

God Creates Us

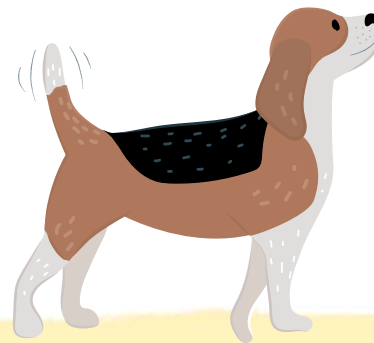
We Use Our Gifts to Serve God

Your child possesses unique skills and gifts. Take some time to talk with your child about his or her gifts. Point out that these gifts come from God and that they enable your child to serve God's kingdom in ways that no one else can. Have your child think of specific ways he or she can serve God's kingdom. Review the Imagine and Invent handout for service ideas if necessary.



Different Roles in God's Kingdom

To serve the Kingdom of God, we all take on different roles that fit our strengths. Talk with your child about how each member of your family contributes unique gifts and personal qualities to your home life. With your child, pray aloud to God, thanking him for the good gifts he gives each person and asking him to help your child use those gifts for God's kingdom.

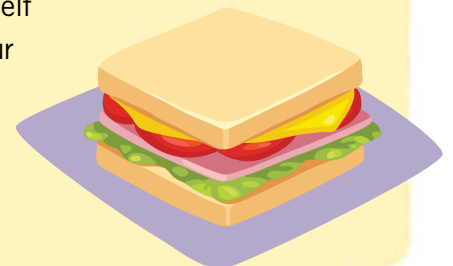


The Fruits of the Holy Spirit

The 12 Fruits of the Holy Spirit show themselves in our actions. The Fruits of the Holy Spirit are

- | | | |
|-----------------|---------------------|---------------------|
| <i>love</i> | <i>kindness</i> | <i>self-control</i> |
| <i>joy</i> | <i>generosity</i> | <i>goodness</i> |
| <i>peace</i> | <i>faithfulness</i> | <i>modesty</i> |
| <i>patience</i> | <i>gentleness</i> | <i>chastity</i> |

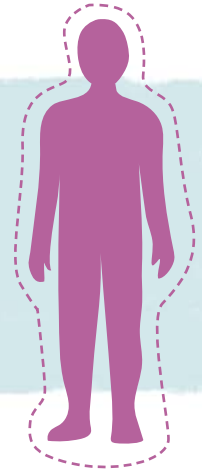
As you are enjoying an after-school snack with your child, ask your child which Fruits of the Holy Spirit he or she notices in himself or herself. Share with your child specific ways you have seen him or her exhibit the Fruits of the Holy Spirit.



Boundaries

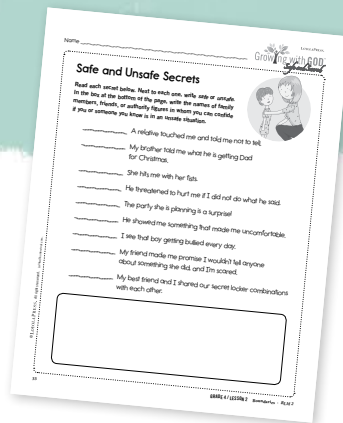
Personal Boundaries

Your child can identify some of his or her personal boundaries. Let your child know that you will always support him or her in setting boundaries. Remind your child that our bodies and souls are precious gifts from God. When our bodies are treated as sacred, our souls are nurtured.



Safe and Unsafe Secrets

There is a difference between safe and unsafe secrets. Use the Safe and Unsafe Secrets handout to help you discuss unsafe secrets with your child. Tell your child that unsafe secrets often make us feel confused or upset. Encourage your child to tell you if someone asks him or her to keep a secret that makes him or her feel this way.



Common Bullying Behaviors

Bullying behaviors include actions that do not respect others' boundaries. Tell your child: **You deserve to be treated with love and respect. No one has a right to touch you in a way that makes you feel uncomfortable.** Encourage your child to tell you if someone makes him or her feel uncomfortable in this way.



The Body Is a Temple of the Holy Spirit

The Bible says that our bodies are temples of the Holy Spirit. Point out that honoring the body boundaries of other people shows honor to them and to God. Together pray a prayer of thanksgiving to God for giving us our bodies.



Friendship and Bullying



We Share God's Love with Others

Remind your child that Jesus loves us no matter what. He calls us to be loving and forgiving. Discuss how your child can show love to people through his or her words and actions.

Empathy Is Important

Friends use empathy to understand and share the feelings of others. Share with your child about a time when someone showed you empathy and how it made you feel. Invite your child to tell you about a time when someone supported or showed genuine concern for him or her.



Be a True Friend in All Circumstances

We can show kindness to others even when we disagree or experience conflict with them. Discuss how your child handles conflicts within his or her friend groups. Together, ask God in prayer for the grace to be generous, kind, and understanding toward others.

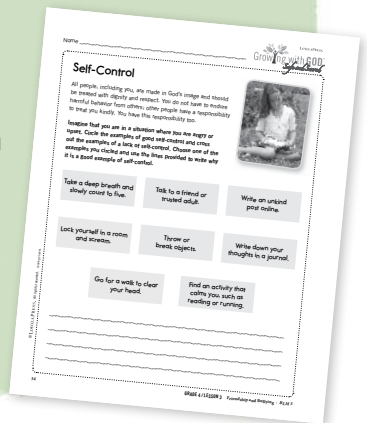
Contributing to a Group

Take time to talk as a family about ways your family works well together—for example, by being respectful, encouraging, and helpful and by asking for help. Discuss areas in which your family wants to grow in harmony with one another.



Responses to Bullying Behavior

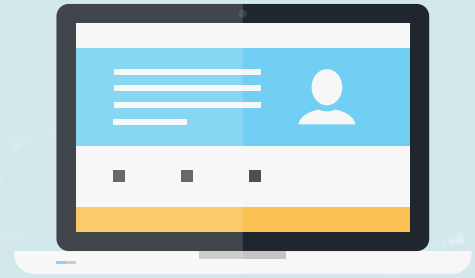
Brainstorm with your child some strategies for responding to bullying from others. Emphasize that your child deserves to be treated with kindness and respect at all times and encourage him or her to tell you if he or she ever experiences bullying. Discuss how self-control helps us show respect to others and stay calm when we experience mistreatment from others. Use the Self-Control handout to discuss specific situations in which self-control might be necessary.



Digital Discipleship

Reflect God's Love to Others Online

Netiquette is online behavior that is safe and considerate of others. Remind your child that a human being with feelings is usually behind the screen names he or she sees online. Discuss positive offline behaviors that your child can apply to his or her online activity.



Establish a Safe Online Environment at Home

If you have not already set clear expectations and rules for your child's online behavior, consider developing some guidelines and sharing them with the whole family. For example, you may establish screen-time limits, use your web browser to bookmark a list of age-appropriate websites for your child, or designate specific areas in your home where online activity should be conducted. Discuss the reasoning behind these rules with your child.



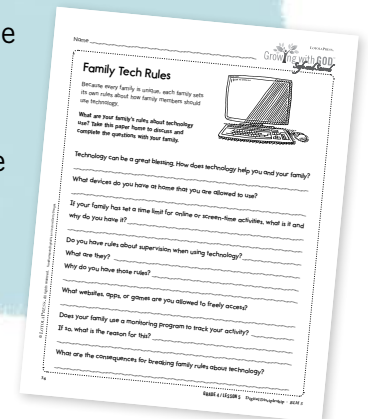
Online Safety

Your child can identify unsafe online situations and adopt strategies to avoid them. Discuss some potential unsafe situations that your child might encounter online, then brainstorm ideas together for how your child should react in those situations.



Family Rules for Online Activity

Sit down together as a family and use the Family Tech Rules handout to review your family's rules for online behavior and technology use. Together ask God to provide guidance and protection for your family in online spaces. Invite your child to pray about specific aspects of his or her technology use that he or she finds concerning or wants God's help with.



My Sacred Self

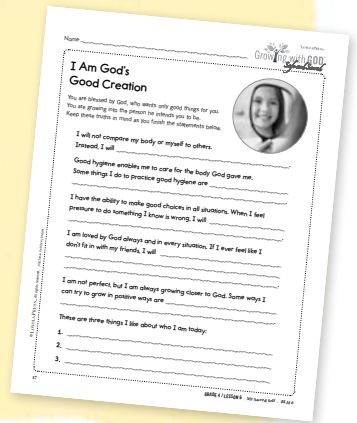
Bodies Change and Grow at Different Rates

Everyone grows at different rates and in different ways. Your child may be eager to grow up or may compare his or her own growth with that of others. Explain that everything happens in God's good time, and emphasize that you love your child just as he or she is.



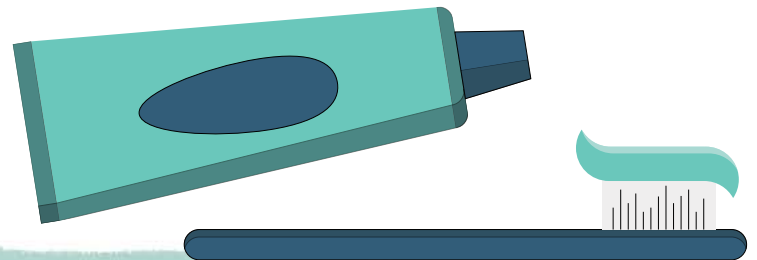
Good Creations of God

Use the I Am God's Good Creation handout to discuss how God wants only good things for your child, who is his treasured creation. Point out something that you appreciate about your child. Tell your child how proud you are of the way he or she is growing and learning to use the gifts that God has given him or her.



The Path of Self-Control

Talk with your child about how there may be times when his or her peers tempt him or her to do something wrong or dangerous. Pray with your child, asking God to give him or her the strength and the wisdom to do God's will.



We Care for Ourselves

Invite your child to share ideas for how he or she can take care of himself or herself physically, emotionally, and spiritually. Gently remind your child about the importance of personal hygiene and discuss how you can help him or her form good hygiene habits.