
Ages 8-10 (Grades 3-5)

Objective: To help children recognize the lures/ tricks used by some people who make children feel uncomfortable, fearful or that can hurt them. To give children strategies for keeping them from being tricked into uncomfortable and dangerous situation.

Opening Prayer: Use an appropriate scripture reading (John 3:16, Reading of the day or Sunday's reading, Hail Mary, Our Father, Glory Be, etc.

Presentation and Process: *Identifying Safe People in Our Lives* (10 minutes)

- Begin by asking the children:
 - “Who are the adults that make you feel safe?” (Try not to get generic categories, like “teacher,” “parents,” etc. Instead encourage them to name folks-Mom, Mrs. Brown, etc.)
 - “What do they do to make you feel safe?”
- After they process the first two questions, tell the children that most adults want us to be safe and try to protect us, but sometimes there are a few people that do not make us feel safe and protected, and they make us feel uncomfortable.
 - “What are some things people say or do to make us feel uncomfortable?”
- You may get a variety of responses, but zero in on or prompt responses around unwelcome touching (over-tickling, forced kissing), verbal control, being alone with someone, being tricked into doing something you don't want to do.

Presentation and Process: *Identifying Lures/Tricks* (15 minutes)

- Today we are going to learn to recognize people who cannot be trusted to keep you safe or try to trick you into situations that make you uncomfortable. Ask:
 - “Are these persons always strangers?” Affirm that often these “tricky” people are known to you and try to get you to like or trust them first. The ways they do this are called “lures.” Do you know what some lures are?
- Present common lures used by predators(someone who intentionally hurts a child, mentally and/or physically):
 - **Bad News Trick** – The predator tells a child that something bad happened (sickness or death of a parent, fire...) and that the predator was asked to pick the child up and bring them home.
 - **Bribe Trick** – The predator offers something special that the child may want, and then ask for favors in return.
 - **Game Trick** – Wrestling, tickling, accidental or deliberate contact with “private parts” as part of the rules to play a game with a child.
 - **Help Me Trick** – The predator may ask for help from a child such as asking for directions, finding a lost pet, to carry heavy packages.
- Know the Warning Signs used by predators:
 - One Adult who wants to be alone with children.
 - Gives gifts to children, often without permission.
 - Allows children to engage in activities their parents would not allow.
 - Goes overboard touching, wrestling or tickling.

Presentation and Process: *Responding to Lures/Tricks and Warning Signs* (15 minutes)

A. What would you do if someone used one of those lures on you, to try to get you into an uncomfortable situation? Say, “NO” and “GET AWAY” and “TELL SOMEONE YOU TRUST” (even if they are known to you).

B. Know that you always have the right to say “NO” to anyone who makes you feel uncomfortable, even if it is an adult and you were taught to do what adults tell you. You have the right to be respected and tell someone that is what you need. For example, “I feel uncomfortable when a person keeps tickling me. I need you to stop when I say Stop!” or “I’m sorry I can’t help you find your lost dog, my parents do not allow me to go off alone with people I don’t know. Maybe you should find an adult to help you.”

Internet Safety:

1. Set up rules with your parents for using the internet. Do not break these rules.
2. Turn off the monitor right away and tell a trusted adult, your parents if anything online makes you feel scared, uncomfortable or confused.
3. Tell your parents if anyone online asks you for your name, your address, your telephone number or the name and location of your school. Do not give out any personal information to anyone online without your parents’ permission.
4. Do not respond to any message that is mean or in any way that makes you feel uncomfortable. Do not use mean or rude language on the internet.
5. If you are unsure, always ask your parents.

Rules to Keep You Safe:

1. Tell a trusted person (remember you named some of them in the beginning) when someone makes you feel uncomfortable or when someone tells you to keep a secret about an uncomfortable situation. Even if someone threatens you if you tell, it is important to still tell.
2. Always let a trusted adult know where you are at all times and whom you will be with. Never be in a situation where you are alone with a person who makes you feel uncomfortable.
3. Always stay alert! Sometimes we might know what a lure is, but get involved in the situation and get tricked without realizing it.

Closing:

Ask the children to either name or draw a picture of something new they learned today that would help them stay safe.

End with a blessing for God’s protection – “May God’s love surround you and protect you from harm at home, at school and at play. May the Lord bless you in the name of the Father and of the Son and of the Holy Spirit. Amen.”

APPENDIX

I. TRICKS/LURES USED BY SEXUAL PREDATORS

Below are a list of the most common tricks used by sexual predators to lure children into an abusive relationship. After each description is the ages group(s) that are most susceptible to that lure/trick.

Bad News Trick – The predator tells a child that something bad happened (sickness or death of a parent, fire...) and that the predator was asked to pick up the child and bring them home. (Ages 5-7, 8-10)

Bribe Trick – The predator offers something special that the child may want, then ask for sexual favors in return. (Ages 5-7, 8-10)

Can I Help You Trick – The predator may give assistance to a child when needed or may offer to help the family of the child by offering rides, or babysitting. This puts the predator in a position of trust for future abuse. (Ages 5-7, 8-10, 11-13)

Drug and Alcohol Trick – Drugs and or alcohol can be given to a child to make it easier to take advantage of the child. (Ages 11-13, 14-17)

Game Trick – Wrestling, tickling, accidental or deliberate contact with genitalia as part of the rule to a game played with a child. (Ages 5-7, 8-10)

Help Me Trick – The predator may ask for help from a child such as asking for directions, finding a lost pet, to carry heavy packages. (Ages 5-7, 8-10, 11-13)

Internet Trick – Predators will try to get personal information from the child. The predator may act as though they are the same age as the child to establish a friendship. They will often send the child sexual material, and will try to set up a meeting with the child. (Ages 11-13, 14-17)

Position of Power or Authority Trick – A predator may be in a position of authority such as a coach, police officer, priest or teacher and use this position to get children to be obedient to their request. (Ages 5-7, 8-10, 11-13)

“You Are Special” Trick – The predator gives special attention or favor to a child to gain trust and for future sexual abuse. (Ages 8-10, 11-13, 14, 17)

II. INTERNET SAFETY

Technology has been a wonderful gift to expand the horizons of learning for children, teens and adults. But this same technology can expose children and teens to dangers. Sexual predators will often use the Internet to sexually exploit children and teens. They will often spend a great deal of time gradually seducing minors by establishing trust – they listen to children’s stories, connect with their interests, give advice. Then they may slowly introduce sexual subjects into the conversation or lure the child/teen into a face-to-face meeting.

Since some children and teens are curious about sex and sexually explicit material, going onto the Internet is an easy way for sex offenders to take advantage of the opportunity to exploit them. Predators may gradually desensitize children/teens in order to lift inhibitions around talking about sex.

Here are some simple rules for online safety:

Keep your identity private.

Never give your name, address, phone number, school name, birthday, photograph or any other personal information to someone online. Predators will do anything to gain access to your information and may use lures to do so. For example, they may say that you need to give them some information in order to gain access to a chat room or a site they are recommending to you! Don’t fall for that! Or, they are astute in getting information from your screen name. Often people use a birth date in their screen name. This is a giveaway that you are a child or teen, which attracts the attention of the predator.

Realize that people are not always who they say they are! You may think you are speaking to a peer, when in fact, it is a predator in disguise, all the time gaining information from you they will use later. This is particularly true of “teen only” chat rooms - it’s impossible to tell who is a real teen!

Never respond to an e-mail, instant message, chat comments or newsgroup messages that are hostile, inappropriate or in any way make you feel uncomfortable.

The best response is to simply get away from the site and make an adult aware of it. In public chat rooms, there is usually a monitor who will screen the comments, but not so in private chat rooms. Be wary when someone asks you to leave the public chat to join them in a private chat room. A private chat room gives a predator free rein to say whatever they want to you.

Never open a spam e-mail message as this may automatically get you into a database for future inappropriate messages. Always know your sender.

Be wary of those who try to isolate you by turning you against friends and family. This is a common lure to get children/teens to turn their allegiance to the predator.

Never, ever, arrange to meet someone you meet online without parental permission and supervision.

Always let a parent know of any invitation to meet someone. If your parent is assured that this might be a peer who wants to make a friend, meet the person in a public place accompanied by your parent. Never meet someone alone!!! If your parents say no, trust them. It's NO!

Always talk with your parents to establish rules and expectations for going online.

For your own safety, parents need to be able to monitor a child/teen's Internet activity. The computer should always be in a public place in the house. Parents may use some sort of chip or filter to deny access to certain types of material. Parents may put limits on the amount of time a child/teen is online, as well as for what reasons a child/teen can be online.

Warning Signs for Parents!!!

- Is your child spending large amounts of time online, especially at night?
- Is your child using an online account that belongs to someone else?
- Does your child quickly change the screen or turn the computer off when you come into the room?
- Does your child make phone calls to someone you don't know, receive mail or gifts from someone you don't know?
- Do you find pornography or inappropriate material on the computer?
- Is your child becoming increasingly isolated from the family and being drawn to the computer instead of interacting with friends?

Parents, learn everything you can about the Internet, and teach your children appropriate "netiquette"!

For more on Internet safety see:

www.missingkids.com

www.safekids.com

www.safeteens.com

N.B. The original sexual abuse awareness lesson plans were developed by the staff of the Diocese of Albany. We thank them for sharing their curriculum with us.