



*Diocese of
San Jose*

2011-2012

Home Lessons (K – 12th)

Rules and Permissions

Safety Rules: The 3 safety rules are **NO, GO, TELL**. Say **NO** to anyone who wants to be unsafe or break the rules. **GO** away from that person. **TELL** a safe adult about anyone who is unsafe or breaking rules.

Personal Rules: As a family, talk about the rules you have about: treating others, homework, school attendance, church, texting, internet use, social media, bed times/light out time, public behavior, dating, being around friends. Talk about the 3 most important rules in your home.

Giving Permission: The ability to give permission for something or not give permission for something empowers our youth and helps keep them safe. Giving youth permission to speak up and share with a trusted adult or parent helps transition from a possible unsafe situation to a key to getting help. Ex: I have permission to protect my body. I have permission to tell an adult if someone is being unsafe. I have permission to follow the rules.

Boundaries

Sometimes boundaries and limits can be “no fun” at all. But, they do protect us from harm and they help us know when something or someone is not acting in a way that is healthy or safe. If someone is crossing the boundaries or limits follow the 3 safety rules. (NO, GO, TELL). When setting boundaries keep in mind the following key points to setting appropriate and clear boundaries.

Clarity: Boundaries need to be clearly communicated.

Win-win: Boundaries need to respect everyone involved.

Proactive: Boundaries need to prevent problems

Follow through: When boundaries are broken, we need to tell a trusted adult the outcome.

Personal Space: Your personal space is the distance between you and another person. This space should be enough for you to feel comfortable.

Safe and Unsafe Touching

We interact with others everyday through touch. To keep ourselves safe we need to make sure we touch others safely and other people touch us safely. Some examples of safe touches are: Hand Shakes, High Fives, Hugs from friends, and knuckle bumps. Sometimes people want to hurt us and use safe touches as a way to get close to us to be unsafe.

Have your children give you some examples of how these safe touches can become unsafe.

Safe Touching does not harm you physically, emotionally, spiritually, or mentally. Safe touches are done to greet someone, congratulate someone, or celebrate an event. Safe people practice safe touching. Unsafe Touching hurts you or makes you feel uncomfortable or confused.

Refusal Skills

When faced with pressure from friends it is essential to stay calm, make eye contact, and make sure the other person or people are paying attention to what you are saying. Having a strong tone of voice will help you feel more in control of your own choices. Using the 5 refusal skills will help you make better and safer choices.

The 5 Refusal Skills

Ask. "what are you talking about?" "Why would I want to do that?"

State the trouble. "I don't think this is a good idea."

Know the Consequences. "If I do that"

Suggest an alternative. "Whatever, let's just play Wii."

Move On. "good luck with that" or "let me know how it goes."

When and Who to Tell

Safe People: Talk as a family about all the safe people in your lives. Identify one or two people you want your children to go to for help if you are not able to help them.

Unsafe People: Unsafe people try to harm others and trick them into doing things with and for them. Some things unsafe people do are: Allow children to do things their parents would not allow. Gives gifts without permission from the child's parents. Ask children to keep secrets from their parents or guardians.

Always use NO, GO, TELL if someone is acting unsafe, wants you to break the rules, give you gifts and tells you to keep them a secret, or wants you to keep any secrets from the people that love you.

Cyber Safety - There are NO boundaries on the internet!

The internet and cyber space are wonderful. Along with the greatness of the internet, we have to be aware of the dangers as well. Being aware of how to be safe on-line is one tool we can all use to help protect ourselves and others.

Your information is being shared: While playing games, taking quizzes, and interacting on Social Network sites, authorizing applications to be downloaded to your profile gives information to third parties.

Your Are Vulnerable: A common scam called a 419 scam, someone hacks your profile and sends messages to your friends asking for money - claiming to be you and needing help in a foreign country. People want to help their friends and often end up wiring money to strangers.

Fake profiles: 40% of all Facebook profiles are fake, set up by scammers and criminals. If you have friends that you do not know in real life, you are share a lot of information, such as when you are on vacation, your pictures, names, schools, and sports.

Cyber "Stranger Danger:" Cyber-strangers need to be avoided. Do not "friend" strangers on your social networking sites. Never answer emails from strangers. Never chat with strangers on chat rooms – especially if they are phishing for personal information. ALWAYS tell your parents if someone is acting shady on line or asking for you to give them personal information.

Cyber bullying is when a minor person is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another minor person using the Internet, interactive and digital technologies or cell phones. Posting rude comments, making threats, embarrassing others through pictures, and participating in online polls designed to hurt someone else are all examples of cyberbullying. Knowing how to react and refusal to participate will always be a wiser choice.

TAKE 5!

Step away from the computer and take 5 seconds to think about how you will react.

1. Should I respond?
2. What adult is around to help me?
3. Is this a risky situation?
4. How can I stick up for myself?
5. Who will I report this to?

Keep copies of any messages, postings, polls, or any other communication from the cyber bullies.