



NATIVITY OF OUR LORD

185 Applegarth Road
Monroe Township, New Jersey 08831-5961

Phone: 609-371-0499
www.nativitymonroe.org

Dear Parents and Guardians,

September 30, 2025

Once again, Bishop Checchio is requiring all churches in the Dioceses of Metuchen to complete the the Virtus' Empowering God's Children program. This program provides children, grades K-12, with a wholesome, age-appropriate understanding of human sexuality based upon Catholic Church moral principles. This program is the mandated Safe Environment program for all diocesan schools and religious education programs and shall serve as the sole Safe Environment program taught throughout the Diocese of Metuchen.

The entire program consists of 6 short videos with activities; however, only 2 are required each school year. For this year (2025-2026) families are responsible for lessons and 3 and 4. Please complete these videos and activities at home with your children. The program will begin on September 30th with a deadline of December 31st.

The themes covered this year (in an age-appropriate way) are:

- **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.

Empowering God's Children Program Information:

This Virtus program is for children in conjunction with parents to watch and review lessons which includes an age-appropriate video component 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 to assist in delivering each lesson if you choose to use it. This resource, "Teaching Boundaries and Safety Guide" will help you the parent better insight about conducting the lesson and can be found on Nativity of Our Lord's website under Religious Education. Following the lesson, we encourage you to continue reinforcing the message at home whenever possible.

All the information enclosed in your parent folder provides everything needed for you to prepare and present each lesson to your children.

The lessons focus on an age-appropriate discussion of safety, relative to the specific roles that different people play in a child's life. All lessons stress the importance of the child's right to be safe, keeping private body parts "private," and of telling a trusted adult about anyone's behavior that causes a child to feel uncomfortable or threatened.

INSTRUCTIONS FOR PARENTS: (Only 4 Steps)

1. To begin, go to the Nativity of Our Lord website, www.nativitymonroe.org and click the Religious Education tab.
2. Scroll down to Empowering God's Children and click on "**Program Overview, Resources, Videos and Lesson Plans**". Here you will find the short introduction video to view with your children for both lessons 3 & 4.
3. Once the video is completed, read the instruction page and **do at least one activity option from each lesson**. These are provided online and in your packet.
4. Once the activities are completed, please sign the **Virtus Signature Form** to confirm that the assignment is completed. This form is provided online and in your packet.

It is very important that the form is signed and turned in for each student. Signed forms can be scanned and emailed to reoa@nativitymonroe.org.

Deadline: December 31, 2025



NATIVITY OF OUR LORD

185 Applegarth Road
Monroe Township, New Jersey 08831-5961

Phone: 609-371-0499
www.nativitymonroe.org

Empowering God's Children Program Signature Form (for parents/guardians)

2025-2026

(Please PRINT CLEARLY)

By signing below, I verify that I have shown the age-appropriate video and completed one of the activities outlined in each lesson (3 and 4) for each child.

Lesson 3: Boundaries: You Have Rights!

Lesson 4: Secrets, Surprises and Promises.

Family Last Name: _____ **Date** _____

Child First/Last Name _____ **Grade:** _____

Child First/Last Name _____ **Grade:** _____

Child First/Last Name _____ **Grade:** _____

Child First/Last Name _____ **Grade:** _____

This form may be emailed to reoa@nativitymonroe.org.

Deadline: December 31, 2025