

Diocese of Manchester  
Children's Personal Safety Lessons by Grade Level

*You may select a lesson from either column. Lesson plans are downloadable from:*

[www.catholicnh.org/circles](http://www.catholicnh.org/circles)  
[www.catholicnh.org/netsmartz](http://www.catholicnh.org/netsmartz)  
[www.catholicnh.org/cmgs](http://www.catholicnh.org/cmgs)

Grade	Circles of Care Lesson(s)	Netsmartz Lesson(s)
Pre K/K	<i>Circles of Care</i> lesson for Pre K and Kindergarten OR Family Lesson (for family based groups)	N/A
<b>Catholic Mutual Group</b>		
K-2	<i>That's Not Okay</i> video (select lesson plan #1 or 2)	
1	<i>Circles of Care</i> lesson for Grade One OR Family Lesson (for family based groups)	Watch: <u>Know the Rules rap video</u> <i>Choose from the following lesson plans:</i> <u>Check First</u> for Grades K-2 <u>Tell a Trusted Adult</u> for Grades K-2
2	<i>Circles of Care</i> lesson for Grade Two OR Family Lesson (for family based groups)	
3	<i>Circles of Care</i> lesson for Grade Three OR Family Lesson (for family based groups)	Watch: <u>Know the Rules rap video</u> <i>Choose from the following lesson plans:</i> <u>Check First</u> for Grades 3-4 <u>Tell a Trusted Adult</u> for Grades 3-4
4	<i>Circles of Care</i> lesson for Grade Four OR Family Lesson (for family based groups)	
5	<i>Circles of Care</i> lesson for Grade Five OR Family Lesson (for family based groups)	<u>Tween Internet Safety Power Point Presentation</u> (Diocese of Manchester version) <b><i>available by request-</i></b> Email <a href="mailto:emongeau@rcbm.org">emongeau@rcbm.org</a>
6	<i>Circles of Care</i> lesson for Grade Six OR Family Lesson (for family based groups)	
7 & 8	<i>Circles of Care</i> lesson for Grades Seven & Eight OR Family Lesson (for family based groups)	<i>Choose from the following videos and use the middle school lesson plans:</i> 1. <u>Cyberbullying: You Can't Take It Back</u> 2. <u>Profile Penalty</u>
9	<i>Circles of Care</i> lesson for Grade Nine	<i>Choose from the following videos and use the high school or middle school lesson plans:</i> 1. <u>Amy's Choice</u> 2. <u>Cyberbullying: Broken Friendship</u> 3. <u>Cyberbullying: You Can't Take It Back</u> 4. <u>Terrible Text</u> 5. <u>Profile Penalty</u>
10, 11,12	<i>Choose from the following:</i> Grade 9 lesson Bullying/Harassment Hazing Relationships Sexting	

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Suggested Supplemental Materials for Parents by Grade Level

The following materials can be found at: [www.catholicnh.org/parents](http://www.catholicnh.org/parents)

**Bolded items** are available in print upon request.

You may direct parents to the link noted above or print and provide these materials directly to parents.

Grade Level	Suggested Materials for Parents
PreK/K	<i>Ten Ways to Keep Children Safer</i> handout <i>Knowing My Rules for Safety</i> bookmark (available in English, Spanish, Vietnamese and other languages)
1,2,3,4	<i>Ten Ways to Keep Children Safer</i> handout <i>Being Safe, Being Friends, Being Catholic</i> coloring book <i>Knowing My Rules for Safety</i> bookmark (available in English, Spanish, Vietnamese, and other languages)
5/6	<i>Being Safe, Being Friends, Being Catholic</i> coloring book <i>Protecting Your Family from the Dangers of Online Pornography</i> article <b><i>Cell Phones and Parental Controls</i> booklet</b> <i>Cyberbullying: Prevent &amp; Respond</i> infographic handout <i>Gaming Safely</i> handout <i>Instagram Guide for Parents</i> handout
7/8	<i>Protecting Your Family from the Dangers of Online Pornography</i> article <i>How to Recognize Online Grooming</i> handout <b><i>Cell Phones and Parental Controls</i> booklet</b> <i>What is Sexting and What Can I Do About It?</i> article <i>Cyberbullying: Prevent &amp; Respond</i> infographic handout <i>Gaming Safely</i> handout <i>Instagram Guide for Parents</i> handout
9-up	<i>Protecting Your Family from the Dangers of Online Pornography</i> article <i>How to Recognize Online Grooming</i> handout <i>What is Sexting and What Can I Do About It?</i> article
All Grades	<b><i>Appropriate Boundaries: A Guide for Parents</i></b> (Eng/Spanish) Family Discussion Cards <b><i>Talking with Your Children About Abuse</i> pamphlet</b> (Eng/Span) Internet Safety Resource Guide <b><i>Internet Safety Tips</i> infographic handout</b> Pinwheel activity project <b><i>Warning Signs of Abusers</i> infographic handout</b>