

Children's Connection Curriculum

Session Topic: Abuse (We know that others have similar problems)

Developmental Level: Elementary and Middle School

Purpose: To teach children that others also have worries and that talking about these worries with those you trust is helpful.

Materials Needed: Included Worksheet

Description of Session: Show the included picture to the students and have them take some time to look at it. Ask the following questions: What do you think the boy in the picture may be worried about?, Is the boy alone with his worry?, Does he have someone he can talk to?, Is his worry something that he can change or do something about?, If the boy can't change things, can he let go of his worry?, What do you worry about?, Who do you worry about?

It can be shared with the group that it can be hard to talk about their worries and to validate their feelings of fear in sharing something personal.

Discussion Questions: See Above

Reference: 12 Stepping Stones by Suzanna Diou & Lois Caldwell, p. 23-24, 26