

Safe Environment

Empowering God's Children

This Virtus program is for children in conjunction with parents to watch and review lessons that includes age-appropriate video components along with engaging learning activities. The material is designed to better equip your child to know their safety rights, recognize their boundaries, and to empower them to protect themselves when safe adults are not immediately available—and ultimately be safer from people who might want to harm them.

As parents delivering this content to their children, there is a helpful resource guide to assist in delivering each lesson if you choose to use it. This resource, “Teaching Boundaries and Safety Guide” will help you the parent have better insight about conducting the lesson. Following the lesson, we encourage you to continue reinforcing the message at home whenever possible.

Resource Guide

<https://www.virtusonline.org/educators/Teaching-Boundaries-and-Safety-Guide-English.pdf>

2025-2026 Lessons Videos

Video: Empowering God’s Children Grade 1 – 5

<https://www.youtube.com/embed/As5weSqt9Jw>

Video: Empowering God’s Children Grades 6-8

<https://www.youtube.com/embed/P3RoYAYkDQ4>

Lesson 3 Boundaries: You Have Rights! Children must understand they have a right to be safe, and they are allowed to create boundaries to protect themselves in situations where they feel uncomfortable, or where they could be harmed.

Lesson 4 Secrets, Surprises and Promises. Children must learn how to respect their own health and safety, and that of others, by understanding the safety rules about secrets. They have a right to be safe, and they are allowed to create boundaries to protect themselves in situations that cause discomfort or violate the safety rules.

Lesson Plans

Please click on the following Lesson Plans for their specific grade level:

GRADES 1 & 2

- Lesson 3 - Boundaries: You Have Rights! ([Download](#))
- Lesson 4 - Secrets, Surprises and Promises ([Download](#))

GRADES 3, 4 & 5

- Lesson 3 - Boundaries: You Have Rights! ([Download](#))
- Lesson 4 - Secrets, Surprises and Promises ([Download](#))

GRADES 6 & 7

- Lesson 3 - Boundaries: You Have Rights! ([Download](#))
- Lesson 4 - Secrets, Surprises and Promises ([Download](#))

Deadline: All lessons must be completed by December 31, 2025.

Once you have completed both lessons for each of your child's grade level, please complete and return the required **Signature Form**. Forms can be dropped off at the religious education office or can be emailed to: reoa@nativitymonroe.org.

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PCL

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