LESSON 4 Safety Awareness

Safe or Unsafe

As we grow older and gain more freedom, we need to learn new ways of protecting our personal safety, like being in tune with our surroundings. This is called **situational awareness**. We practice situational awareness when we use our senses to notice where we are, what we are doing, and what is going on around us.

Read *Mariah's Walk Home*. Underline any behaviors that could put Mariah in an unsafe situation. Then, rewrite the scenario so that Mariah's actions are safe.



Mariah's Walk Home

Mariah is walking home from school. 2 She is slouching and walks with her head down. 3 She has earbuds in both ears. 4 She is listening to music at a loud volume.

5 She stops to search for something in her backpack. 6 Several people pass by, but Mariah does not look up. 7 Occasionally, Mariah stops to check her phone and send a text.

8 When she reaches an intersection, she does not look up to cross

	电制度过滤器器		
Mariah's	Safe	Walk	Home
			
			

the street.

Strength and Solace

Our sense of reason helps us be **vigilant**, or on guard for any dangers or difficulties that might come up in our daily lives. We rely on our faith to give us strength and solace.

Remember, even when bad things happen, God has not forsaken you. He is always with you. Know that you can reach out to a trusted person for help.

Reflect on a time when you were able to withstand a challenge or a hardship. How did you overcome this difficult time? Who or what helped you? Write about it below.



Scripture

Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for [someone] to devour. Resist him, steadfast in faith, knowing that your fellow believers throughout the world undergo the same sufferings.

1 Peter 5:8-9





Prayer

Keep me vigilant, O Lord, aware of all that is around me. Help me feel your loving presence, as I go about my day, ever knowing you are at my side. Amen.

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