



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

Freedom and Respect

Every human person, created in the image of God, has the natural right to be recognized as a free and responsible being. All owe to each other this duty of respect.

Catechism of the Catholic Church, 1738

God’s Precious Children

Think back to the days when your child couldn’t get close enough to you. Being carried was likely preferred to walking, and the spot on or next to your lap was a favorite place to snuggle. You may now find yourself longing for those moments as your young teen may seem less interested in signs of affection or prefers a quiet bedroom to the family couch. Take heart—this growing sense of independence is a necessary step in your child’s development and part of the process by which your child communicates personal boundaries. As your child is figuring out how to navigate this part of life, you can provide much needed support.

Personal boundaries remind us that we are precious children of God who deserve to be valued, respected, and free to express ourselves.

You play a crucial role in assisting your child to form personal boundaries and to be aware when someone is trying to cross them. You can also work with your child to identify other trusted adults that can be counted on for support. This is a time of great growth for your child, both physically and emotionally. Some days may be harder than others. Recognizing that your child is exploring personal boundaries can help you respond to the ups and downs of adolescence with compassion and gentleness.





3 minute
RETREAT

*Stand in the company of
the elders;
stay close to whoever is wise.*

Sirach 6:34

Reflection

As parents, we often feel pressure to have all the answers or find them as quickly as possible. Information and “expert advice” are everywhere. How do we sort through it all to make the best choices? How do we pass on what we know to our children? True wisdom comes from God and teaches us to know the world through God. God calls us to make decisions that lead us closer to him and one another. We begin by listening and responding in honesty and truth. Our example then becomes a powerful lesson for our children.

Questions

What am I doing daily to help me hear God’s voice and receive his gift of wisdom? In what ways do I show others that I am listening and responding to them with honesty and truth?



Prayer

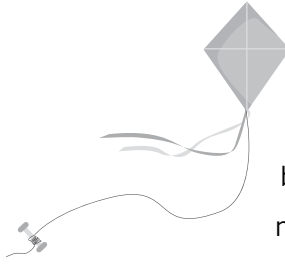
Speak to God, using the words of this prayer or your own.

God of wisdom, direct me on the path that helps me to discern how to listen and act honestly, so others may see your love.

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

Spiritual Talk about your faith regularly with your child.

Consider sharing how your faith has shaped important decisions you have made. If appropriate, discuss ways your faith has helped you during difficult times.



Social Many adolescents crave independence and may stop showing interest in family activities. Recognize that growing up is serious business, but laughter and play are still much needed. Continue planning fun family events, like game nights and outdoor activities. Know that even if

your child seems resistant, the bonding experience will help lighten things up and keep balance.

Physical Allow your child privacy. Respect your child’s desire to have personal things and space. Set clear rules and boundaries to help your child explore these freedoms within a safe environment. Check in frequently and make clear that you are ready to listen should your child feel uncomfortable and need to share anything.



Safe and Sacred at Home



The Joy of Discipleship (Loyola Press)
by Pope Francis

This is the great mission of the family: to make room for Jesus who is coming, to welcome Jesus in the family, in each member: children, husband, wife, grandparents. . . . Jesus is there. Welcome him there, in order that he grow spiritually in the family.

Big Ideas

In Lesson 2, your child will:

- define his or her personal boundaries.
- identify the qualities and roles of a trusted adult.
- practice ways to verbalize and demonstrate *No* if personal boundaries are crossed.
- write a list of trusted adults.
- define *personal boundaries*, *trustworthy*, and *empower*.

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*

trustworthy • *The quality of being deserving of trust*

empower • *To make stronger or more confident*

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

Considering Trust

Parents and caregivers guide you and help you learn and grow. Other adults also play important roles in teaching you and keeping you safe. It is essential to know what characteristics make someone trustworthy and what makes someone not worthy of your trust so that you can recognize signs of danger and stay safe.

Think about what makes a person trustworthy or not trustworthy. Below, list words or phrases that describe the characteristics of each type of person. Then complete the sentences.

Trustworthy	Not Trustworthy
Characteristics	Characteristics
_____	_____
_____	_____
_____	_____
_____	_____
These characteristics are valuable because	These characteristics are undesirable because
_____	_____
_____	_____
_____	_____

GRADE 7 / LESSON 2 Boundaries • Worksheet 2 / Side A

STEP 1 ENGAGE & EXPLORE

You have been primarily responsible for choosing the people with which your child interacts. With growing independence, it is now critical that your child develop an understanding of how to make these kinds of decisions with less direct guidance from you.

SAY: Now that you are getting older, you have more opportunities to meet and interact with people. You will have to make decisions about who to trust in different situations. Discuss with your child some people you know who are trustworthy, and give reasons to illustrate why. You may wish to share some experiences you have had with untrustworthy people to illustrate the difference.

Work together to use the blackline master to develop a list of trusted adults on whom your child can depend.

SAY: You always have the right to be safe and respected. If anyone ever makes you feel uncomfortable with his or her words or actions, you can tell me or one of the other trusted adult from the list we made together.

Bringing the Lesson Home *(continued)*

STEP 2 REFLECT & RESPOND

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

SAY: God's love is always with us. We feel it even more when we find ways to be close to God. Share with your child some of the ways you connect with God and strengthen your personal faith. Together make a list of ways your family can grow closer to God and one another.

SAY: Let's pray together now. 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

Dear God, you are always in our hearts. Help us find ways to deepen our relationship with you. May you give us the strength and confidence to share your love with one another.

Scan this code and guide your child through a simple review of the lesson.

