

LESSON 2 Boundaries



In This Lesson

For You Pages 1–2

- Shown God's Love
- 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 *Healthy Relationships*

Children, adolescents and young people should be taught how to enter into healthy relationships with God, with their parents, their brothers and sisters, with their companions of the same or the opposite sex, and with adults.

Pontifical Council on the Family,
The Truth and Meaning of Human Sexuality: Guidelines for Education within the Family (1996)

Shown God's Love

Your third-grader's circle of relationships may be beginning to widen. He or she may join sports teams or clubs, and you may not know some of the people your child spends time with in the way you did when your child was younger.

Teaching your child to recognize and confidently apply boundaries is essential for him or her to develop healthy, happy, and stable relationships.



Emphasize that God cares for us all and that our relationships should reflect God's love for us. Explain that this means we should treat others with respect and expect them to do the same for us. Your third-grader needs your help to

establish healthy boundaries in order to feel safe in relationships and to recognize whether people are trustworthy. Talk about how to use and identify appropriate expressions of care and affection with others and how to firmly and respectfully decline physical contact if that is your child's preference. Encourage your child to pay attention to and respect the personal boundaries of others. Encourage your child to tell you anytime they feel that their boundaries are being compromised.



3minute
RETREAT

In this is love: not that we have loved God, but that he loved us and sent his Son as expiation for our sins. Beloved, if God so loved us, we also must love one another.

1 John 4:10–11

Reflection

We have nothing that has not been given to us by God. He loves us so much that he gave his only Son to save us. We thank God for the gift of his grace by treating one another with the same love and care that God has shown us.

Questions

How can I be a witness to the signs of God's love for my child?
How does knowing that God loves me affect the ways I show love to my child?



Prayer

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

Loving God, I stand in reverent awe of your abundant and ceaseless love for me. Help me reflect that love toward others.

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

Spiritual Encourage your child to spend time in quiet reflection each day. Teach him or her to embrace silence and solitude as a way to grow closer to God and to discover new sources of inspiration.

Social Use mealtime as an opportunity to teach your child to communicate clearly and respectfully. Encourage your child to participate in conversations, listen without interrupting, and state opinions without being unkind or disrespectful. In addition, give your child a job in preparing dinner or clearing the table to promote a sense of responsibility and care.

Physical Talk about how our bodies give us signals that make us aware of when our boundaries are being crossed. Invite your child to pay attention to signals his or her body is sending.



Safe and Sacred at Home



Raising Faith-Filled Kids (Loyola Press)
by Tom McGrath

Be open to hope. Since hope is one of the God-given virtues, you cannot manufacture it on your own. But you can help yourself and your children be available, open, and accepting of the gift when it comes. You can do this by using hopeful language, praying for strength to trust, focusing on God's promises, and being willing to accept surprises rather than "sure things."

Big Ideas

In Lesson 2, your child will:

- identify appropriate expressions of care and affection.
- determine his or her own personal boundaries.
- identify trustworthy and untrustworthy behaviors.
- define *personal boundaries* and *appropriate*.

Words to Know

personal boundaries • *The limits or rules one sets to define what is reasonable, safe, or permissible, and how one will respond if those boundaries are not honored*

appropriate • *The quality of matching one's conduct to the conditions of the situation*

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 _____

Growing with GOD
Safe and Sound

LESSON 2 Boundaries

Appropriate Interactions
Each of us gets to decide what kinds of interactions are appropriate for us. For an interaction to be appropriate, it should not make you feel uncomfortable, scared, or pressured to do something you know is wrong. Each person sets his or her own personal boundaries to avoid situations that are not appropriate.

Read each interaction below. Decide whether it would be always appropriate, sometimes appropriate, or never appropriate if someone interacted with you in that way. Put a check mark in the column that matches your choice.

INTERACTION	ALWAYS APPROPRIATE	SOMETIMES APPROPRIATE	NEVER APPROPRIATE
Speaks to me in a loud voice			
Shakes hands with me			
Tickles me			
Gives me a long hug			
Helps me with homework			
Wrestles with me			
Encourages me to disobey my parents			
Makes jokes about my appearance			

GRADE 3 / LESSON 2 Boundaries • Worksheet 2 / Side A

STEP 1 ENGAGE & EXPLORE



Discuss with your child how he or she ranked the given interactions as *always appropriate*, *sometimes appropriate*, or *never appropriate*.

SAY: Everyone has different ideas about what is appropriate behavior. Some people may be comfortable with hugs, handshakes, or high-fives. Others may prefer not to touch at all, and that is OK! The important thing is to communicate our boundaries in a firm and polite way and to learn and respect the boundaries of others.

Bringing the Lesson Home *(continued)*

STEP 2 REFLECT & RESPOND

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

SAY: The way we treat one another says a lot about us. We can get a good idea of who is trustworthy and who is not just by paying attention to the words and actions of those around us.

Use the blackline master to begin a discussion about people who exemplify for your child what it means to show God's love to others.

SAY: Be careful with your words and actions so that you express God's love to others.

SAY: Let us pray together. Pray the prayer from the Pray Together feature or a prayer of your own. Begin and end the prayer with the Sign of the Cross.

The worksheet is titled "Growing with GOD" and is labeled "GRADE 3 / LESSON 2 Boundaries - Worksheet 2 / Side B". It features a central illustration of a person with arms raised in prayer, surrounded by a circular border. The worksheet is divided into several sections: "Scripture" with the text "Living the truth in love, we should grow in every way into him who is the head, Christ." (Ephesians 4:15); "Trustworthy and Untrustworthy Traits" with a definition of trustworthiness and a space to write how trustworthy and untrustworthy people speak and behave; "Trustworthy" and "Untrustworthy" sections with lines for "Things they say" and "Things they do"; and a "Prayer" section with the text "Heavenly Father, thank you for giving us boundaries to live by. To keep us safe with you. Please guide me to the people in my life who put their faith in you and live according to Jesus' example."



Pray Together

Dear Lord, please help us to treat our friends and neighbors with careful thought so that we may show them God's love. Help us to be sincere and gentle with our words and respectful in our actions as we follow in the example of Jesus.

