child to wait his or her turn to speak. When it is your child's turn, look him or her in the eyes to show your full attention. Ask questions. Children need positive and meaningful experiences to progress socially.

**Physical** Tune in to how your child feels about physical touch.

As children get older, they may not want the same cuddles, or perhaps they want more!

Respect your child's wishes.

There are many ways to show affection, such as having one-on-one conversations, reading bedtime stories together, and participating in established family routines.



### Safe and Sacred at Home



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

You are collaborators with the Holy Spirit, who whispers Jesus' words to you! Be the same for your children! Be missionaries to your children. They will learn from your lips and from your life that following the Lord gives one enthusiasm, a desire to spend oneself for others; it always gives hope, even in the face of difficulties and sorrow, because we are never alone but always with the Lord and with our brothers and sisters.

## Big Ideas

### In Lesson 2, your child will:

- tell the difference between safe secrets and unsafe secrets.
- demonstrate understanding that being truthful makes a person feel good.
- identify people he or she thinks can be trusted.
- define *safe secret* and *unsafe secret*.

### Words to Know

#### safe secret ·

*Something that is kept confidential for a short time, such as a surprise party or a gift*

#### unsafe secret ·

*Something that is kept hidden to conceal a serious misdeed or crime*

## 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.

Name \_\_\_\_\_

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*Safe and Sound*

LESSON 2 Boundaries

**How I Feel About Secrets**  
Think about how you feel when you hear safe secrets and unsafe secrets.  
Read the words in the word bank.  
Use the words to fill in the boxes.

glad excited scared  
sad happy upset

When I hear safe secrets, I feel ...

When I hear unsafe secrets, I feel ...

GRADE 2 / LESSON 2 Boundaries - Worksheet 2 / Side A

## STEP 1 ENGAGE & EXPLORE

**SAY:** I don't want a secret to make you feel sad, upset, or unhappy. If you know a secret that makes you feel this way, the secret is unsafe. Please tell me right away if someone asks you to keep a secret. Adults shouldn't ask children to keep secrets.



Ask your child to tell you the difference between a safe secret and an unsafe secret. Lead the conversation so that you can determine your child's ability to distinguish between safe and unsafe secrets. Then try to discern if your child knows what to do in case he or she is burdened with an unsafe secret.

**SAY:** My hope for you is that you are never troubled with an unsafe secret, but I want you to know that you can come to me if you have one. You will not be in trouble. You will be nearer to God. He wants us to live his truth every day.

# Bringing the Lesson Home *(continued)*

## STEP 2 REFLECT & RESPOND

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

**SAY:** It's so important to know the difference between safe secrets and unsafe secrets. Unsafe secrets cause harm, so we need to recognize them when we hear them.

Look at Side B of the worksheet. Have your child read each scenario and explain why the secret is safe or unsafe.

**Safe or Unsafe**  
Read each secret. Check the  if it is a safe secret. Check the  if it is an unsafe secret.

**Scripture**  
For there is nothing hidden that will not become visible, and nothing secret that will not be known and come to light. — Luke 8:17

**Prayer**  
Dear God, please watch over me and protect me. You know the truth in my heart. I trust you and know you will help me stay on the path of truth and love.

**Scenarios:**

- Someone at school hugs you when you don't want to be hugged and tells you not to tell anyone.
- Dad is planning a surprise party for Mom. He says, "Keep it a secret until Saturday!"
- Your friend tells you that someone touched him in a way that scared or hurt him.
- Your sister is supposed to take care of you but goes shopping. She says, "You'd better not tattle on me!"

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**SAY:** Let's pray together now to tell Jesus that we love him. We believe he will help us know when to keep secrets and when to tell them. Pray aloud the Act of Faith, Hope, and Love. Begin and end the prayer by praying the Sign of the Cross.



### Pray Together

**Act of Faith, Hope, and Love (adapted)**

Jesus, I believe in you.  
Jesus, I hope in you.  
Jesus, I love you.

