

## LESSON 2 Boundaries

# Growing with GOD™

*Safe and Sacred*

### In This Lesson

#### For You Pages 1–2

- Honoring God's Children
- 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

## *The Dignity of the Human Person*

The divine image is present in every man. It shines forth in the communion of persons, in the likeness of the union of the divine persons among themselves.

*Catechism of the Catholic Church, 1702*

## Honoring God's Children

We are called to honor one another as God's beautiful and unique creations, but how do we teach our children to do that?

And how do we teach them that they are worthy of dignity and respectful treatment? Modeling respect for others in speech and actions is a beginning. In

addition, when children see their parents working for the common good of all people, they learn what it means to honor God's children and how to reflect the love of God.



**It is essential that we demonstrate for our children how to see others as fellow brothers and sisters—each and every one a child of God.**

Our children need to know that they are worthy of being treated with dignity and respect by children as well as adults. Have an honest discussion with your child about personal boundaries, physical and spiritual, and how your child gets to decide where those boundaries are. Help him or her develop strategies to navigate situations where his or her personal boundaries are crossed. Modeling comes into play again here by demonstrating how to talk to others respectfully, treating belongings with care and a sense of stewardship, and respecting your child's personal space and age-appropriate need for privacy.



3minute  
RETREAT

*For as in one body we have many parts, and all the parts do not have the same function, so we, though many, are one body in Christ and individually parts of one another.*

Romans 12:4–5

### Reflection

We are called to use our gifts simply and humbly to serve God's kingdom in a unique way. We often fall short of this calling, however, when we allow complacency or a feeling of helplessness to overcome us. When we give God increasing authority over our bodies and minds, we discover new ways to serve the common good.

### Questions

What is one way I can give God more authority over my body or my mind? What simple thing can I do today to serve my family in a way I have not done before?



### Prayer

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

*Generous God, you have showered me with abundant blessings. Help me to recognize them and share them generously.*

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

**Spiritual** Speak about the inherent dignity of all people with your child. Each person was created by God and has a purpose in life. In God's eyes, each person has infinite worth, and all our actions should acknowledge this truth.



**Social** One of the easiest and best ways to help our children learn to treat friends, family members, and teachers with dignity and respect is simply to listen to them. When speaking with or listening to your child, look him or her in the eye and give him or her your undivided attention. Ask open-ended questions and share your experiences. Modeling what good listeners do helps children learn this essential element of empathy naturally.

**Physical** Discuss with your child how treating the body as a temple honors God. Empower your child to determine his or her own physical boundaries, and encourage him or her to expect others to respect those boundaries.

### Safe and Sacred at Home



*Rise, Let Us Be on Our Way* (Loyola Press)  
by Pope John Paul II

The pastoral care of children must obviously be continued as they enter adolescence. Frequent confession and spiritual direction help young people to discern their vocation in life and protect them from losing their way as they enter adulthood.

## Big Ideas

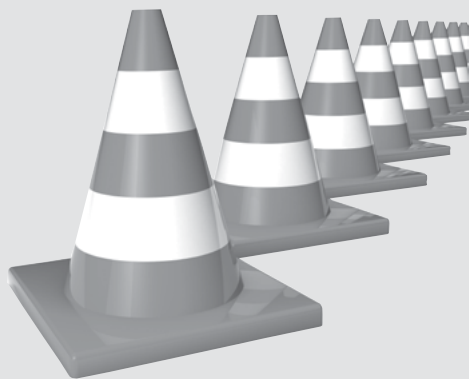
In Lesson 2, your child will:

- demonstrate understanding of personal boundaries.
- reflect on what he or she learned about conscience.
- define *personal boundaries* and *conscience*.

### Words to Know

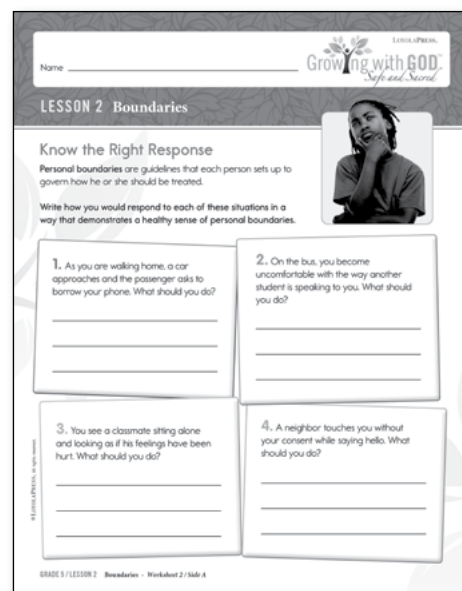
**personal boundaries** • *The limits or rules one sets to define what is reasonable, safe, or permissible, and how one will respond if those boundaries are not honored*

**conscience** • *The inner voice that helps one know the law that God has placed in one's heart*



## 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

Personal boundaries govern many of our actions on a daily basis. We have boundaries for our bodies or our personal space; we have boundaries for the way people speak to us; and we have boundaries for our belongings and how we want them to be treated. Take a moment to think about your boundaries and how they affect your interactions with others.

**SAY:** I want you to know that your personal boundaries are your own. You get to decide what is OK. If you do not want to be hugged, or if you do not want to shake someone's hand, you do not have to. If anybody violates your personal boundaries or asks you to go against your conscience, please come to me so we can solve the problem together.

Share with your child a little about your own personal boundaries and how they have shaped your life. Offer to lend support if ever your child is confused about personal boundaries.

**SAY:** My hope for you is that you are always treated in a way that respects and celebrates the unique person God created you to be.

# Bringing the Lesson Home *(continued)*

## STEP 2 REFLECT & RESPOND

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

**SAY:** We treat others the way we want to be treated. Jesus was the living example of how to do this. It's important to be able to express discomfort and recognize when others do this as well.

Talk with your child about the ideas he or she recorded on Side B of the worksheet. You may also want to have your child practice using the “say no” language he or she identified.

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

Growing with GOD

### Understanding Boundaries

Part of respecting other people involves being attentive to how they communicate their wishes and personal boundaries. Both words and body language can express discomfort or distress. It is important that you know how to communicate using words and body language and also how to recognize when other people are doing so.

In each speech bubble, write a way that you can say "no" or express your discomfort with a situation using words. Inside the figure, write three ways you can communicate these feelings physically without using words.

**Scripture**  
"Do to others whatever you would have them do to you. This is the law and the prophets."  
Matthew 7:12

**Prayer**  
Teach me all there is to know about respect. Lord, I want to learn and learn from your example. I want to love, serve, and respect others in all things I say and do. May my thoughts and actions be a reflection of your love for all individuals. Amen.

GRADE 5 / LESSON 2 Boundaries • Worksheet 2 / Side B

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### Pray Together

Heavenly Father, help us open our eyes and hearts to those in need of compassion and kindness. May we be ever mindful of how your Son walked among us and taught us how to honor one another according to your divine plan.

