

**Diocese of Fort Wayne- South Bend
Safe Environment Program**

The Swimsuit Lesson by Jon Holsten (2005 copyright)

For children in preschool, kindergarten or first grade ONLY

Introduction

I would like to read you a story about something important. After we listen to the story, we will talk about it.

Read story pp. 4-32

Discussion and Summary

1. What lesson did the mommy want to teach Mark and Lisa?

- Possible Answers:
 - the swimsuit lesson
 - Parts of our body are special and not to be touched by others
 - Parts of our body covered by a swimsuit are private and not to be touched by others.

2. Why does the mommy share this lesson with her children?

- Answer: She loves them and wants them to be safe.

At this point add that God also loves us and wants us to be safe as well as many other adults in our lives, like teachers, aunts, uncles, etc.

3. What does the mommy want her children to do if they are touched on their private parts?

- Answer:
 - They are to tell Mommy or Daddy even if the person tells them not to or even if they are afraid.
 - The children could also tell another adult that they trust.

4. Has anyone ever been told about strangers? What have you been told?

- Most strangers are good people, but we cannot tell by the way someone looks. Do not talk to strangers unless your mom, dad or an adult you trust says it is okay.

- **Optional exercise:** Role play with the children what to do if a stranger approaches them and asks for directions, or wants to show them a puppy.

5. What did we learn today?

- Answers:
 - God made us and loves us.
 - Our parents and other adults love us too.
 - All these people want us to be safe and happy.
 - A swimsuit covers the private parts of our body that should not be touched by others.
 - Some touches are safe, some are not safe.
 - If you are ever touched on the private parts of your body, tell mommy, daddy or another adult who can help you.
 - Be brave and tell even if the person tells you not to do so.

6. Closing Prayer

Dear God,

Thank you for loving us and making us so special.

We pray for all children. Help keep them safe.

Help them grow in love and happiness.

And especially help those children who are hurt in any way. Help them get better.

Amen.

7. **Optional:** hand out coloring page *Children in swimsuits* for children to color and take home.