

Roman Catholic Diocese of Fresno



Catholic Safe Environment Curriculum Parent Training

2015/2016

Parent Training is a comprehensive look at the Catholic Safe Environment Training that all K-12th grade students in Catholic Schools and Faith Formation programs will receive. This training is a tool for parents to reinforce the safety information taught to the children. Parents are encouraged to log onto Diocese of Fresno web site (dioceseoffresno.org) and click on the Safe Environment tab to access information about bullying, cyber safety, and child and youth safety. Cartoons, articles, brochures are available for free download.

Doctrinal Connection

The Catholic Church has many documents that support the beliefs of our faith. *The Catechism of the Catholic Church* is one document that we use as a guide. If you have a personal copy, you can look up the referenced entries or you can also access them online to see how our Catholic faith support the safety of ourselves and others. Although there are thousands of entries, several have been selected for this program and include:

CCC: 336, 1185, 1520, 1804, 1881, 1887, 1917, 2172, 2492, and 2496.

Safe Rules

There are 3 basic rules for staying safe. Say “No” then “Go” to a safe place and “Tell” a safe adult.

Safety Rules Scenarios

Talk with your family using the following conversation starters.

1. I yelled “STOP!” when.....
2. I said “no” when.....
3. I told someone when.....
4. I walked away when.....
5. I asked for help from.....
6. When I needed help I went to.....

Safe Space

Personal space is simply the distance between people. Personal space varies from person to person and is commonly referred to as the “personal bubble” or a comfort zone. Have a brief discussion as a family about personal space.

- a. How do you feel when someone you know “pops” your personal space bubble? How about if a stranger gets too close?
- b. How do you feel when someone touches you in a harmful way?
- c. How do you feel when you see someone else being touched in a harmful way?
- d. What can you say and do? (follow the safety rules: Say NO, GO away, TELL a safe adult.)

Safe Places

There are safe places in our neighborhood, schools, and community areas. Safe places are NOT hiding places. Safe places are open areas. Safe places have safe adults who can help you. Use The 5 Always to remind your family about staying in safe spaces, safe places, and following safe rules

The 5 ALWAYS!

1. Always be around other people you know in public.
2. Always be aware of where your parents or adult in charge is.
3. Always tell your parents when you need help.
4. Always tell your parents when you leave and where you will be.
5. Always ask your parents permission to go with someone.

Youth Conduct

The Diocese of San Jose has created the Youth Code of Conduct for the Diocese of San Jose to promote appropriate relationships among youth peers and those who are in positions of youth leadership. As a family, review the Youth Code of Conduct. Talk about what each one might mean to your family. Reminder: Anytime a youth is on the grounds of a Diocese of San Jose property, the Youth Code of Conduct applies. Any time a youth is representing the Diocese of San Jose in public (wearing a Catholic school uniform, Confirmation t-shirt, posting on line with logo wear or checking in) the Youth Code of Conduct applies.

1. Every youth is expected to act in a Christ-like manner
2. Every youth is expected to be respectful.
3. Every youth is expected to cooperate with classmates, teachers, peers, and adults.
4. Every youth is expected to communicate in an appropriate manner.
5. Every youth is expected to respect the personal boundaries and property of others.

6. Every youth is expected to report and inform adults in charge of any kind of abuse or harassment in real life or on line.
7. Every youth is expected to promote and support a safe, fun, healthy environment.
8. Youth will NOT tolerate any abuse of any kind from anyone!

Safe Cyber Surfing

Cyber surfing and gaming is a factor that is prevalent in most children's lives. Apps, games, videos, shopping, and socializing are all done on various devices. Talk with your family about the devices you own (cell phones, ipods, tablets, game stations, smart TV, etc).

Cyber "Stranger Danger" - There are NO boundaries on the Internet!

Online strangers can be as dangerous as talking to a stranger in real life. People that are online can be posing as another person, sometimes as a child, to gain your trust. Cyber-strangers need to be avoided. Do not "friend" strangers on apps or games. Always follow the rules of the sites. Ask permission BEFORE you buy or download anything online. Never answer emails from strangers. ALWAYS tell your parents if someone is acting shady on line or asking for you to give them personal information. Ask your children if any of the following has ever happened to them or a friend. NOTE: be open to listen to what your children are telling you, without getting upset or angry. We are opening the lines of communication and information.

- a. Been sent a request by someone they do not know in real life
- b. Had a pop up of "one of those" pictures that are not for kids
- c. Been asked to go to a private chat room
- d. Clicked on a video that they thought was OK, but turned out NOT to be
- e. Have been sent messages from people they do not know
- f. Have been hacked

Cyber Privacy – Protect It!

Children often are asked for private information on games sites, apps, shopping sites, etc. Many times kids do not even think before they enter information or press "accept" and "download." Introduce the ASK rule to your family.

A – Always get permission – for apps, games, friends, purchases

S – Stay on Safe Sites – age appropriate, locked sites (closed lock icon)

K – Know who you are talking to/playing with....only real life friends

If you are an arts/crafts type of family you can make magnets or pictures of the Safety Rules (NO, GO, TELL) and of the ASK rule to help remind your family how to stay safe in real life and while online.