

LESSON PLAN LEVEL: Intermediate Grades (5 - 8)
for
Diocesan Children & Youth Personal Safety Program

“Wise Decisions / Being Prudent”

Prayer

Lord, thank You for another day of life. Give me the grace and strength to live it well. Help me to use the hours wisely, for I cannot have them back. Help me to make amends for little slights or petty words, inflicted on my friends. Lord, thank You for another chance, in which to use a little better the gifts You have given me. For yesterday is over, and tomorrow’s far away, and I remain committed to the good I do today!

Prudence

Catechism of the Catholic Church (#1806) – *Prudence* is the virtue that disposes practical reason to discern our true good in every circumstance and to choose the right means of achieving it; “the prudent man looks where he is going.” (*Prov* 14:15). “Keep sane and sober for your prayers.” (*1 Pet* 4:7). Prudence is “right reason in action,” writes St. Thomas Aquinas, following Aristotle. (St. Thomas Aquinas, *Sth* II-II, 47, 2). ...The prudent man determines and directs his conduct in accordance with this judgment. With the help of this virtue we apply moral principles to particular cases without error and overcome doubts about the good to achieve and the evil to avoid.

Objectives

- Student will know to avoid dangerous and harmful activities.
- Student will know the importance of a “buddy system” and how to implement it.
- Student will develop a safety plan.
- Student will practice assertive body language.

Jesus is the Truth. We can know His truth about what is good and right through reason (our ability to think, understand, and judge.) We have a conscience to know right from wrong, good from evil. It is wise and prudent to formulate a plan to avoid dangerous situations. God gave us our parents, friends, and teachers to help us know when and how to avoid dangers. It is prudent to have a “buddy system”. That is you never go alone, always have a ”buddy” with you. Now that you are older, parents are giving you more responsibilities and along with this you must be prepared for unexpected emergencies. To have a “safety plan” is very prudent. Here are some good rules for your plan:

- Always be with a group when outdoors.
- Be aware of your surroundings.
- Never hitchhike

- Use well lit streets, walkways, and playgrounds.
- Do not use shortcuts.
- Carry identification with you.
- When home alone, be sure you have emergency phone numbers and a phone number of a neighbor or a near-by friend.
- Never answer the door unless you know the person
- Always be alert and be cautious of your surroundings. Do not daydream.
- Stand up straight and walk with authority.

Activities

- You have read the “Safety Plan”. Sit in small groups and discuss what else you can include in “your safety plan”.
- Discuss with your parents your plan and ask for their guidance when you are on an outing.
- Practice saying “No” and acting in an assertive way by responding to these situations listed below:
 - You are walking home from school and a car with a young man pulls up and asks you for directions. How can you respond to this situation?
 - You are babysitting your younger brother and sister and the doorbell rings. How would you respond to this?
 - You answer the telephone and you do not recognize the voice on the phone. The person says very unkind words to you. What will you do?
 - Your friend and you are shopping at the mall and a stranger is following you, asking you questions. How would you respond to this situation?

Conclusion

Jesus is the Truth and He wants us to know and follow Him. We can also know the truth about what is good and right through reason. Jesus wants us to be happy and safe and he gave us the gifts and tools to make good choices and have a plan in case of danger. Always travel with a buddy, and be sure you have a plan in case you become scared or feel unsafe.

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