



Growing with GOD™
Safe and Sacred

LESSON 2
Boundaries

In This Lesson

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- 3-Minute Retreat
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What the Church Says About

The Need for Parental Guidance

Only if we devote our time to our children, speaking of important things with simplicity and concern, and finding healthy ways for them to spend their time, will we be able to shield them from harm.

Pope Francis,
Amoris Laetitia, 260 (2016)

Building Trust

In reaching adolescence, your child may want more privacy and personal space. Be assured that this is a normal part of growing up. Still it can be difficult to balance a respect for your child’s desired independence with your need to provide the care and information that is critical at this stage of development. This is especially true when looking for ways to talk about showing respect for our bodies and the bodies of others. Preteens and teens need to be continually reminded that healthy boundaries are important. As a parent, you want to foster in your child the belief that he or she, and the people with whom he or she interacts, are precious and worthy of respect. However, these discussions can be difficult to initiate.

Consistent and open communication with your child is key to finding teachable moments in the course of everyday life.

Show interest by engaging in discussions with your child about his or her interests and routines. Your child is more likely to come to you with big issues if he or she knows you are interested in small ones. Make a habit of talking on car rides, which may offer a distraction-free environment for your child to share details of daily life. If your child is reluctant to talk, you might engage him or her by asking playful, specific questions, such as, “Which character in the movie we saw last weekend would you want to invite to dinner? Why?” Provide regular reminders to your child that you care for and are interested in him or her and that he or she can come to you with any questions or problems. While your child may still resist at times, such interactions will help to develop a relationship of trust.



3minute
RETREAT

*“I have called you friends,
because I have told you
everything I have heard
from my Father.”*

John 15:15

Reflection

True friendship brings joy and comfort to our lives. To be a friend also requires us to give of ourselves. In this Scripture passage, Jesus calls us friends and invites us to receive the graces of God the Father. We accept this invitation by recognizing that we are called to a life of service. We reflect Jesus' love and participate more fully in our relationship with him by building strong and trusting relationships with one another.

Questions

What practices and habits can I develop to deepen my relationship with Jesus? How do I reflect Jesus' love and friendship in my interactions with my child?



Prayer

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

Loving Jesus, thank you for calling me to be your friend. Help me in my efforts to be a true friend to others.

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

Spiritual After Mass, have a meal together as a family and discuss the message from the Scripture readings and/or the Homily. Consider rereading the Gospel at home and highlighting one lesson that can be applied to your activities that week.

Social Set aside a short time each day for quiet conversation with your child. Turn off the television and put away all devices. Instead of simply asking “How was your day?”



consider prompting discussion with questions like, “What was the best thing that happened today?” or “What surprised or confused you today?” As the routine becomes established, you may find that you and your child come prepared with a list of topics to share.

Physical Stress the importance of family members respecting one another's bodies and space. Talk about modesty within the home. Establish and honor rules about privacy, including borrowing or using clothing, toys, and other personal belongings.

Safe and Sacred at Home



The Prayer List (Loyola Press)
by Jane Knuth

I never stop praying that every one of my children finds his own illuminated, sacred path to God. There are many such paths, but my children can follow only their own initiative and convictions. God's will, however, is above all.

Big Ideas

In Lesson 2, your child will:

- demonstrate understanding that no one has the right to hurt or touch him or her inappropriately and that he or she does not have the right to do this to others.
- discuss ways to say “No” to someone who tries to harm or make him or her feel uncomfortable.
- identify trusted adults.
- define *personal boundaries*, *inappropriate*, and *prudence*.

Words to Know

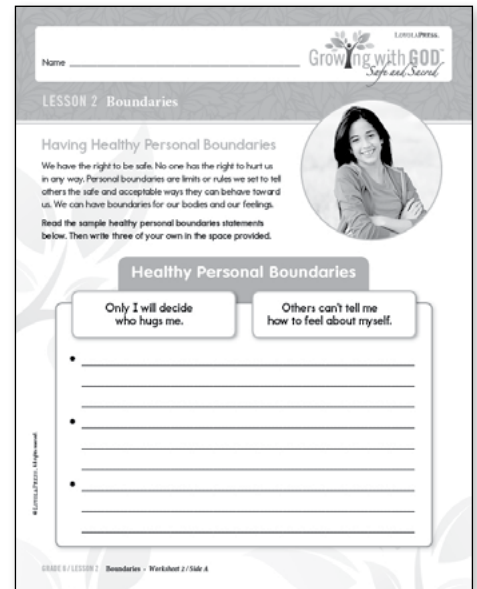
personal boundaries · The limits or rules one sets to define what is reasonable, safe, or permissible, and how one will respond if those boundaries are not honored

inappropriate · Not matching one's conduct to the conditions of the situation

prudence · The virtue or good habit of right thinking that directs one toward the good and helps one choose the correct means to achieve that good

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

Worries over your child’s safety are normal. While you want to protect your child from every harm, you will not be able to be with him or her in every circumstance that may pose a danger. Instead you can prepare your child by providing information and strategies for how to recognize and avoid or escape unsafe situations.

SAY: As you grow older, you are having many more opportunities to do things on your own. These are exciting times, and I am proud of how independent you are becoming. Let’s discuss ways you can stay safe and feel confident as you explore new situations.

Use Side A of the worksheet to begin a discussion about healthy boundaries. Together with your child, talk about what boundaries feel appropriate in various situations.

Bringing the Lesson Home *(continued)*

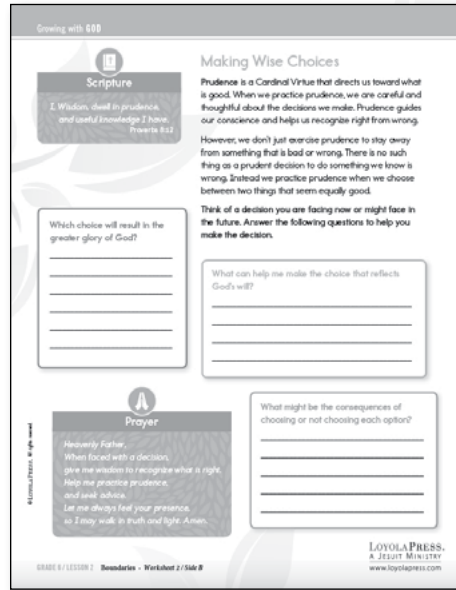
STEP 2 REFLECT & RESPOND

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

SAY: Sometimes it can be hard to make decisions. Part of growing up is learning to listen to your inner voice that helps you decide right from wrong. We call that your conscience. Talk with your child about how lessons like this one are helping form his or her conscience to better recognize God's will. Point out to your child that he or she is also practicing prudence and developing his or her conscience through prayer, reading Scripture, receiving the sacraments, and seeking the counsel of trusted adults.

SAY: I want you to know that you do not have to figure everything out on your own. You can always come to me for help or advice. Together, read and complete the blackline master. Invite your child to post it in a prominent place so that the information is accessible if it is needed.

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.



Pray Together

Guide us, Lord, to be thoughtful and prayerful in our decisions so that we might always seek to follow your will.

