

SAFE ENVIRONMENT LESSON PLAN

Grade: Fifth Grade

All **bolded** portions of this lesson plan are mandatory and can be completed in one session. The unbolded sections are *not* mandatory but would be extremely valuable to use with your students if you can devote more time.

OBJECTIVES

The Fifth Grade student will:

1. **Expand on NO, GO, TELL and articulate a detailed action plan to use when they are in an unsafe situation.**
2. **Identify up to five adults whom they can trust and turn to in times of need and name their location in school/home/community. (Review of Fourth Grade)**
3. **Define and give examples of assertive behavior. (Review of Fourth Grade)**
4. **Define bullying and cyberbullying.**
5. **Provide examples of bullying and cyberbullying and list appropriate Christian responses.**

MATERIALS NEEDED

Student needs:

- Pencil
- Notebook

Teacher needs:

- Chart paper
- Permanent marker
- NO, GO, TELL chart
- Assertive vs. Aggressive behavior Venn diagram
- Bullying definition card
- Bullying strategies and outcomes chart
- Room corner numbers
- Four corners bullying scenarios
- Assessment materials
 - Writing assignment about bullying
 - Personal Action Plan Against Bullying
 - Assertive Phrases Speech Bubbles
 - Billboard to advertise internet safety

SAFE ENVIRONMENT LESSON PLAN

CONTENT

PART ONE ~ GOD'S LOVE FOR US (~5 minutes)

God loves each of us. He created us with love for love. He made each one of us in His image and likeness. We are all children of God and because of this, we each have great dignity and value. We have this dignity without doing anything to earn it. God loves us always even when we choose to disobey Him. He calls us to love ourselves and our neighbors. One of the ways that we do this is to show respect for ourselves and others.

How do you show respect for yourself? (Ask students for responses.) How do you show respect for others? (Ask students for responses.) Respect for ourselves and others comes in many forms.

- Respect through our words: no cursing/foul language, no gossip, refraining from talking behind someone's back
- Respect through our bodies: dressing modestly, dressing up for Sunday Mass, eating healthily, exercising, not using drugs, no excessive piercings or tattoos
- Respect through our actions: refraining from physically hurting ourselves or others, fighting, cheating, and stealing

We respect things that have value: a treasure, a prized possession, an expensive belonging. We respect and protect these things because they are important to us. Our lives are even more valuable! They are gifts from God. We have a responsibility to treasure and take care of the gift of our lives and the lives of others. God calls us to love one another – to be a gift of ourselves to others – to put others' needs before our own. The Gospel of John talks about this when he says,

“We know what real love is because Christ gave up his life for us. And we also ought to give up our lives for Christian brothers and sisters. But if anyone has enough money to live well and sees a brother or sister in need and refuses to help, how can God's love be in that person? Dear children, let us stop just saying we love each other; let us really show it by our actions.” (1 John 3: 16-18)

We know that this is hard to live by at times, especially when the actions of others do not value us as a gift from God, and we feel threatened, violated, or unsafe.

PART TWO ~ UNCOMFORTABLE SITUATIONS (~10 minutes)

Sometimes people do not respect our bodies and try to trick or hurt us. They use bad touches that make us feel uncomfortable. We know when we are not safe because our bodies feel uncomfortable. This is our body's way of saying, “Something bad is going happening” We should listen to our bodies when they tell us something bad is going on.

SAFE ENVIRONMENT LESSON PLAN

Sometimes a person doesn't hurt us physically but they make us feel uncomfortable with a bad touch. A bad touch may be scary, and you might be nervous about telling someone, but it is important to tell someone you trust if someone gives you a bad touch. Let's think about who are some of the trusted adults in our lives. Who can share the name of a trusted adult they know? (Ask students to share the names of trusted adults in their lives. These may include a parent, relative, teacher, principal, coach, guidance counselor, doctor, police officer, firefighter, etc.) Any of these trusted adults would be able to help you. When someone touches you in your private areas when they are not supposed to, it is never OK, and it is never your fault. You can't get in trouble when you tell someone about a bad touch, even if someone told you to keep it a secret. The trusted adults God put in your life are here to protect you, and they need to know when you feel unsafe.

When we feel uncomfortable, we listen to our bodies. God made us and loves us and made our bodies to have feelings. When we feel uncomfortable, it is our body's way of telling us, "This is not safe! Get away!" Anytime that we feel unsafe, there are rules we can follow to help us.

PART THREE ~ NO, GO, TELL SAFETY RULES (~5 minutes)

We are going to review some rules about what to do if we feel uncomfortable. We follow these rules to get help and to keep us safe. There are 3 special rules called: NO, GO, TELL. (Display chart of the NO, GO, TELL plan.) Let's learn about this action plan:

1. **NO** – We yell, "NO, I don't like that!" in a loud, forceful voice and use our bodies to convey "NO". [Demonstrate standing up, saying "NO, I don't like that" loudly and, at the same time, stepping back and putting your hands out in a front of you motioning for a person to stop. Let's remember that when we say "NO!" loudly, it is because we respect ourselves and want to stay safe. We have to respect ourselves and those around us. That means that sometimes our friends around us may say "NO!" when they don't like something that we are doing to them. Even if you don't mean to, you may upset someone with your touch. They have the right to say "NO!" if you bother them, and you need to respect them and stop bothering them.
2. **GO** – After we yell "NO, I don't like that" and step backwards with our hands up, the next step is to GO away from the person. We want to get away from the person quickly, so we can run away to a safe place and tell someone we trust.
3. **TELL** – The last step is telling a trusted adult what happened. When we are in trouble and tell an adult what happened, we are doing the right thing. We are not tattling. God gave you these adults to keep you safe, and they need to know if someone has made you feel unsafe. If someone touches your private areas, it is not your fault. It is important to not keep secrets about bad touches even if someone made you promise not to tell. Bad touches are not safe for you or for anyone else. You need to tell a trusted adult if someone touches you in an uncomfortable way so that you can keep

SAFE ENVIRONMENT LESSON PLAN

yourself safe and healthy. When you tell a trusted adult, they need to believe you and listen to you. If they don't believe you, go tell another adult.

PART FOUR ~ ASSERTIVE SAYINGS & WAYS TO GET AWAY (~10 minutes)

Let's go a little deeper into learning about this action plan. The first step we mentioned is saying "NO" in an assertive voice. Being assertive is different from being aggressive. Let's look at these two words. (Put up empty assertive vs. aggressive Venn diagram.) Being assertive means standing up for yourself, respecting yourself and your rights, communicating what you really mean, and being confident. It is not the same as being aggressive. Being aggressive means standing up for yourself in a way that hurts others, being firm but not respecting others. Often when someone is aggressive, it is because they lack confidence and are trying to put others down with their actions. Being aggressive is intentionally being hurtful for your own benefit. Let's compare and contrast assertive and aggressive behaviors. Let's first fill in the overlapping area with similarities between the two words. (Sample answers for similarities include: firm, loud, involving more than one person, yelling or shouting.) Now let's look at each word and write how they are different. (Sample answers for assertive include: respecting yourself, standing up for yourself, communicating what you mean and feel, confident. Sample answers for aggressive include: hurting others, disrespectful, insecure or weak, putting others down.) Let's remember that being assertive is helpful in situations when we are feeling unsafe, attacked, or uncomfortable. How can being assertive in your words and actions be helpful? (Sample answers may include: draw attention to yourself, get help, get noticed by others, attracting the attention of others who can help.)

We also know that there are many ways that we can communicate our feelings. If we are feeling threatened, unsafe, or if someone is touching us in an inappropriate way, we should always assertively, loudly, and firmly say something like, "NO! This is not ok!" Let's practice some other statements that we could say assertively that would mean the same thing.

(Brainstorm a list of assertive statements which may or may not include: "Stop it!", "Leave me alone!", "STOP! I don't like that!", "Get off me!", "I don't want you to do that!", or "I don't like what you're doing, please stop it."] I am going to read you some situations, and I would like someone to tell me what would be an assertive response to each situation.

1. You walk into the school bathroom, and an older student tries to push the stall door open while you are using the bathroom.
2. You go to the movies on Friday night with your uncle, and he tries to touch your leg during the movie.
3. You go to the pool with your friend, and his stepfather tries to help you take off your bathing suit.

Being assertive is more than just saying something firmly and loudly. Being assertive is also speaking with our bodies using body language and actions that reinforce our words. The

SAFE ENVIRONMENT LESSON PLAN

way we use our bodies speaks very clearly about how we feel. Our second step in our action plan is to GO which means getting away from the unsafe situation. Sometimes running away is the best option, but let's think about some other ways we can GO away and alert people that something bad is happening. Let's discuss some of these ways using an example situation where we would feel unsafe: You are walking home from soccer practice and notice that someone is following you. You sense that this is unsafe and begin to feel uncomfortable. You yell to the person behind you to, "Get away and leave me alone!" The next step is to get away. Some things that you could do would be to: run and go to the nearest store or restaurant, stop a police officer if one is close by, go to someone's house that you know, stop by a family or group of people that you see, be loud and draw attention to yourself, make a scene, or act crazy by jumping around and making noise. Any of these options would alert others around you that something is wrong and could scare off the person following you.

PART FIVE ~ BULLYING AND CYBERBULLYING – PART ONE (~10 minutes)

Being assertive by speaking and acting confidently and directly affirms our dignity and worth without downplaying or minimizing the value of others. On the other hand, being aggressive is being hurtful and forceful to another, specifically by trying to decrease or diminish their worth. **Bullying is a form of aggression.** Let's look at what we already know about bullying. (Have students brainstorm what they already know about bullying in their notebooks before sharing some of their ideas aloud with the class. Make a brainstorm list for the class as students share their responses.) From these suggestions, ask the class to come up with a definition of bullying. I would like each of you to write down a sample definition of bullying based on the information we have up on the board. (Give students time to draft a definition of bullying in their notebooks. Then ask students to share their examples with the class. Once this exercise is completed, show your definition card with the class.) **Bullying is the act of one or more people intentionally causing injury or discomfort to another. These aggressive attacks leave the person being bullied feeling hurt, fearful, or violated. People are bullied for many different reasons. Most of the time, it is because they are different in some way than from those around them. People are bullied for many different reasons. It could be because of their weight, skin color, religion, the way they talk or walk, their lack of skills in sports, how smart they are, or for something else. A bully picks on the characteristics that make the other person a unique and unrepeatable individual.**

Bullying is wrong because it hurts others, and because it goes against our nature to love others as Jesus loved. Jesus calls us to love as He loves. He respected everyone – men, women, children, young, old, disabled, rich, poor, all religions, all races. He treated everyone with care and dignity. We are all called to do the same. That is why bullying hurts so much – it goes against what we were created to be and do, which is to love.

SAFE ENVIRONMENT LESSON PLAN

A lot of kids bully because they:

- Have trouble at home and use bullying as a way of taking out their anger on someone else
- Are trying to be part of a group that bullies
- Have low self esteem and want to feel better about themselves and feel powerful
- Are searching for attention, and bullying someone else is the only way they know to get attention.

In the world we live in, bullying may take place in our neighborhood, at school, during sports practice, while hanging out with friends, while playing video games, while texting or online.

Bullying using the computer, video games, or a cell phone is called cyberbullying.

Cyberbullying may be through text messages, instant messages, video games, Skype, Facebook, Twitter, or other social media sites. Cyberbullying is especially dangerous because it is not seen publicly and therefore is harder for others to know that it is happening. It is secretive which is what the bully wants. The bully doesn't want anyone to find out. Don't forget that there is only one world, whether cyber or real, and in it are real people with real hearts and minds. When have you seen or experienced bullying? (Have students share the examples they have witnessed or experienced but without including names. Ask them how it made them feel and what happened as a result of the bullying.)

If you are being bullied, use the same NO, GO, TELL action plan. No one deserves to be treated badly! God told us to love Him, ourselves, and others. By seeking help when you are being bullied, you are affirming your worth. You are saying, "I deserve better than being bullied."

PART SIX ~ BULLYING AND CYBERBULLYING – PART TWO (~5 minutes)

As Christians, God also calls us to love others. What is our responsibility as Christians if we know someone is being bullied? *To help them, to get help for them, to stand up for them, to protect them, to not join in the bullying.* If we close our eyes right now, I am sure that each of us can picture someone whom you would call a bully. What we need to remember is that many of us would not call ourselves bullies, but we have likely been a bully by NOT taking action to stop bullying. If you stand around as someone else is getting picked on, if you laugh as a bully calls someone names, if you walk away from a bullying situation so you "don't have to deal with it" or "get involved," you are helping the bully. Standing by or doing nothing as someone gets bullied is assisting the bully. So that we can become equipped to act in these situations and not just stand by, let's think about strategies we have learned that can help us deal with bullying. Let's make a list of strategies that can help us combat bullying. After each strategy, we will list the possible effects and outcomes. (Ask volunteers to fill in the possible effects and outcomes of using each strategy. Fill in the bullying strategies and outcome chart with responses.) Looking at the chart, and remembering that

SAFE ENVIRONMENT LESSON PLAN

we are Christians called to respect others, which strategies would be the most effective and why? (Circle the strategies that are most effective.) Which strategies would be the least effective and why? (Remind students that as Christians, an effective strategy can not be one that hurts another such as physical violence.)

We are going to illustrate some of these strategies using some role playing. I am going to read a bullying scenario and then we will discuss which strategy is most useful to solve it. (Do this together as a class.)

Bullying Scene:

Dan was on his way to class when Scott, a friend of his, knocked his book bag on the floor. Dan looked at him and was surprised because Scott was a buddy of his. "Hey! What did you do that for?" Dan asked. Scott just looked at him, laughed in his face and kicked his bag closer to a group of boys standing in the hallway. The boys grabbed Dan's book bag, picked it up and dumped it out on the floor. They started picking up the contents of his book bag, pointing at things and laughing. Dan was so embarrassed. His book bag held his personal belongings – things that not everyone needed to see! The hallway was filled with other kids, and many stopped to watch what was going on.

We are now going to play a game called Four Corners so that we can practice using good judgment to decide which strategy to use in a bullying situation. (For this game, label four corners or areas of the classroom with 1, 2, 3, and 4. Then, read a bullying scenario and four possible strategies. After all choices have been read, ask students to move to the corner that corresponds to their answer. They can always choose corner 4 which is an open corner. This means that they can give a strategy that was not listed in 1-3. After each situation is read and the students have chosen their spots, ask students in different corners to defend their answers. The scenarios for this game are in the resource section.)

PART SEVEN ~ BEING A DEFENDER AGAINST BULLIES (~10 minutes)

We are called to help those in need. When it comes to bullying, that means defending those that need help or are being bullied. Defending someone being bullied may mean telling the bully directly to stop, supporting the student being bullied, not joining in the bullying, or telling a trusted adult. It may mean walking up to the bully (who may be your friend) and saying, "Hey, leave that guy alone," or "Enough already, that's not cool!" Sometimes it feels easier to just ignore the bullying, but we are encouraged to stand up when we see someone being wronged. Friends don't let friends bully! Jesus shows us the same lesson in the story of the Good Samaritan:

"But because he wished to justify himself, he said to Jesus, "And who is my neighbor?" Jesus replied, "A man fell victim to robbers as he went down from

SAFE ENVIRONMENT LESSON PLAN

Jerusalem to Jericho. They stripped and beat him and went off leaving him half-dead. A priest happened to be going down that road, but when he saw him, he passed by on the opposite side. Likewise a Levite came to the place, and when he saw him, he passed by on the opposite side. But a Samaritan traveler who came upon him was moved with compassion at the sight. He approached the victim, poured oil and wine over his wounds and bandaged them. Then he lifted him up on his own animal, took him to an inn and cared for him. The next day he took out two silver coins and gave them to the innkeeper with the instruction, 'Take care of him. If you spend more than what I have given you, I shall repay you on my way back.' Which of these three, in your opinion, was a neighbor to the robbers' victim?" He answered, "The one who treated him with mercy." Jesus said to him, "Go and do likewise." (Luke 10:29-37)

Jesus challenges us to always do what is right even when it is the hard choice. Jesus wants us to live lives of virtue, practicing good Christian habits every day, trying our best everyday to be more like Christ. Being Christ-like is difficult, especially when those around us aren't. It makes us stand apart, but we are reminded in the book of Jeremiah in the Bible that if we put our confidence in God, we will live a satisfying, fulfilling life.

"But blessed is the man who trusts in the Lord, whose confidence is in Him. He will be like a tree planted by water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit." (Jeremiah 17: 7-8)

We can truly be confident that following God's direction for our lives will not disappoint us and will lead us to experience the best kind of life!

PART EIGHT ~ USING GOOD JUDGMENT/INTERNET SAFETY(~10 minutes)

God gives us the example of how to live your life to the fullest by following His word, but He also gives us free will, which means that He allows us to make choices in our own lives. He never demands or forces us to act in a certain way. God created you with brains so that you can think before you act. Making a good choice, a choice that keeps you healthy and safe, is an example of using good judgment. This is using God's gift well. One way we can use good judgment is to be cautious of strangers. Dangerous people don't always look mean or scary. Sometimes they may smile and seem nice and friendly to try to trick you. Don't be fooled! If you feel uncomfortable around a person, even if you have seen this person before, listen to your body and get away. Always pay attention to the people and vehicles that are around you. Keep a look out for anything or anyone suspicious. Strangers can be people that you don't know or people that you don't know very well. Sometimes strangers that want to hurt you will pretend that they know you to try to get close to you. They may try to give you a gift or a ride home or tell you a secret. Be cautious around strangers! Always get

SAFE ENVIRONMENT LESSON PLAN

permission from a teacher or parent before you go anywhere. Also, know who your safe trusted adults are, even before you need them, so that you are prepared. For example, if you are going to a baseball game, look around to see if there are any police officers or coaches around, in case you need help.

Being cautious of strangers also means that we should not talk to people online or on cell phones that we do not know. This includes people on Facebook/Instagram, in chat rooms, on video games, in emails, or text messages. If you use a computer and someone tries to become friends or chat or meet up and you do not know this person, do not talk to them. Do not meet with them. Do not give out any of your personal information. Treat this person as if they are a stranger in real life, and follow the action plan. Tell your parents or teachers or another trusted adult and stay away from them. Sometimes strangers will try to trick you into giving them personal information online. Don't ever give out your name, address, gender, phone number, pictures of yourself, or any other information to anyone or on any website, even if it is a game or site you like. Many websites can store information you post including your location, making it easier for a possible predator to locate you. Talk to your parents or teachers to get permission to use their contact information, if it is needed, and they think it is appropriate and safe. Always remember that whatever you post on the internet or through your cell phone, including emails, texts, and pictures, will always be stored for others to potentially access. Before you say or do something online, think about whether you would want your future employer or parents or spouse to read or see it. It's always good to have **boundaries for yourself when using the internet, playing video games, or texting.** Let's come up with some good boundaries or rules to have for internet, video game, and cell phone use to keep you safe. (Have students brainstorm 3 rules for internet/cell phone/video game usage in their notebooks. Then ask them to share with the person closest to them. After they have shared, ask for some volunteers to share their answers with the whole group. Compile those answers on a master list.)

If anything on the internet makes you feel uncomfortable (something inappropriate or naked pictures or gross images), tell a trusted adult. Always talk to your parents about what you see online, whom you talk to, and any messages you get through email or on your phone. God gave you the ability to make good choices so that you can keep yourself safe. He put people in your life who love you and whom you can trust. If you ever feel unsafe, get in contact with someone you trust right away.

CLOSING PRAYER

Lord, when I am lost, watch over me and help me.

Lord, when I am afraid, watch over me and help me.

Lord, when I am lonely, watch over me and help me.

SAFE ENVIRONMENT LESSON PLAN

Lord, when I am in danger watch over me and help me.

Lord, when someone's hurting me, watch over me and help me.

Lord, when someone's making me uncomfortable, watch over me and help me.

Lord, when someone's calling me names, watch over me and help me.

Adapted from Diocese of Madison

ASSESSMENT

Ask student to

- Write a paragraph in response to a bullying scenario (choice of 3 scenarios).
- Create their personal action plan against bullying.
- Fill in the speech bubbles with sample assertive phrases.
- Draw and decorate a billboard to advertise one rule for internet safety.

TEACHER RESOURCES

COVER PAGE

- NO, GO, TELL chart
- Assertive vs. Aggressive behavior Venn diagram
- Bullying definition card
- Bullying strategies and outcomes chart
- Room corner numbers
 - Four corners bullying scenarios

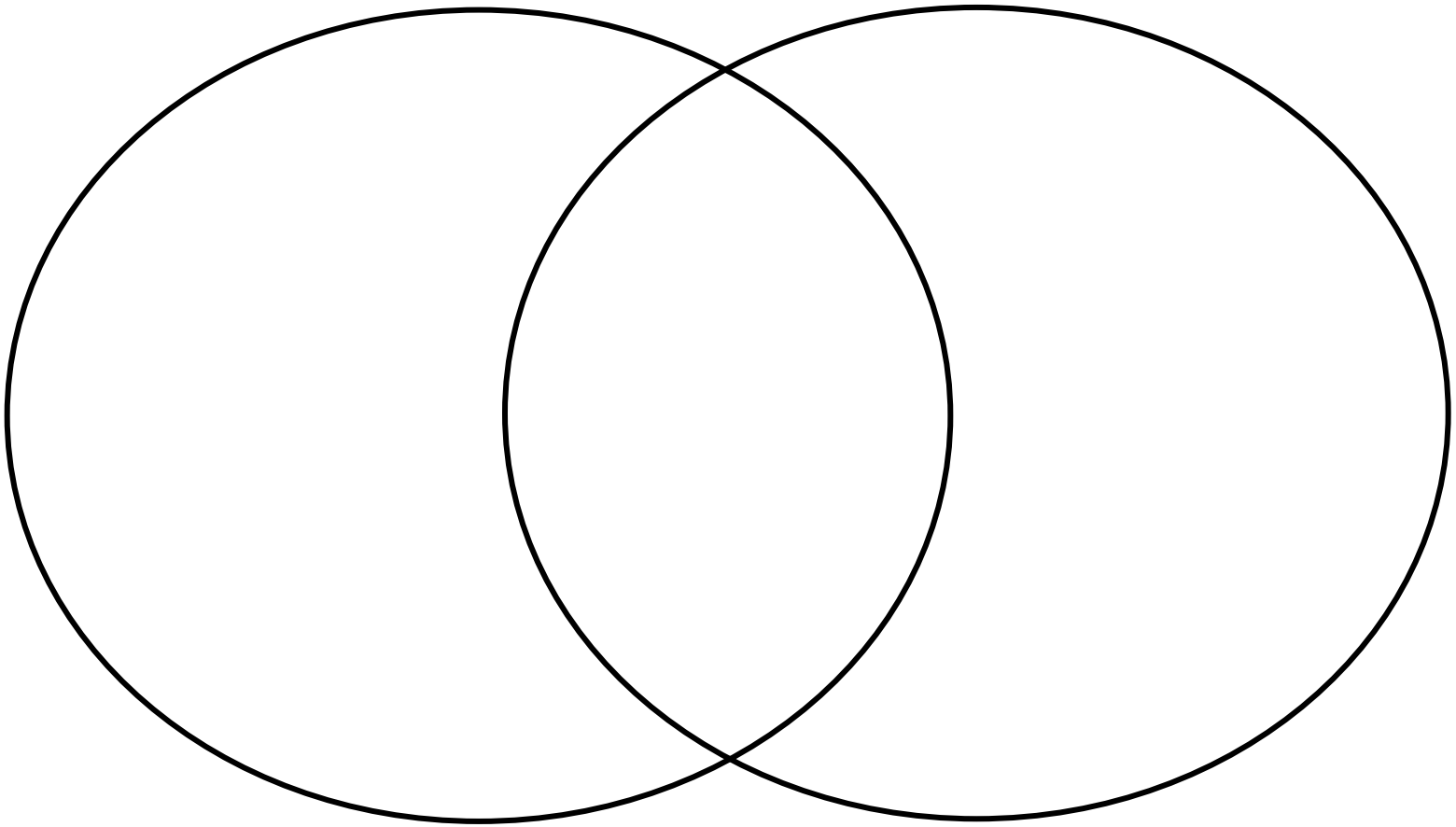
NO

GO

TELL

ASSERTIVE

AGGRESSIVE



BULLYING:

One or more people intentionally causing injury or discomfort to another. These aggressive attacks leave the person being bullied feeling hurt, fearful, or violated.

Bullying Strategies and Outcomes

Strategy	Outcome/Effect

1

2

3

4

Four Corners Bullying Scenarios

A. Your best friend starts sending you nasty text messages, ignoring you, and forcing you to give him things. You are confused why this is happening and sad that your best friend is acting this way. What should you do?

1. Nothing. You must have done something to deserve to be treated this way.
2. Start spreading rumors about this person.
3. Speak to a trusted adult and tell them what is happening.
4. Something else (Open Corner).

B. Rumors are starting to spread about you on Facebook. A group of kids in your class thought it would be funny to make up a story about you to humiliate you. The kids you used to hang out with at recess now don't want to spend time with you or speak to you because they think the rumors are true. What should you do?

1. Nothing. Keeping your mouth shut is the only option because no one will believe what you say to be true.
2. Go on Facebook and start spreading rumors about the other kids who are doing this to you.
3. Explain to your friends in person what is going on and tell them that the rumors are untrue.
4. Something else (Open Corner).

C. Your older sister hits and kicks you at home when nobody is looking. She calls you names and laughs at you. She says that if you tell anyone that she is hurting you, she will just hurt you more. What should you do?

1. Tell your parents or another trusted adult about what is happening.
2. Get a group of friends together to fight her after school one day.
3. Tell her to stop doing it because it hurts you.
4. Something else (Open Corner).

D. While you are waiting at the bus stop one day, you see a group of older kids from another school picking on a younger student. They surround him and take his lunch money or food. They also throw rocks and threaten to do worse. What should you do?

1. Carry a weapon to protect yourself.
2. Tell a trusted adult in your school or neighborhood what is happening and ask for help.
3. Get a larger group of friends together to try and hurt the bullies.
4. Something else (Open Corner).

E. Your older stepbrother recently moved into your house. He likes you a lot. He often wants to kiss and hug you, but it makes you feel uncomfortable. You tell him to stop but he won't. What should you do?

1. Tell one of your parents or a teacher or neighbor.
2. Fight him and try to hurt him when he touches you.
3. Stay away from him and avoid him when he is around.
4. Something else (Open Corner).

ASSESSMENT RESOURCE COVER PAGE

- Writing assignment about bullying (Resource A)
- Personal Action Plan Against Bullying (Resource B)
- Assertive Phrases Speech Bubbles (Resource C)
- Billboard to advertise internet safety (Resource D)

Name _____

Bullying Paragraph

For each bullying scenario below, write about which strategy you believe is the most effective solution. Describe why you chose that strategy.

1. Silvia is constantly teasing Ashley about her weight. She calls her names, pokes her with a pencil, and talks behind her back about how she looks. Silvia laughs at Ashley, especially during lunch, and makes pig noises as she eats. Some classmates laugh, some join in, and some pretend to ignore the situation as if they don't hear the comments being made. Because Ashley is so humiliated and hurt, she has stopped coming to lunch.

2. Carlos is a bully at Alex's school. When Alex happens to be walking near Carlos at recess, Carlos will push him and say he is "in the way" or "walking too close to him." Carlos also gets in Alex's face and threatens him with physical harm if he doesn't move out of the way. However, Carlos never pushes Alex in the classroom or around any adults, so they don't see what is happening.

-
-
-
-
-
-
3. Andy and Ben have recently been harassing Darryl through text messaging and online by sending hurtful and threatening emails and messages. They also have started to post things on Facebook that mock Darryl. Darryl doesn't know what to do except to block their messages. He is becoming depressed, as more people join in the mocking on Facebook. Andy's brother has told him that he should stop being so mean to Darryl, but this hasn't worked.
-
-
-
-
-
-

Name _____

Personal Action Plan Against Bullying

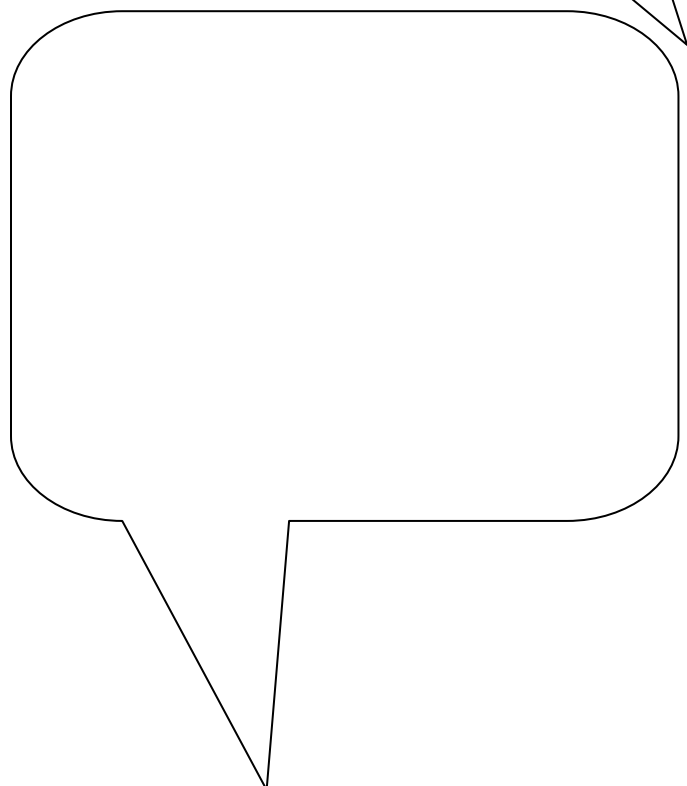
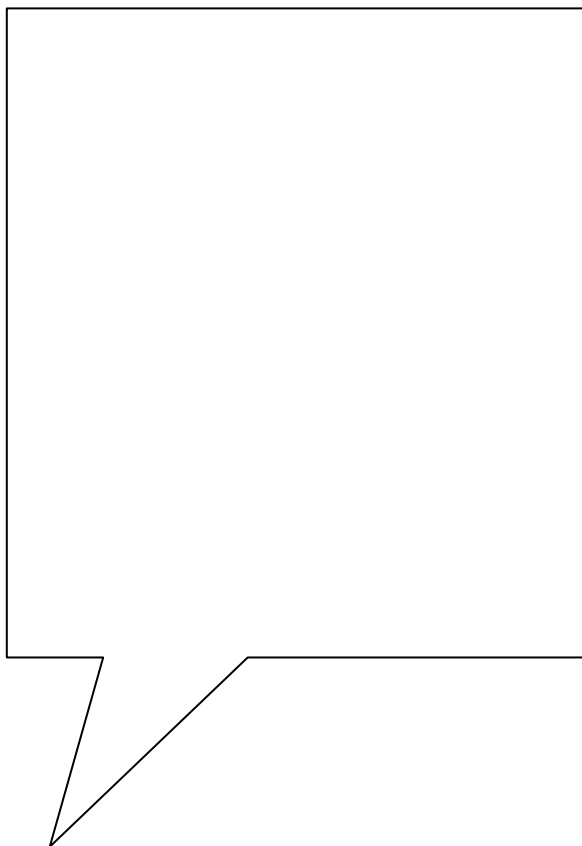
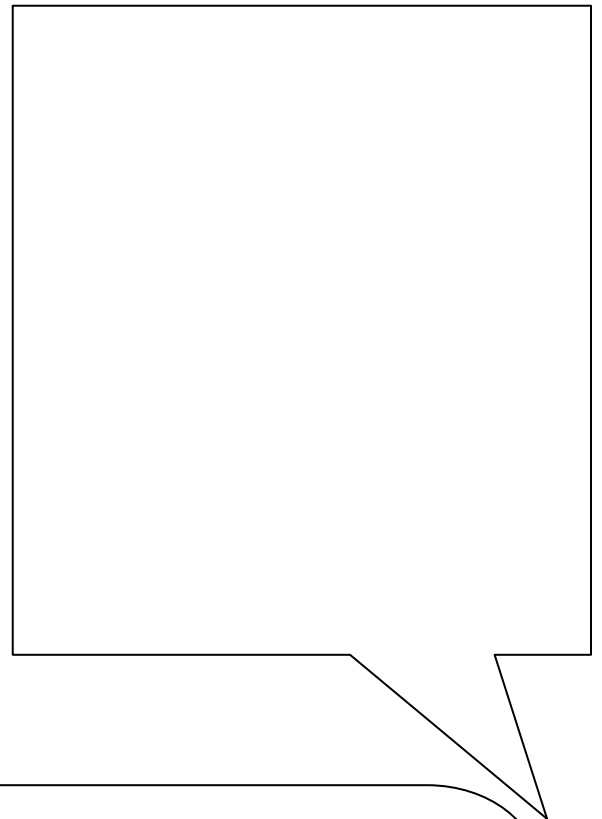
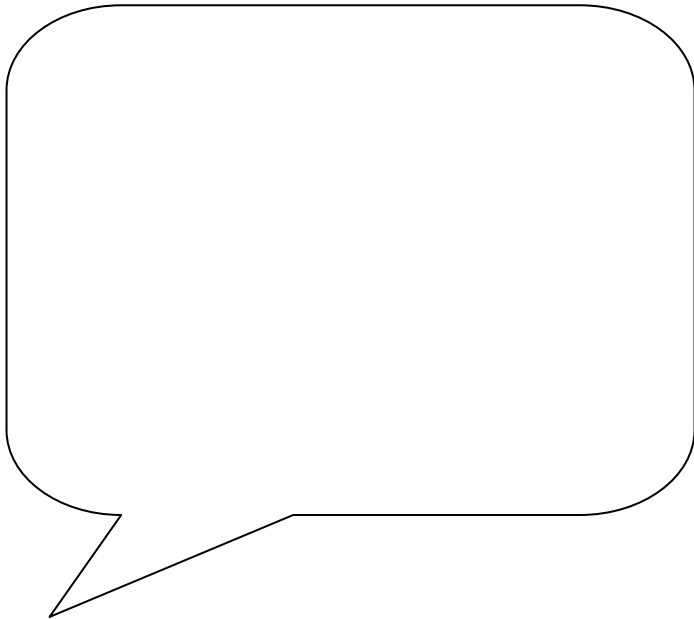
Fill in the chart below with your personal action plan against bullying. You may make up your own bullying scenario or use a real one.

Describe the bullying situation: Dates, location, who is involved, and details of the bullying	Describe the desired outcome: What would you ideally like to happen? What prevention or safety measures would you like to be put in place?	Describe what you can do to help: How can you help make this happen? What role do you play in making this happen? How can you help the person being bullied?

Name _____

Assertive Phrases Speech Bubbles

Fill in the speech bubbles below with examples of assertive phrases.



Name _____

Internet Safety Billboard

Create a billboard in the box below advertising one rule for internet safety. The billboard must include one slogan, a tagline describing the rule, and illustrations of the rule.


SAFE ENVIRONMENT
COLORING BOOK PAGES
ON PAGES TO FOLLOW

CAN BE USED AS
SUPPORT MATERIALS

YOU KNOW THAT **GOD** CREATED US.
YOU ARE **TRULY SPECIAL** TO **HIM**. **HE**
MADE YOU IN **HIS** IMAGE. **HE** MADE
YOU A **PERSON**! **GOD** IS A PERSON.
ANGELS ARE ALSO PERSONS.



YOU ARE MADE IN **GOD'S** IMAGE AS
A PERSON. YOU ARE THE ONLY YOU
THAT WILL EVER BE. THERE HAS NEVER
BEEN ANYONE LIKE YOU. THERE NEVER
WILL BE EITHER. ONLY YOU ARE YOU.
HOW SPECIAL IS THAT? YOU ARE
SPECIAL TO **HIM** TOO, AND **HE**
LOVES YOU DEEPLY.



ANOTHER GIFT YOU GOT FROM **GOD** IS THE ABILITY TO MAKE YOUR **OWN CHOICES**. IT'S CALLED **FREE WILL**. EVERYONE HAS IT, BUT **NOT** EVERYONE USES IT THE WAY HE OR SHE SHOULD. SOME PEOPLE CHOOSE TO ONLY PLEASE THEMSELVES, TO BE **SELFISH**.

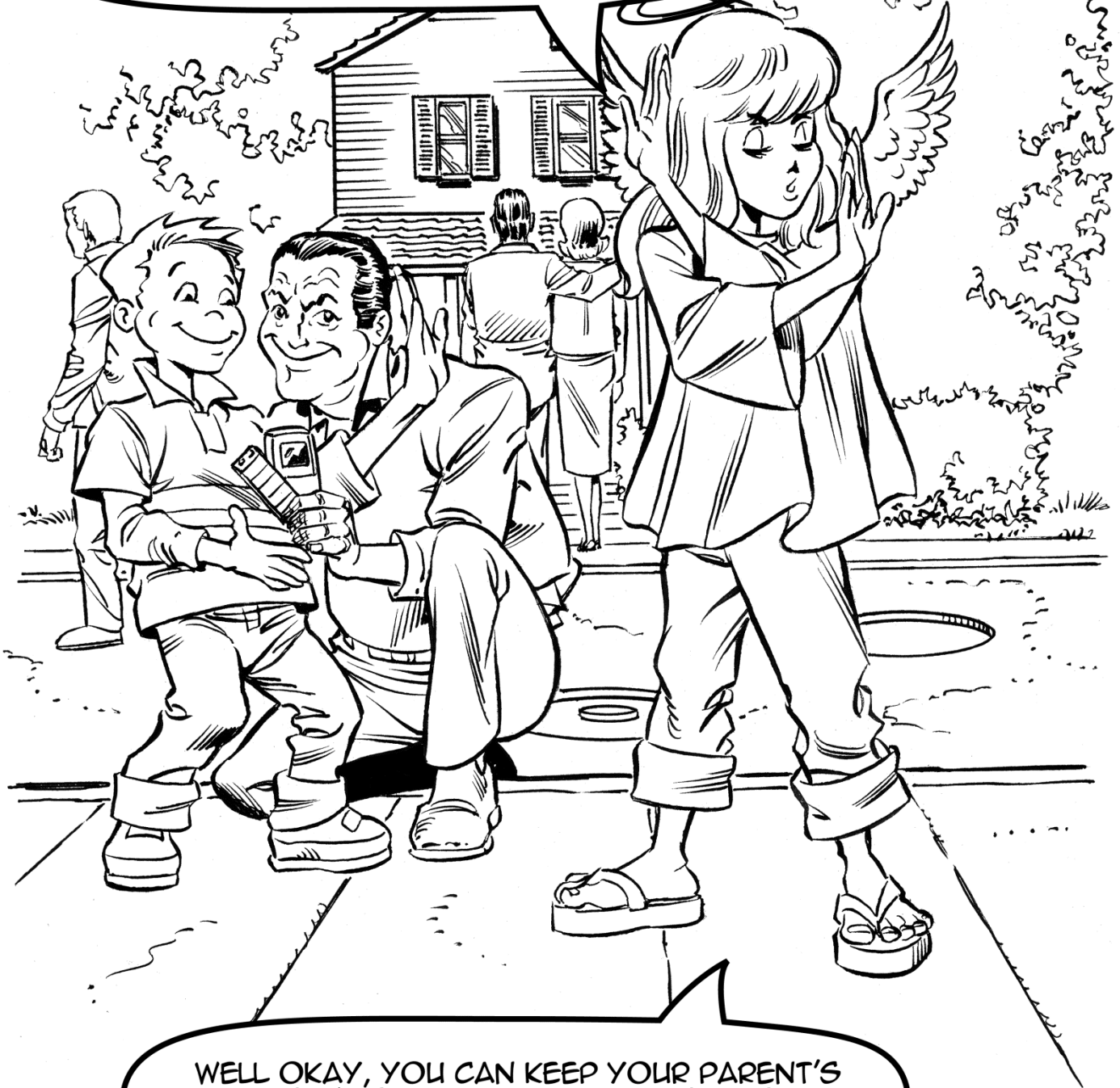
YOU HAVE **FREE WILL**. WILL YOU CHOOSE TO **LOVE** OR BE **SELFISH**. WILL YOU DO WHAT YOU KNOW IS **RIGHT**, OR LET SOMEONE ELSE BE **SELFISH**. **YOU** GET TO CHOOSE.

SOMETIMES, BEING SELFISH CAN BE **MEAN** TOO. THAT IS **NOT** BEING LOVING OR GOD-LIKE. OFTEN, SOMEONE BEING SELFISH CAN MAKE IT **UNSAFE** FOR YOU AND OTHERS.



WHEN BULLIES **HIT** OTHERS TO GET WHAT THEY WANT, THEY **NOT ONLY** HURT OTHERS, BUT **THEMSELVES** AS WELL. THEY ARE MAKING THEMSELVES LESS GOD-LIKE.

YOU SHOULD NEVER KEEP **SECRETS** FROM YOUR PARENTS. SELFISH PEOPLE TRY TO **TRICK** KIDS SOMETIMES. THEY SAY THINGS LIKE "THIS IS JUST BETWEEN YOU AND ME. NO ONE ELSE HAS TO KNOW." IF THIS HAPPENS, **REMEMBER** ABOUT NOT KEEPING SECRETS FROM YOUR PARENTS.



WELL OKAY, YOU CAN KEEP YOUR PARENT'S CHRISTMAS AND BIRTHDAY PRESENTS A SECRET, BUT YOU SHOULDN'T KEEP ANY OTHER SECRETS.

GOD DOESN'T LIKE IT WHEN
SOMEONE USES BAD LANGUAGE,
ESPECIALLY AROUND **CHILDREN!**
ADULTS ARE **NOT** SUPPOSED TO
USE BAD LANGUAGE IN FRONT
OF KIDS EVER!

IF SOMEONE DOES, YOU
NEED TO **TELL SOMEONE**
YOU TRUST, LIKE A **PARENT,**
TEACHER OR **PRIEST.** IF
THEY KEEP IT UP, KEEP
TELLING AND TELL OTHER
PEOPLE.

@#*&% ##\$\$
?@#?... %\$*@!!

#&*@@!!!





THE INTERNET CAN BE A LOT OF FUN. YOU CAN CHAT WITH FRIENDS, DO HOMEWORK, OR LISTEN TO MUSIC. BUT IT CAN BE **DANGEROUS** TOO. YOU NEVER KNOW **WHO ELSE** IS OUT THERE.

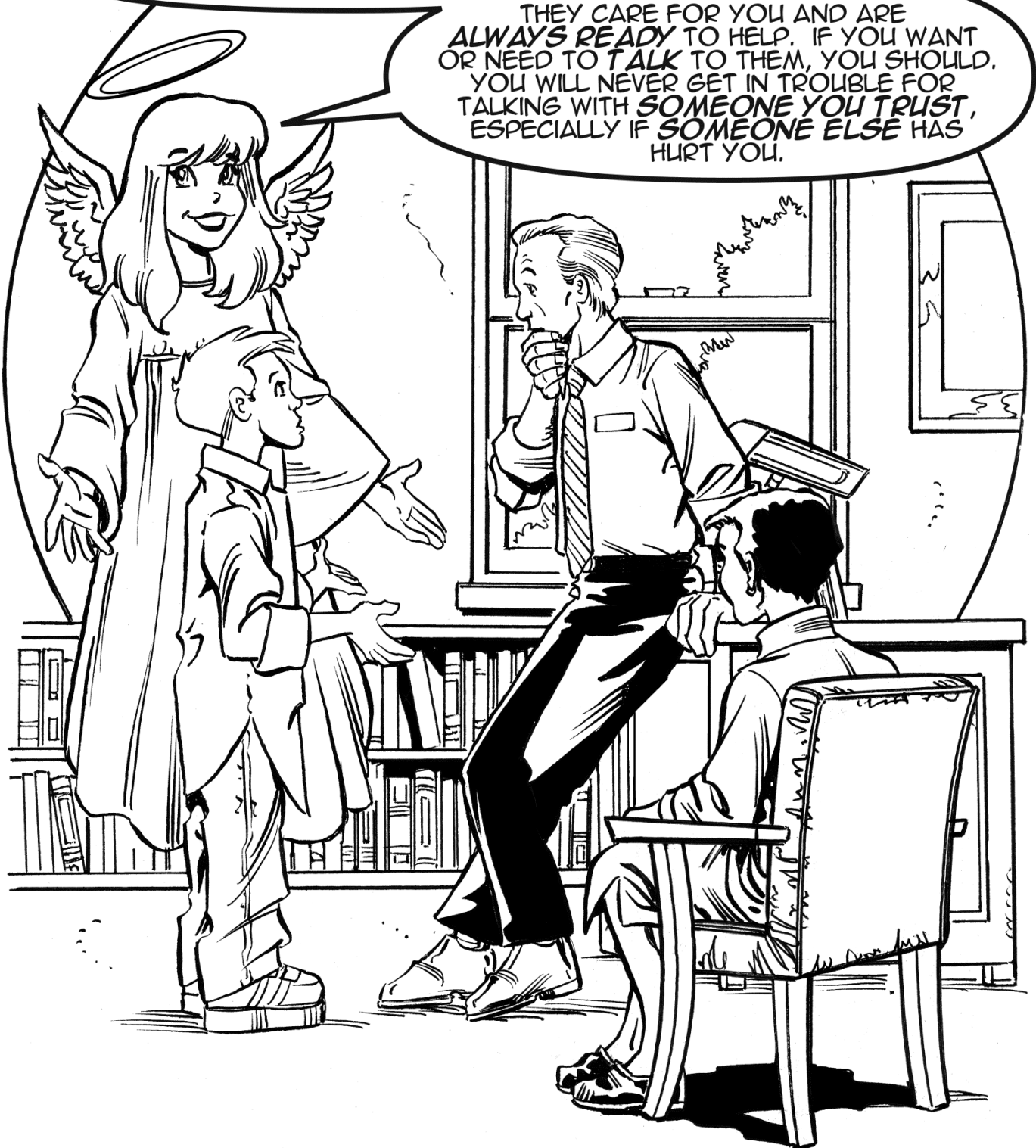
Will you be
my friend?

REMEMBER THAT EVERYONE HAS FREE WILL. SOME PEOPLE LIE. **A LOT.** THEY EVEN PRETEND TO BE OTHER PEOPLE TO TRICK KIDS. YOU SHOULD **NEVER** TELL ANYONE ONLINE WHERE YOU LIVE OR HOW TO CALL YOU.

AND **NEVER** AGREE TO MEET ANYONE YOU CHAT WITH ONLINE. IF IT IS A FRIEND OR SOMEONE YOU KNOW, **CALL THEM** BEFORE MEETING THEM.

GOD GAVE ALL GROWN-UPS A **SPECIAL JOB**. THEY ARE SUPPOSED TO HELP CHILDREN GROW UP. MANY ADULTS DEVOTE THEIR LIVES TO THIS CALLING. AND I KNOW THAT THERE ARE SOME ADULTS THAT YOU ESPECIALLY LOVE OR TRUST. YOU SHOULD **NEVER BE AFRAID TO TALK TO THEM**.

THEY CARE FOR YOU AND ARE **ALWAYS READY** TO HELP. IF YOU WANT OR NEED TO **TALK** TO THEM, YOU SHOULD. YOU WILL NEVER GET IN TROUBLE FOR TALKING WITH **SOMEONE YOU TRUST**, ESPECIALLY IF **SOMEONE ELSE** HAS HURT YOU.





WHO CAN YOU TALK TO WHEN SOMETHING GOES WRONG? BECAUSE SOME PEOPLE CHOOSE TO BE SELFISH, BAD THINGS CAN HAPPEN TO YOU.

ONE WAY **GOD** ANSWERS PRAYERS IS BY SENDING **SPECIAL PEOPLE** INTO YOUR LIFE TO REMIND YOU THAT **HE** IS WITH YOU. IF SOMETHING BAD HAPPENS AND YOU TELL **THESE** PEOPLE, THEY CAN HELP YOU AND SHOW YOU TRUE **GOD-LIKE LOVE**. THERE IS ALWAYS **MORE THAN ONE** OF THESE SPECIAL PEOPLE, SO IF SOMEONE YOU TRUSTED HURTS YOU, **TELL SOMEONE ELSE YOU TRUST.**

THERE ARE TWO PEOPLE YOU CAN TURN TO AND RELY ON NO MATTER WHAT. **JESUS** AND HIS MOTHER, **MARY**, HAVE A SPECIAL PLACE FOR YOU IN THEIR HEARTS.

GOD HIMSELF HAS MADE **MARY** OUR **LOVING MOTHER**, AND SHE NEVER STOPS BRINGING PEOPLE CLOSER TO HER SON.

AND **JESUS**. **WOW!!** OUR **LORD** NEVER STOPS LOVING US, NO MATTER WHAT WE DO OR WHAT HAPPENS TO US.



YOU CAN ALWAYS PRAY TO **HIM** IF YOU ARE **TROUBLED** AND WHEN YOU ARE **HAPPY** TOO. **HE** THINKS IT'S GREAT TO BE PART OF YOUR DAY. **HE LOVES YOU ALWAYS**, AND THAT WILL NEVER CHANGE. **EVER!**