

LESSON 7
Trust and Secrets



In This Lesson

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What the Church Says About

Child Sexual Abuse

In abuse, we see the hand of evil that does not spare even the innocence of children. No explanations suffice for these abuses involving children.

Pope Francis, Meeting "The Protection of Minors in the Church," Sunday, February 24, 2019

Keeping Children Safe

As a parent, you want to protect your child from harm and prepare him or her to respond to situations that may present danger. Gentle, age-appropriate conversations about sexual abuse are an important way for you to keep your child safe.



Because sexual abuse is most often perpetrated by someone a young person knows, it is important to have ongoing conversations with your child about his or her safety.

Sexual abuse is any interaction in which a young person is used for the gratification of an abuser or observer of abuse. Child sexual abuse may include physical contact, but can also include non-touching behaviors such as showing pornography to a young person or taking photos or videos of a young person.

Talk with your child about grooming tactics that adults use for manipulation such as asking a young person to keep a secret or break a rule. Reinforce with your child that he or she should not keep secrets from you, especially secrets about touching. Explain that it is OK to tell an unsafe secret even if it means breaking a promise not to tell. Point out that your child should let you know right away if anyone touches him or her in a way that makes your child feel afraid, worried, or confused. Offer reassurance that he or she will not be in trouble for telling. Telling is always the right thing to do.



"I have told you this so that you might have peace in me. In the world you will have trouble, but take courage, I have conquered the world."

John 16:33

Reflection

God does not promise that our lives will be without hardship. During challenging times, God calls us to be courageous and resolute in our faith and to know that through him, we can find the peace we seek. God's love for us is eternal and unchanging, and everything that may feel broken or wounded will be made to feel whole again in his time.

Questions

How can I demonstrate the courage that my faith in God brings me during times of difficulty?

What can I do to share Jesus' way of peace with my child when he or she is troubled or afraid?



Prayer

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

Jesus, help me grow in faith and courage as I follow your way of peace.

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

Spiritual Listening to our loved ones talk about their ideas encourages open communication and fosters trust and respect. Write one or two open-ended questions that have no single answer. (Example: If you could have one hundred of anything, what would it

be and why?) Gather your family together. Invite each family member to answer each question and encourage everyone to listen to the responses.

After each family member has shared, pray together to express gratitude for your family and the time you share together.



Social Talk with your child about emotions like anxiety, sadness, happiness, surprise, and anger that might arise as a result of interactions with peers. Discuss ways to regulate or respectfully express those emotions.

Physical People vary in how they experience and respond to their emotions. For example, one person who is sad may cry, while another might become quiet. Each is okay. Help your child become aware of his or her emotions and respond to them in healthy ways.

Safe and Sacred at Home



Sharing the Wisdom of Time (Loyola Press)

By Pope Francis and Friends

Young people can learn the power of faith, perseverance, resilience, and love from this collection of stories by elders from more than 30 countries. Each chapter includes a personal story from Pope Francis, who also wrote the preface and reflections on the stories of other contributors.

Big Ideas

In Lesson 7, your child will

- tell the difference between safe secrets and unsafe secrets.
- identify some behaviors of trustworthy adults.
- define emotion, unsafe secret, and trustworthy.





Words to Know

emotion • A strong feeling or reaction to people, things, or events.

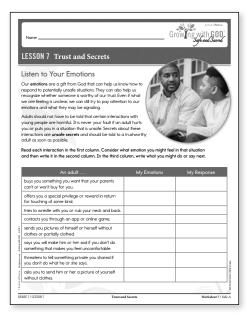
unsafe secret · Something that is kept hidden to conceal a serious misdeed or crime.

trustworthy • The quality of being deserving of trust. Honest and reliable.



Bringing the Lesson Home

Determine ahead of time when and where you and your child will engage with the lesson content. Invite your child to share his or her work on the Lesson 7 worksheet or have the child complete the worksheet with you.



STEP 1

ENGAGE & EXPLORE

Review the first page of the worksheet with your child.

SAY: Emotions can alert us to potentially unsafe situations.

Have your child share the emotions and responses he or



she identified for each situation. Discuss the responses.

SAY: Your safety is very important to me. An adult should never ask you to keep a secret about his or her behavior. This includes secrets about touching or about anything else that makes you feel worried or confused. It's never your fault if someone touches your private parts or does anything to make you feel sad, afraid, or confused. Please tell me or another trusted adult right away if something like this ever happens. Make sure to use correct terminology when talking with your child about body parts, including genitals. Clearly state that your child has the right to say no to any touching or other behavior that makes him or her feel anxious or confused. Affirm that your child should tell you or another trusted adult about these interactions as soon as possible.

SAY: You are precious to me and to God, and I want to keep you safe. You will never be in trouble for telling the truth.

Bringing the Lesson Home (continued)

STEP 2 REFLECT & RESPOND

Review the "Worthy of Trust" worksheet with your child and talk about identifying trustworthy adults.

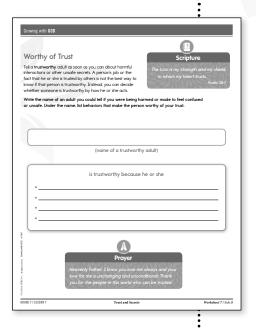
SAY: While

SAY: While most adults are trustworthy, some are not. The best way to know if someone is trustworthy is by how the person acts.

Have your child share the behaviors he or

she listed and discuss others that might be added. Reaffirm that the job a person has, the fact he or she is trusted by others, or a familial relationship does not automatically make a person worthy of trust. Assure your child that it is never too late to tell about a situation that has caused him or her to feel distress, even if the person who caused the distress is no longer in your child's life.

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

Heavenly Father, thank you for the people in our lives who are caring and trustworthy. Please help us respond to life's challenges with courage and faith.

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



