



GRADE 7 - CLASSROOM

# SAFE & SACRED CHILDREN'S PROGRAM



**BOUNDARIES**  
Parent Handout

# BOUNDARIES

## Grade 7 - PARENT FOLLOW-UP SESSION

*with children who attended the parish/school session.*

### Instructions for the Parents

Your child attended a lesson today on safe boundaries and accountability.

You are encouraged, sometime within the next week, to set aside 30 minutes for a discussion on this material with your child. This packet contains information to guide your conversation, as well as a step-by-step guide with suggestions.

### Session Overview:

The teacher introduced how boundaries are important and keep us safe. As we grow older we need to learn to understand what the boundaries are, and keep ourselves within them.

Physical, Emotional, Verbal and Social media boundaries related to safety were discussed.

The concept of accountability was introduced, and the teacher helped explain how accountability can help teens stay safe as they start doing things independently.

The concept of integrity was introduced, and the importance of living according to the values they were taught was emphasized.

At the end of the session, the class read the Bible verse 1 Chronicles 29:17-19, followed by a prayer.

## Background Information for Parents:

As you discuss boundaries for your child, and plan strategies for your family that enable your child to be safe as they start doing things independently, it is important as parents to understand the dangers that are in the world around you.

This background information is for you, the parent, to help you guide your child as they make decisions for their own safety.

### *Pedophilia*

It is essential that both you and your child understand dangers that exist on the internet. Some adults use the internet to meet and harm children.

*Red flags for parents to seriously get involved in their child's internet communications.*

- *Recent excessive time spent on the internet at night*
- *Evidence of sexually explicit material such as pornographic images on pen drives or any hidden computer folders.*
- *Sudden increase in the number of unknown calls made or received by your child.*
- *A change in attitude towards friends and family*
- *Secrecy and excessive need for privacy especially while using the internet.*

These are all things that parents need to be aware of and the measures a parent must take to protect their child include blocking certain sites that are not safe, checking the web history on devices, and enabling chat histories to be stored, etc. The best thing that you as a parent can do is develop an honest, open relationship built on mutual trust so that your child feels confident to approach you.

## PARENT-CHILD DISCUSSION

### A. Boundaries

Today, in class, your teacher talked about boundaries. What are some boundaries that we, as parents, have asked you to follow?

Work with your child to make a list of safety rules, boundaries or expectations that you have in place in your home.

#### Ask:

Which of these do you find easy to follow? Which of these do you find difficult? Are there any that you do not follow? Are there any that you do not want to follow?

Talk about the different safety rules and boundaries specifically. Be open and strategize together ways that give your child the space and freedom they need, along with giving them structure and boundaries to follow. For some things you may be able to let your child know a particular age when they would be allowed to do that. Or, you can say that based on the way they follow the current boundaries, they would be given permission to do that.

### B. Accountability

Talk about the word accountability. In the class the teacher explained that letting others know what they are doing, where they are going, and being transparent with a few trusted adults, can help them stay safe.

Talk about people that they think they can stay accountable to. Here are some areas of accountability you can discuss with your child:

- Letting your parents have complete access to all mobile devices, apps, games, computers at all times. Parents must know all passwords and login information for all of these.
- Letting your parents know where you are at all times.
- Sharing information about friends and other relationships with parents and trusted adults.
- Talking to parents or trusted adults about uncomfortable relationships or situations.

### **C. Social Media Rules**

Look at the activity book, at the page Social Media rules. Discuss any of the points where your child has scored low. Talk about changes in social media behavior so that they can stay safe while using the internet.

If your child has a social media account, ask them to view their activity over the past one week and assess it in light of the rules. It will help them see what they tend to do in social media, and will help them learn to use it carefully in the future.

### **D. End with prayer.**

End with a time of prayer, asking God to help them stay safe, be accountable and make good choices.



OPTIONAL

# Boundaries

Grade 7 - Classroom Session

**Your feedback is valued!**

*We hope that the materials were helpful in facilitating discussions with your children on these sensitive issues. Please answer the following questions to help us improve and update the curriculum.*

*Please email to: [bblanchette@dioceseoffresno.org](mailto:bblanchette@dioceseoffresno.org).*

1. What were the topics that were most helpful to both you and your child? How has it helped you?

2. On a scale of 1 (low) to 5 (high), please rate the following:

	1	2	3	4	5
Usefulness of the material for discussions	<input type="radio"/>				
Quality of information in the curriculum	<input type="radio"/>				
Real life application	<input type="radio"/>				

3. How can we make this curriculum more useful to you?

4. Did you face any difficulties while discussing the topics? If so, please describe.

5. Would you recommend this to other parents? Why or why not?