

Eighth Grade Safe Environment

Resources and Assessment Materials

NO

GO

TELL

HARASSMENT:

A wide range of verbal, physical, or written actions that are intended to offend, hurt, or intimidate another person.

Examples of Abuse

Physical Abuse: An action that causes a physical injury that was not an accident including beatings, serious or unexplained bruises, burns, welts, broken bones, scars, internal injury, starving or denying water, exposure to extreme heat or cold

Emotional Abuse: Action or words that seek to harm or destroy the emotional development and well-being of another, especially his/her sense of confidence, personal worth and dignity. Behaviors include:

- Constant criticism
- Rejection and isolation
- Withholding signs of physical affection, support, and guidance

Sexual abuse: Exploiting children through sexual situations that are developmentally inappropriate or dangerous/hurtful

- Non touching sexual abuse
 - Indecent exposure
 - Exposing children to pornographic material
- Touching sexual abuse
 - fondling
 - rape/sexual intercourse
 - making a child touch an adult's sexual organs
- Sexual exploitation - using children to film, photograph, or model pornography

Types of Abuse

Thoughts/Feelings/Actions/Consequences

Story #1

Character	Thoughts	Feelings	Actions	Consequences
Tess				
Brian				
Brian's mother				

Story #2

Character	Thoughts	Feelings	Actions	Consequences
Chase				
Elizabeth & Stacy				
Brian's mother				
David				

Harassment Scenarios

Story #1:

Tess and Brian have been friends and neighbors since they were in second grade. Brian loves giving Tess a hard time at school. He thinks it is funny that she and the rest of girls get embarrassed when he or the other boys brush up against them from behind or by making comments about how short their skirts are. Tess is not used to Brian touching her or looking at her like that, but she rather likes it. This week she has been writing him notes in class asking Brian if he has ever kissed or gone further with any of the other girls in their grade, and whether he wishes he could do those things with her. Brian's mother found one of the Tess' notes in Brian's pocket when she was doing laundry yesterday, but she gave it back to Brian- assuming the kids were just joking.

Harassment Scenarios

Story #2:

Chase really likes movies and TV and he wants to be an actor someday. At school and church, he is always in the plays and musicals. Most of his friends are girls so some of the other boys in religious education and at youth group call him vulgar names or shove and trip him if he gets too close to them. Chase's friends, Elizabeth and Stacy, sometimes tell the other boys to stop, but they also laugh because sometimes what they say about Chase is funny. The youth minister, David, usually ignores what happens to Chase, thinking the boys are just acting tough and if Chase acted less feminine interacting with the other kids it would be a lot easier for him.

TEMPERANCE:

Temperance is self-control, self-mastery, and moderation in regard to pleasures and desires.

CHASTITY:

Chastity is sexual self-control or saving all sexually intimate acts for marriage.

Chastity is the virtue that seeks to control and moderates one's sexual desires, thoughts, and actions

Ways to Live a Pure Life

1. Build and strengthen your personal character

- Train like an athlete – little steps in the right direction everyday

2. Purify your mind

- Stay away from junk food of the mind (aka inappropriate images, song lyrics, websites, etc.)
- We become numb to bad behavior with too much exposure

3. Purify your body

- Modesty in how you dress – “cover your B’s”:
 - For girls that means cover your breasts, belly, back, butt, and bra or other undergarments
 - For guys that means belly, back, butt, boxers/briefs

4. Stay where the odds are in your favor

- Avoid situations where you are likely to fail – stay away from temptation
- The easiest temptation to avoid is the one that doesn't exist
- Don't test yourself or someone you love to see how far you or they can go before they fail or sin or give into temptation

5. Pray and receive the sacraments, especially the sacraments of Reconciliation and Eucharist

- Pray for strength in your life of purity. Pray for your future spouse and vocation. And also pray for all the people who don't know about chastity that they may know the joy that comes from living a chaste life.
- Remember that you cannot live out a life of chastity alone...it's impossible! You NEED God.

6. Have a reminder

- Wear a purity ring or purity necklace
- Crucifix over your bed

7. NEVER GIVE UP & KNOW YOU ARE NOT ALONE

- “Remember: Christ is calling you; the Church needs you; the Pope believes in you and he expects great things from you!” (John Paul II, 1999)

Inappropriate vs. Appropriate Behaviors

Put a check mark in the box which corresponds with whether the listed behavior is inappropriate or appropriate.

Behavior	INAPPROPRIATE	APPROPRIATE
Groping a stranger's leg on a crowded subway train		
Looking at pornography online		
Texting back and forth with an adult teacher about your personal life		
Hanging out with friends at a baseball game		
Texting a naked picture of yourself		
Being alone in your boyfriend's bedroom together		
Touching your younger brother in his groin area		
Helping get your younger siblings get ready for the day (dressed, brush teeth, eat breakfast)		
Passionately kissing your girlfriend while you lay on the couch together		
Giving a high five to a teammate who just got a goal		

Self Reflection on Challenges In Living My Faith

Take time to reflect on each question. Answer the questions below as honestly as possible. There is no right or wrong answer.

1. Describe at least 5 things that you like about yourself: (for example: your eyes, your personality, your hobbies or interests, etc...)
2. Name at least 5 things that people have said to you that make you feel uncomfortable or that upset you.
3. How often do you tease others? What are you thinking and feeling when you tease others?
4. How often are you teased? What are you thinking and feeling when you are teased?
5. As a Christian, what are you called you to do when you experience or see an injustice such as harassment or abuse?

Harassment and Abuse Flow Chart

Fill in the flow chart with appropriate responses for the scenario.

What are the three different forms of abuse?

If you suspect a friend is being abused by her stepfather, what should you do?

What consequences would there be for your friend's stepfather?

Virtue Weekly Calendar

Fill in the calendar for this week with a way that you will work to exercise the virtue of chastity each day. Mark off the day once you have completed the task.

<i>Day of the Week</i>	<i>What Will You Do to Exercise Chastity?</i>	<i>Mark {X} If you completed this task.</i>
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		

Boundaries in Dating

When striving to live out a life of chastity, it is best to be prepared with your personal boundaries before they are questioned or tested. Use the space below to list and explain/defend three boundaries in dating.

Boundary #1:

Boundary #2: _____

Boundary #3: _____