



Archdiocese of Saint Paul and Minneapolis Protection of Children and Youth Initiative

Curriculum Guidelines: Pre-Kindergarten – Grade 4

Parameters:

- VIRTUS, *Protecting God's Children: Guide for Parents, Guardians, and Other Caring Adults* to be distributed 1st.
- The Archdiocese of Saint Paul and Minneapolis recommends that parent meetings be offered on-site by parish and school staff before curriculum is implemented.
- Religious Education, 2 Lessons/Year, 30 – 40 minutes each
- Schools, 4 Lessons/Year, 30 – 40 minutes each

Curriculum

“Talking About Touching” **Committee for Children**

Core Messages:

- Nobody has the right to touch or see a child’s private body parts except for the purpose of keeping a child clean and healthy.
 - Optimally, children will learn the anatomically correct name for these body parts from their parents as developmentally appropriate circumstances arise.
 - Minimally, parents should be encouraged to refrain from using childish names when referring to the private body parts. These childish words can confuse children if they are approached by a person who could potentially harm them.
 - Faith formation and school personnel will need to decide whether they will use anatomically correct terminology or the words “private body parts” in their programs. “Private body parts” are defined as the parts of a body that are normally covered by a bathing suit.
- Children have the right to say “No” to unwanted touch.
- Children need to know that they can go to a trusted adult when they feel threatened or uncomfortable. Children need to know that they will be heard and protected, and that they will not be punished.

Parish Faith Formation Programs

Pre-Kindergarten – Kindergarten

Themes:

The Always Ask First Rule-Getting Permission before Going with Someone
The Always Ask First Rule-Getting Permission before Accepting Gifts
Sam's Story – Touching Rule

Lessons:

Lesson 15 (*Sam's Story* & Video) (touching rules)
Lessons 6 & 7 (combined) (asking Rule)

Grade 1

Themes:

Identifying Touches-Safe Touch/Unsafe Touch & Dealing with Unsafe Touch
Saying “No” to Unwanted Touch

Lessons:

Combine Lessons 4 & 5 for review (identifying touches – use *Sam's Story* Video)
Lesson 7 (saying no)

Grade 2

Themes:

Review previous lessons
Secrets About Touching-Telling a Grown-Up

Lessons:

Review Lesson 4 (always ask rule)
Combine Lessons 5 & 7 (safe & unsafe touch)
Lesson 10 (telling a grownup)

Grade 3

Themes:

Review previous lessons
Learning to be Assertive-Standing Up for Yourself

Lessons:

Review Lessons 6 & 9 (physical abuse & telling secrets)
Lesson 10 (learning to be assertive)

Grade 4 (Must use grade 3 lesson plans)

Themes:

Review Standing Up for Yourself
Dealing with Bullying and Harassment

Lessons:

Review Lesson 10 (standing up for yourself)
Lessons 12 & 13 (dealing with bullying and harassment)

Catholic School Programs

Pre-Kindergarten – Kindergarten

Themes:

The Always Ask First Rule-Getting Permission before Going with Someone
The Always Ask First Rule-Getting Permission before Accepting Gifts
Sam's Story – Touching Rule

Lessons:

Lesson 15 (Sam's Story & video)
Lessons 6, 7, 11 (always ask and touching rules)

Grade 1

Themes:

Identifying Touches-Safe Touch/Unsafe Touch & Dealing with Unsafe Touch
Saying "No" to Unwanted Touch

Lessons:

Review Lessons 3 & 4 (always ask and touching rules)
Lessons 5, 6, 7 (unsafe touch and telling a grown up about physical abuse)

Grade 2

Themes:

Review previous lessons
Secrets About Touching-Telling a Grown-Up

Lessons:

Review Lessons 6 & 7 (unsafe/unwanted touch and physical abuse)
Lessons 10, 11, 13 (secrets, asking for help, bullying)

Grade 3

Themes:

Review previous lessons
Learning to be Assertive-Standing Up for Yourself

Lessons:

Review Lessons 6 & 7 (telling secrets and safety steps)
Lessons 9, 10, 11 (telling touching secrets, standing up for yourself & solving a problem)

Grade 4 (Must use grade 3 lessons plans)

Themes:

Review Standing Up for Yourself
Dealing with Bullying and Harassment

Lessons:

Review Lesson 10 (standing up for yourself)
Lessons 12 & 13 (dealing with bullying and harassment)

Parent Component for Pre-Kindergarten through Grade 4

Each year parents who have children in either a Catholic School or Parish Faith Formation Program will be offered the opportunity to attend a parent meeting at which time they will:

- Preview “Sam’s Story” and “What Do I Say?” videos
- Receive grade level lesson plans and dates when lessons are presented
- Sign a permission slip for student participation
- Receive a VIRTUS, *Protecting God’s Children: A Guide for Parents, Guardians, and Other Caring Adults*, if they have not already received one

Archdiocese of Saint Paul and Minneapolis
Protection of Children and Youth Initiative

Curriculum Guidelines: Grade 5 – Grade 8

Parameters:

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- Religious Education, 2 Lessons/Year, 40 – 45 minutes each
- Schools, 4 Lessons/Year, 40 – 45 minutes each

Curriculum:

“Out of Harm’s Way: Personal Safety Curriculum”
KidWISE Institute, Inc.

Core Messages:

Themes that all lessons are built around:

The Right to Know:

To gain knowledge/information about personal safety

The Right to Tell:

To ask for help and not keep secrets that can harm you

The Right to Say No:

To be assertive, to respect yourself

The Right to Decide:

To follow rules, show good judgment, be trustworthy

Curriculum Guidelines: Grade 5 – Grade 8 (cont.)

Grade 5:

- Lesson #1 Introduction and “Safe or Unsafe?”
- Lesson #2 Breaking the Barriers
- Lesson #3 A Matter of Respect
- Lesson #4 The Independence Equation

Grade 6:

- Lesson #1 Introduction and “Look for the Hook!”
- Lesson #2 “I’ve Got a Secret”
- Lesson #3 Self-Respect and Personal Power
- Lesson #4 Knock-Knock: Who’s REALLY There?

Grade 7:

- Lesson #1 Introduction and Blog Safety
- Lesson #2 “Who You Gonna’ Tell?”
- Lesson #3 Boundary Building
- Lesson #4 “What’s My Lure?”

Grade 8:

- Lesson #1 Introduction and “Online Safety”
- Lesson #2 “Protect or Tell?”
- Lesson #3 Boundary Building Games
- Lesson #4 Good Instincts, Good Judgment, Good Thinking!

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Curriculum Guidelines: Grade 9 – Grade 12

Parameters:

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- Religious Education, 2 Lessons/Year, 50 – 60 minutes each
- Schools, 4 Lessons/Year, 50 – 60 minutes each

Curriculum:

***“Creating Safe and Sacred Places:
Identifying, Preventing, and Healing Sexual Abuse”***
St. Mary’s Press

Parish Faith Formation Programs

9 & 10 Grade

Session 5: A Session for Young People

Focusing on the warning signs

Building awareness and confidence to handle potentially abusive relationships

11 & 12 Grade

Session 6: A Session for Young People

Focusing on healthy and safe ways to be in relationships

Building awareness of importance of preventing sexual abuse and
being good role models for younger children

9 – 12 Grades (*These Sessions may be run alternately from year to year.*)

An Intergenerational Session

This session may be run in addition to or in place of the adolescent alone sessions.
It focuses on the community’s support, encouragement and accountability of all to
prevent child sexual abuse.

Catholic School Programs

(The recommendation is that these lessons be embedded into the health curriculum.)

9 & 10 Grade

Session 5: A Session for Young People

Focusing on the warning signs

Building awareness and confidence to handle potentially abusive relationships

11 & 12 Grade

Session 6: A Session for Young People

Focusing on healthy and safe ways to be in relationships

Building awareness of importance of preventing sexual abuse and
being good role models for younger children

9 – 12 Grades (*These Sessions may be run alternately from year to year.*)

An Intergenerational Session

This session may be run in addition to or in place of the adolescent alone sessions.
It focuses on the community's support, encouragement and accountability of all to
prevent child sexual abuse.