

To: Parents
From: Central Catholic High School
Subject: Opportunity to "opt your child out" of the Touching Safety - Lesson 3, from the Protecting God's Children program
Date: November 17 or 18, 2015

Central Catholic High School will present a 'sexual abuse prevention program' - lesson three, the Touching Safety program, to our students on November 17 and 18, 2015. The creators of the Protecting God's Children program developed the Touching Safety program. This program is provided by the Diocese of Wheeling- Charleston, and is a part of our ongoing effort to help create and maintain a safe environment for children and to protect all children from sexual abuse.

The scheduled lesson is being offered to all the students at Central Catholic High School. As a parent, you have the right to choose whether your student participates. We encourage you to read the attached "overview" (back side of this page) so you'll be aware of the nature of the Touching Safety program. If you have questions about the program or the lesson, please contact Mrs. Kuhns at 304-233-6247. If you determine that you 'DO NOT' want your child to participate, please complete the "opt out" form at the bottom of this page, and return it to your child's religion teacher no later than Tuesday, November 17, 2015.

For more information on the Touching Safety program, visit the VIRTUS Online website at www.virtus.org.

Opt-out for use with the Touching Safety program:

Central Catholic High School does not have my permission to present the Touching

Safety program to my child whose name is _____

Parent's name (printed): _____

Parent's Signature: _____

Date: _____

Return by Tuesday to your religion teacher, November 17, 2015

VIRTUS- Lesson 3- November, 2015

Protecting God's Children- Touching Safety

Overview of lesson three:

Principle:

Setting limits and honoring them can help keep young people safe from harm.

Catechism:

Freedom is exercised in relationships between human beings. Every human person, created in the image of God, has the natural right to be recognized as a free and responsible being. All owe to each other this duty of respect. The right to the exercise of freedom, especially in the moral and religious matters, is an inalienable requirement of the dignity of the human person. This right must be recognized and protected by civil authority within the limits of the common good and public order. - #1738

Goal: To assist parents, guardians, and other caring adults in teaching young people how to prevent or reduce the chances of sexual abuse or sexual violence of any type.

Objective: To help teens further develop their ability to identify, define, and honor appropriate boundaries in different types of relationship conditions:

-They can say "no" when they feel uncomfortable or confused by how another person is acting or when they are asked (or encouraged) to do something they know is wrong- even if the person is a friend or someone else that they love and trust.

-They should honor and respect the wishes of others who don't want to be touched, even when it feels like rejection and hurts their feelings. Learning that others have the right to say "no" is a fundamental part of our character development as we grow into young adults. It empowers us to maintain our own boundaries and to respect and support the boundaries of those around us.

Dealing with teens- the key concept is "searching"

This is the age where all experiences that began with puberty- the physical changes and the developing emotions- are moving rapidly toward the newfound identity of a young adult. The self-consciousness deepens and matures. The world of "children" is now renounced. Teens believe in their immortality and may tend to be reckless in behavior. Although it would appear that they reject authority while defining their own independence, in reality they rely on the strength and support they find in parents and meaningful adults.

Young people of this age primarily identify with their interpersonal relationships. They are beginning to have a stronger concern for others and have many questions about social relationships and decision making. Safe friends and safe adults are critical at this age since teens have a strong need for role models and mentors in whom they can confide. It is also crucial that teens are able to identify unsafe adults and have the skills to effectively deal with them as necessary.