

# God Creates Us

## Our Connected Lives

God calls us to live in community and to remember that even our small efforts can make a difference in the lives of others. Discuss with your child all the things that make you proud of him or her. Talk together about the ways your child does God's work as a student, a son or daughter, a sibling, and a friend.

## We Work to Participate in God's Creation

We work not only to make a living but also to participate in God's creation and serve God and others. Saint Paul calls us to be fully devoted to our labor as this is one way we honor God. Doing our daily tasks with a spirit of love and gratitude makes our work a kind of prayer. Discuss with your child how you can show love and gratitude while doing your day-to-day activities.

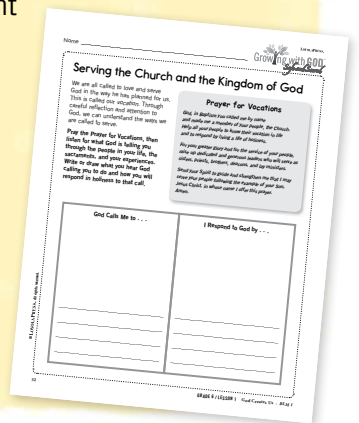


## We Serve God and One Another

Our vocation is the way God calls us to love and serve others. During dinner or on your way home from Mass together, take turns as a family sharing something God calls you to do and how you will respond in holiness to that call.

## Economic Justice and Basic Rights of Workers

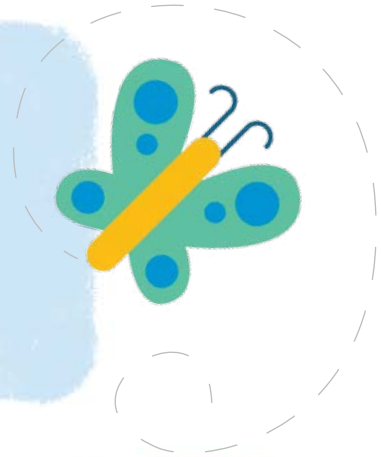
All workers have the right to be treated fairly and given the opportunity to support themselves and their families. Review with your child the Serving the Church and the Kingdom of God handout. You might say: **Unfortunately, not everyone in the world experiences justice and fairness. We have a responsibility to do our part in making the world fairer and more just for all people.** Ask God to guide you in doing this work. Pray together the Prayer for Vocations or a prayer of your own.



# Boundaries

## Healthy Personal Boundaries

Our personal boundaries tell others the safe and acceptable ways they can behave toward us. No one has the right to hurt us or touch us inappropriately, and we do not have the right to do this to others. You might say: **You have the right to be safe at all times. If anyone ever makes you feel unsafe or uncomfortable, it is not your fault. You can always come to me.** Discuss what your healthy boundaries are and invite your child to share his or her own.



## Ways to Say “No”

There are many different ways to say “No” to someone who might be trying to cause discomfort or harm. Tell your child that it is good to practice saying a firm *no*. Take turns with your child saying *no* in different ways, such as *“That’s not okay with me!”*



## Wise Choices

When we practice prudence, being mindful of what is right and good, we can be strong and self-disciplined. Talk with your child about a decision you had to make and how you considered your options to make a good choice. Ask your child to share his or her own example. Pray together the Lord’s Prayer or a prayer of your own.

## Identifying Trusted Adults

Let your child know that he or she has a right to leave any situation that makes him or her feel uncomfortable or threatened. Talk with your child about adults he or she considers trustworthy and could go to for help, such as police officers, teachers, and school counselors. Together complete the Whom I Trust handout.

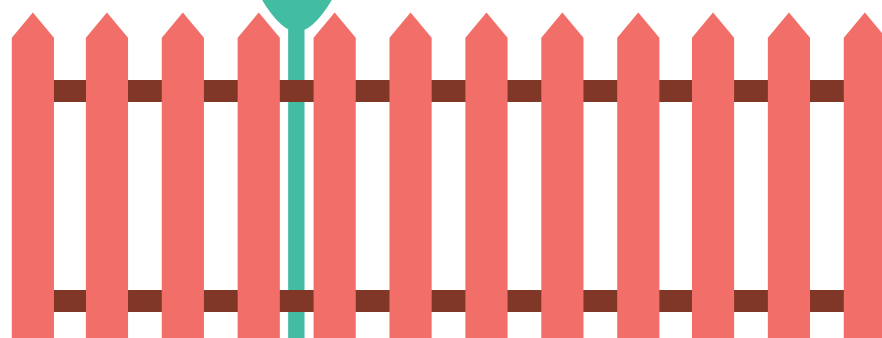
**Whom I Trust**  
 Make a list of adult family and friends you can trust. Include their contact information. Note any you can reach out to them if a person or situation makes you feel uncomfortable. If someone is harming you in situations like this, contact a local resource for reporting immediately.

**Local Resources for Reporting**

Name of Agency	Phone Number	Website

**My Trusted Adults**

Name	Phone Number	Email Address



# Friendship and Bullying



## Kindness

Words are powerful. They can build up others, and they can be hurtful. Talk about your family expectations for how to speak to others and practice self-control. Help your child come up with different ways to calm himself or herself when upset, such as taking deep breaths or walking away rather than responding unkindly.

## Respect Others

When we respect others, we believe they are important and should be treated well. We share God's love with others when we respectfully consider how our words and actions affect them. Tell your child that as we get older, we interact with many more people, some of whom we may not especially like or understand. Remind your child that we are called to treat others with kindness and respect, even when it's not easy.



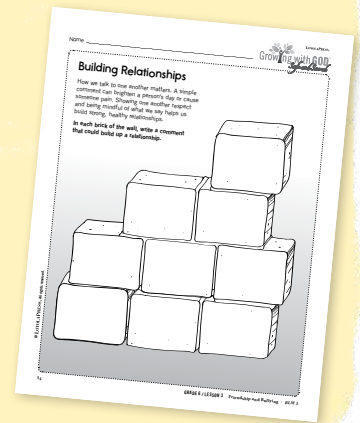
## Empathy and Compassion

Empathy is the ability to understand and share in how others might be thinking or feeling. Point out some ways you already see your child practicing empathy and compassion for others and encourage him or her to continue doing so.

## Building Strong, Healthy Relationships

Ask your child what he or she thinks are the most important qualities in a friend. Mention that we build strong, healthy relationships when we choose to treat others as we want to be treated.

Review with your child the Building Relationships handout. Remind him or her that we can always turn to Mary, our heavenly Mother, when we need help responding to others with empathy and compassion. Together pray the Hail Mary or a prayer of your own.



# Digital Discipleship

## How People Interact Online

People communicate online in many different ways, such as through messaging services, social media, comments on websites, and online games. Discuss with your child which of these he or she is allowed to use and remind him or her of any rules you have about using them.



## A Virtuous Online Media Presence

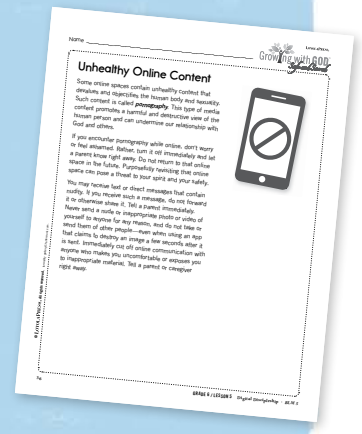
A digital disciple is someone who shows God’s love online through kindness, compassion, respect, and concern for others. Discuss how to respond to various situations online as a follower of Christ. Tell your child that you are proud of the loving, kind, and responsible person he or she is becoming. Let your child know the confidence you have that he or she will make good, loving choices when online. Together pray the Peace Prayer of Saint Francis or a prayer of your own.

## Effects of Negative Social Media Comments

Negative social media comments can harm others. You might say: ***When a person is not right in front of us, we might be tempted to write things online that we would never say in person. Please remember that hurtful words are as painful online as they would be in person, if not more so.***

## Unhealthy Online Content

Tell your child to come to you if he or she comes across unhealthy content such as pornography or messages containing nudity. You may wish to review with your child the Unhealthy Online Content handout, which covers this topic in more detail.



# My Sacred Self

## The Blessing and Dignity of Human Sexuality

Sexuality includes the physical desires and biological functions of reproduction. You do not have to have all the answers when you talk with your child about sexuality. Your most important resources are patience and compassion. Let your child know that he or she can talk with you about anything. Encourage him or her to write down any questions he or she might feel uncomfortable asking you aloud.

## A Gift from God

Our bodies are a gift from God. It is our responsibility to honor and respect our bodies and the bodies of others. When you talk to your child about sexuality, you might say: ***My hope for you is that you will always respect your body as a gift from God.*** Explain that when we use our bodies according to God's will, we will be blessed with peace.



## Following God's Plan

Jesus is a model for how to live a good life. When we follow his commandment to love one another, life may not always be easy, but we have the peace of knowing we are in relationship with Jesus. Talk with your child about how you stay close to Jesus and ways that you live as he calls us to live. Pray together the Glory Be to the Father or a prayer of your own.

## God's Love

Review with your child the Amazing Me handout. Remind him or her that Jesus teaches us that we all participate in God's love. We receive God's love, and we share it with others.

