



# I KNOW!

**My Self. My Boundaries. What To Do.**

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★ The Episcopal Diocese of *Texas*

FACILITATOR GUIDE  
GRADES K - 4



**Welcome to I KNOW! My Self. My Boundaries. What To Do.**

The Episcopal Diocese of Texas is pleased to offer this curriculum for use by ministry leaders, teachers and parents in a variety of settings. Our prayer is that young people will recognize their inherent personal worth and feel empowered to protect themselves in uncomfortable situations.

May God bless you as you equip your students to confidently affirm:  
I KNOW! My Self. My Boundaries. What To Do.

Grace and peace to you,

The Rev. Canon Carol Petty

## I KNOW!

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## BEFORE YOU BEGIN

- Realize that you are well equipped for this work! Though this topic can be intimidating, you have what you need—a heart and concern for the well-being of children and a desire for them to grow into the amazing people God has created them to be. You don't have to be an expert to present this well. Feel free to adapt the lessons as needed to best serve the students in your context.
- Familiarize yourself with all of the materials before you get started. Include parents in the conversation. Share the I KNOW! link with them before implementation and invite them to share in the conversation at home.
- Keep in mind the importance of not only equipping youngsters to keep themselves safe, but of helping them to understand that they are valuable, loved by God, and that their bodies and spirits are worth protecting.
- If a question arises in your session that you are unable to answer, it is perfectly OK to say, “I don't know. Let's try to find some answers!” Informational resources are listed at the back of the workbook. Additionally, the Safe Church Ministry of [The Episcopal Diocese of Texas](#) is happy to assist you. Contact [safechurch@epicenter.org](mailto:safechurch@epicenter.org).
- If a student shares that they have experienced a situation of attempted or actual abuse, remain calm and nonjudgmental. Assure the student that whatever happened is not their fault. Invite them to tell you what happened (after the group session). If you are able, find out “who, what, where, and when” about the incident, and take notes. Such information must be reported as soon as possible to the [Texas Department of Family and Protective Services](#) at 800.252.5400 or to [Childhelp National Child Abuse Hotline](#) at 800.422.4453. Also, inform the Head of School or Rector along with the child's trusted parent or guardian.

## OUTLINE OF CLASS TIME

1. Opening Prayer
2. Introduction
3. Video
4. Exploratory Art
5. Lesson
6. Reflection
7. Closing Prayer

## SUPPLIES

- Pens, Pencils, Paper
- Art Supplies for Exploratory Art
- White Board, markers
- Kleenex

## WORKSHEETS

- [Lesson 1 Scripture Readings](#)
- [Lesson 1 Your Body](#)
- [Lesson 2 Your Boundaries](#)
- [Lesson 2 Your Trusted Adults](#)
- [Lesson 2 Your Voice](#)
- [Lesson 3 Role Play Activity](#)

## PREPARATION

- Read through lessons
- Reflect on scriptures in each lesson
- Set time goals for each section



# I KNOW! My Self.

## Lesson 1

### OPENING PRAYER

“Loving God, thank you for creating the whole world. You created every one of us, and called us good! Thank you for making us in your image. Thank you for loving us, and calling us wonderful in your eyes. Thank you for forgiving us when we make mistakes. We know that you are always with us, whether we are happy or sad or scared. Help us to make good choices and to protect ourselves. Help us remember that we are your special and beloved creations. Through Jesus Christ, our Lord. Amen.”

### INTRODUCTION

I wonder what it means to ‘know yourself? (Invite responses)

God created every one of us. We are wonderfully made! No matter what we do or don’t do, we are children of God. No matter what we do or don’t do, God loves us! Because we are loved and wonderfully made, we are valuable! We are worth keeping safe.

I wonder who are some people who keep us safe? (Invite responses)

We can also keep ourselves safe. God made every part of us, and every part of us is special. Today we will spend some time thinking, praying, and talking about who we are.

I wonder what the word “boundaries” means? (Invite responses)

It is important for us to think about OUR boundaries, so that we can listen to ourselves if we get a funny feeling, and know what to do when someone is not respecting our boundaries.

## PLAY VIDEO Lesson 1



## EXPLORATORY ART

Optional: [Your Body Worksheet](#) or Creative Expression with blank paper, colored paper, markers, colored pencils, crayons; instruct students to choose among the art materials that are available.

If you have a thinking cap, you can put it on now (mine has special snaps and ties.) Is it on?

Now, I want you to think about these answers \*inside your head\* and \*on your paper\* as we work. I wonder who you are? We are going to make some art while we think about some questions.

I wonder what you love?

What do people say is wonderful about you?

What in your life (at school, at home, with friends?) feels the most YOU?

When do you feel close to God?

Draw yourself however seems right to you.

When students have completed their work, allow for some sharing time. Encourage students to share a couple things about their work and provide encouraging feedback. Invite students to begin and/or end by saying: "I KNOW! My Self."

### Discussion – [Lesson 1 Scriptures](#)

Scripture's view of who we are in God:

- Q. I wonder if anyone can think of a Bible story that tells us who we are?
- A. Respond to student answers, if any.

**Lesson: Choose a student or students who would like to read *Genesis 1:27***  
**So God created human beings in his own image,  
in the image of God he created them;  
male and female he created them.**

**Continue Discussion:**

- Q. I wonder what it means that we were made in God's image?
- A. God made us with intention, we are a gift from God, God designed us purposefully, we are unique, we have value to God, and God chooses us specifically to be created.

**Lesson: Invite a student to read *Psalm 139:14***

**I praise you, for I am fearfully and wonderfully made.  
Wonderful are your works; that I know very well.**

**Q.** I wonder what it means to be fearfully and wonderfully made?

**A.** God made us holy, God made us wonderful, God sees us as beautiful, we are reflections of God.

**Lesson: When the apostle Paul wrote to the Christians in Corinth he said:**

**19 Or do you not know that your body is a temple of the Holy Spirit within  
you, which you have from God, and that you are not your own?**

**20 For you were bought with a price; therefore glorify God in your body.**

**Continue Discussion:**

**Q.** What do these words tell us about our bodies?

**A.** Our bodies are a gift from God.

**Q.** What does it mean that our body is a temple of the Holy Spirit?

**A.** Our bodies are not “bad”, our bodies have purpose.

**Q.** Why are our bodies worth honoring and protecting?

**A.** Each one of us is created by God, and all of us have the Spirit of God with in us. We need to protect ourselves.

**Q.** If we see that we all bear God’s Spirit, does God also call us to protect others?

**A.** We should honor and protect others as vessels of the Spirit, we should encourage others in their God-given gifts and purpose, and we should look to see God in others.

## **REFLECTION**

We all have moments when we doubt who we are, we doubt our purpose, and we question God’s love for us. In those moments, it is important to remember the truth we discussed today: you are wonderfully made with purpose, you have infinite value, and you are a temple of the Holy Spirit. You can say with confidence “I KNOW! My Self.”

Look again at the representation of yourself you made. Take a minute of silence to thank God for the unique and wonderful person God has made in you. Thank God for God’s love for you specifically and for the good gifts God has given you.





### CLOSING PRAYER

We thank you, God, that you have made each of us wonderful and have given us purpose. We thank you that you see us fully and love us, even in our weaknesses and failures. Help us to see ourselves as you see us, with infinite worth. Help us to be mindful that we bear your Spirit. Give us the strength to protect ourselves and others from harm and to choose what is life-giving. Give us wisdom to know ourselves and to know your love for us. Through our Savior in Christ, Amen.



# I KNOW! My Boundaries.

## Lesson 2

### OPENING PRAYER

“Loving God, thank you for creating the whole world. You created every one of us, and called us good! Thank you for making us in your image. Thank you for loving us, and calling us wonderful in your eyes. Thank you for forgiving us when we make mistakes. We know that you are always with us, whether we are happy or sad or scared. Help us to make good choices and to protect ourselves. Help us remember that we are your special and beloved creations. Through Jesus Christ, our Lord. Amen.”

### INTRODUCTION

Last session we had the opportunity to think about who we are. We thought about how carefully and thoughtfully God made you, and about how wonderful God thinks you are.

Today we are going to explore how every part of you...your mind, your heart, and your body ... is so wonderful that it deserves to be cared for and protected.



## PLAY VIDEO Lesson 2







## EXPLORATORY ART: My Boundaries Lesson 2 Worksheets

Take a moment to review the worksheets provided for each section of the lesson. You may choose to do one or all of the worksheets depending on the dynamics of the group and the time available.

[Your Voice Worksheet](#)

[Your Trusted Adults Worksheet](#)

[Your Boundaries Worksheet](#)

### Lesson: Your Voice

God gave you a wonderful voice! I wonder, what are some of the wonderful things we can use our voice to do? (Invite responses)

We can use our voices to say kind things to other people, to sing beautiful songs, to tell funny jokes, or to cheer for our friends when they do something good.

We can also use our voices to help tell people things that we like and things that we don't like. Can you think of some things that other people do to you that make you feel good? (Invite Responses)

Q. Do you know what the word “uncomfortable” means?

A. Uncomfortable means that something doesn’t feel good. If someone does something that makes you uncomfortable, you can use your wonderful voice to let that person know.

Q. What are some of the things you might say to someone who is making you uncomfortable?

A. Please stop; no, thank you; I don’t like that.

### **Lesson: Your Trusted Adults**

A trusted adult is someone who you know very well, someone who you feel safe with, and someone who can help you when you have a problem. Hold up your fingers like a peace sign.

Can you think of two trusted adults in your life? (Invite Responses)

If someone does something that makes you feel uncomfortable, you can always use your wonderful voice to tell these two trusted adults about it.

### **Lesson: Emotional Boundaries**

Sometimes people say things that make us feel good inside. Can you think of some things that you love to hear people say to you? (Invite Responses)

Sometimes people say things that hurt our feelings or make us angry. Can you think of some examples of this? (Invite Responses)

## Lesson: Behavioral Boundaries

Sometimes we do things with other people that are fun and make us feel good. Can you think of some things that you love to do with other people? (Invite Responses)

Sometimes people make us do things that make us uncomfortable. This might mean doing something that you know is against the rules, or keeping a secret that you don't feel good about. It might mean someone asking, inviting, or forcing you to do something that you really don't want to do. Can you think of some examples of this?

If someone makes you do something that makes you feel uncomfortable, what can you do? You can use your wonderful voice to tell that person to stop, or to tell one of your trusted adults.

## Lesson: Physical Boundaries

**Q.** Sometimes people can touch us in ways that make us feel good. Can you think of some examples of this?

**A.** Respond to student answers, if any.

**Q.** Sometimes people may touch us in ways that hurt us. Can you think of some examples of this?

**A.** Respond to student answers, if any.

Sometimes people may touch us in ways that make us uncomfortable, even if it doesn't 'hurt.' This might mean someone touching us in a way that doesn't feel right for that person. For example, think of ways that your parents touch you to show their love for you.

Now, would it feel different if a stranger did that to you, or someone you don't know very well? (Invite Responses)

This might mean that someone touches you in a place that is private. Let's look at the picture of your body that you made. Are there parts of your body that are private? Any part of your body covered by a swim suit is private. Who is allowed to see these parts? Who is allowed to touch these parts? (Invite Responses)

If someone touches you in a way that makes you feel uncomfortable, what can you do? You can use your wonderful voice to tell that person to stop, or to tell one of your trusted adults.



## REFLECTION

When anyone violates our emotional, behavioral or physical boundaries, and we feel uncomfortable, seek out your trusted adult. Share with them. We all need help. Our trusted adults will always help us!

## CLOSING PRAYER

Dear God, thank you for making us, for knowing us, and for loving us. Help us to see ourselves as you see us, as worthy, wonderful, and loved. Help us remember that your Spirit lives in each of us. Give us the strength and wisdom to protect ourselves and others from harm. Help us know ourselves and to remember your love for us. Through our Savior Jesus Christ, Amen.

# I KNOW! What To Do.

## Lesson 3

### OPENING PRAYER

“Loving God, thank you for creating the whole world. You created every one of us, and called us good! Thank you for making us in your image. Thank you for loving us, and calling us wonderful in your eyes. Thank you for forgiving us when we make mistakes. We know that you are always with us, whether we are happy, or sad or scared. Help us to make good choices and to protect ourselves and each other. Help us remember that we are your special and beloved creations. Through Jesus Christ, our Lord. Amen.”

### INTRODUCTION

The first time we met together, we spent some time thinking about who we are, what we love and how we are wonderfully made. We talked about how we are made in God’s image and how our bodies are special and worth protecting. We wanted you to think about how wonderful and unique you are.

**We hope you know that you are so valuable to God and to all of us and that you can say confidently, ‘I KNOW! My Self.’**

In our second time together, we talked about our wonderful bodies and voices and how we can protect them. We talked about adults we can trust and who we can talk to when we’re uncomfortable or afraid. We also talked about different kinds of boundaries.

**Q.** Can anyone remember the three types of boundaries?

**A.** Physical (Your Body) • Emotional (Your Feelings and Thoughts) • Behavioral (The Things You Do)

**Q.** Who can describe the difference between them?

**A.** Physical: ways we touch other people and they touch us. • Emotional: things we share and the things people say around us. • Behavioral: things we do and don’t do.

**We hope you can say with authority, “I KNOW! My Boundaries.” Let’s say it out loud together, “I KNOW! My Boundaries.”**



PLAY VIDEO Lesson 3





## ROLE PLAY ACTIVITY: INTRODUCTION

Today, we are going to practice what to do if someone is not taking care of us and our boundaries.

**Q.** What are some ways we can respond if we are uncomfortable or think something may be wrong with how we are being treated?

**A.** Say no, walk away, and tell one of your trusted adults.

It is important that we know:

*We can say no when we're uncomfortable.*

*We can walk away.*

*We can tell an adult we trust, even if someone asks us to keep a secret.*

We want you to be able to say, "I KNOW! What To Do." if you find yourself in an uncomfortable situation. We are going to practice what we can do by acting out some possible events and coming up with good solutions.



[DOWNLOAD PDF](#)

**ROLE PLAY ACTIVITY:** Divide students into groups of 2-3. Give them the following scenarios to develop and practice appropriate responses to. (Remind them not to violate any boundaries in creating the scene.) Discuss the ways they respond as a group and provide positive feedback for good choices made.

**SCENARIO 1:** A 6th grader is pressuring you to come to a hiding spot on the playground and play a secret game. You don't feel good about that. What do you do?

**SCENARIO 2:** A bully is making fun of a younger child. You don't like what you are hearing. What do you do?

**SCENARIO 3:** Your teacher is asking you to tell private things about yourself that you don't want to share. What do you do?

**SCENARIO 4:** A babysitter is tickling you in a way you don't like and won't stop when you ask her to. What do you do?

**SCENARIO 5:** A middle schooler shows you a picture on his phone that you know you shouldn't be seeing. What do you do?



## REFLECTION

We hope that you can say, “I KNOW! What To Do.” and mean it. Let’s say it out loud together, “I KNOW! What To Do.”

You are an amazing person, you are worth protecting, and you can help protect others. You can use your wonderful voice and you can stand up for yourself. We all, every one of us, finds ourselves in situations where we need to say no and walk away. We want you to know what to do, even when it is really tough. It is important to speak to adults we trust when something doesn’t seem right. We need help when we feel uncomfortable. Most adults in our lives want to help keep us safe and cheer us on.

Before we finish, it is very important for you to know that if someone is not keeping your boundaries or has hurt you—physically, emotionally, or in any way—it is never your fault. Never, never.

We want you to be able to stand up for yourself! We hope you will remember all that makes you unique and valuable and seek to be who you are!

## CLOSING PRAYER

Dear God, thank you for making us, for knowing us, and for loving us. Help us to see ourselves as you see us, as worthy, wonderful, and loved. Help us remember that your Spirit lives in each of us. Give us the strength and wisdom to protect ourselves and others from harm. Help us to know ourselves and to remember your love for us. Through our Savior Jesus Christ, Amen.



# I KNOW! Worksheet Downloads

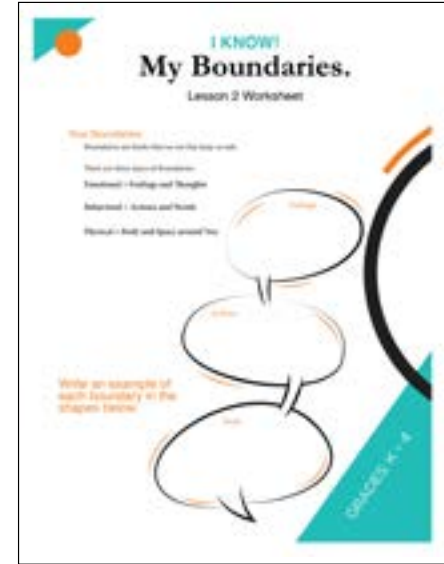
[Lesson 1 Scripture Readings](#)



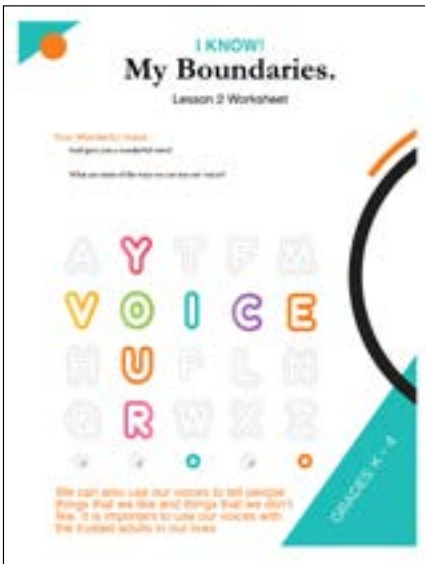
[My. Self Lesson 1 My. Self](#)



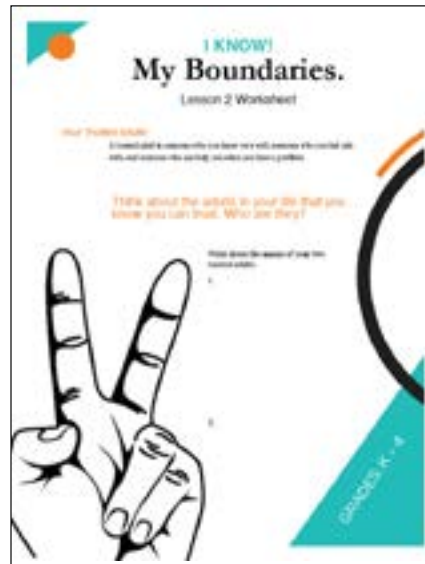
[Lesson 2 Boundaries](#)



[Lesson 2 Your Voice](#)



[Lesson 2 Trusted Adults](#)



[Lesson 3 Role Play](#)



# I KNOW!

## MY SELF. MY BOUNDARIES. WHAT TO DO.

References: Grades K - 4

### I Said NO!

Zack and Kimberly King

### God Made All of Me: *A Book to Help Children Protect Their Bodies*

Justin S. Holcomb & Lindsey A. Holcomb

### Acknowledgements:

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I KNOW! is a Wellness and Care Ministry of The Episcopal Diocese of Texas.

More information about this program and other I KNOW! series is available at [epicenter.org/i-know](http://epicenter.org/i-know).

Report abuse! Contact [Texas Department of Family and Protective Services](#) at 800.252.5400 or [Childhelp National Child Abuse Hotline](#) at 800.422.4453.



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