

SAFE ENVIRONMENT LESSON PLAN

Grade: Seventh 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 Seventh Grade student will:

1. **Recite the NO, GO, TELL action plan with a focus on assertive behavior. (Review of Sixth Grade)**
2. Define "conscience" in their own words and describe how our moral conscience is formed.
3. **Provide examples of bullying and cyberbullying and list appropriate Christian responses. (Review of Fifth/Sixth Grade)**
4. **Compare and contrast appropriate and inappropriate behaviors for themselves, their peers, and adults.**
5. **Name two ways to live out the virtues of temperance and chastity in their daily lives.**

MATERIALS NEEDED

Student needs:

- Pencil
- Notebook

Teacher needs:

- Chart paper
- Permanent marker
- NO, GO, TELL chart
- Bullying definition card
- Bullying strategies and outcomes chart
- Respect definition card
- Temperance definition card
- Chastity definition card
- Ways to Live a Pure Life list
- Assessment materials:
 - Personal Action Plan Against Bullying
 - Inappropriate vs. appropriate behaviors
 - Debating the Good of the Internet
 - Internet Safety
 - Virtue Weekly Calendar

CONTENT

PART ONE ~ RESPECT FOR OURSELVES AND OTHERS (~5 minutes)

God loves each of us. He created us with love for love and made each of us in His image

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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 always loves us, 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. Respect is a virtue or character trait that leads us to do what is right and avoid what is wrong. Virtues are good behaviors which are learned by practicing them every day. We will talk about the virtues of temperance and chastity later but right now we are going to focus on the virtue of respect. What does respect mean? (Ask students for responses and then show the definition card.) **Respect is speaking and acting with courtesy, treating others with dignity as children of God.**

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 well, exercising, avoid using drugs, no excessive piercings or tattoos, no intentional or selfish sexual arousal or activity outside of marriage**
- **Respect through our actions: avoid physically hurting ourselves or others, fighting, cheating, and stealing**

How can you tell if someone is not being respectful toward you? What do they do or how do they behave? (Ask students for responses.) **We all know what it feels like when someone is not respectful, whether it is a peer, a parent, or a stranger. We respect things that are valuable – 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 important! When someone is disrespectful toward you, it is hurtful, because they are not acknowledging the immense worth and dignity that you have as a child of 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)

Jesus also reminds us in the Gospel of Matthew 25 that whatever you do for or to the least, you do for and to Christ himself. We know that this is hard to live by at times, especially when it seems by the actions of others that they do not value us as a gift

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from God, and we feel threatened, violated, or unsafe.

PART TWO ~ UNCOMFORTABLE SITUATIONS (~5 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 will feel uncomfortable. This is our body's way of saying, "Something bad is happening," and we should listen to these signals from our bodies.

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 while you might be nervous to tell someone, it is important to tell a trusted adult if someone gives you a bad touch. Let's think about who some of these trusted adults are in our lives. Who can share the name of a trusted adult they know? (Ask students to share the names of the 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 has 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 loves us and created us with bodies that have feelings. When we feel uncomfortable, it is our body's way of telling us, "This is not safe! Get away!" When 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 on what to do if we feel uncomfortable due to the actions of another person. We follow these rules to get help and to keep us safe. There are 3 special rules that we are calling NO, GO, TELL. (Display chart of the NO, GO, TELL plan.) Let's learn about this action plan:

1. **NO** – We say, "NO, I don't like that!" in a loud, forceful voice and use our bodies to signal "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 front of you motioning for the 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 might 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 quickly, and GO to a

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safe place to 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 about it, we are doing the right thing. This is 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 has 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 a bad way so that you can keep yourself safe and healthy. When you tell a trusted adult, they need to believe you and listen. If they don't believe you, go tell another adult.

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

Being assertive by speaking and acting confidently and directly affirms our dignity and worth without diminishing the value of others. On the other hand, being aggressive is hurtful and forceful to another, specifically 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 the suggestions, ask students to define "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. Then ask students to share their examples. Once a few students have volunteered, show the definition card to the class.) **Bullying is one or more people intentionally causing injury or discomfort to another. These aggressive attacks leave the bullied person feeling hurt, fearful, or violated. People are bullied for various reasons. Most of the time it is because they are different in some way from those around them. 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 another reason. A bully picks on what makes 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 loves. Jesus calls us to love as He loves. He respects 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.

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

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- 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 through the use of a computer, video games, or a cell phone is called cyberbullying. Cyberbullying may happen with text messages, instant messaging, video games, Skype, Facebook, Twitter, or other social media sites. Cyberbullying is especially dangerous because it is not seen publicly and therefore is harder to know that it is happening. It is secretive which is what the bully wants. Generally, 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 their examples that they may have experienced or witnessed 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 to be bullied.”

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

As Christians, God 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 you close your eyes right now, I am sure that each of you can picture someone who 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 like a bully by NOT taking action to stop bullying. If you stand around as someone else is getting picked on, if you laugh when 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 better equipped to act in these situations and not just stand by, let's think about the various strategies we have learned that can help us deal with bullying. We will make a list of the strategies that can help us combat bullying and then list its possible effects and outcomes. (For each strategy, ask a volunteer to fill in the possible effects and outcomes of using that particular strategy. Fill in the bullying strategies and outcomes chart with responses.) Looking at the chart, and remembering that 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 the students that as Christians, an effective strategy can not be one that hurts others such as using physical

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violence.)

We are going to illustrate some of these strategies through role-playing. I am going to read a few bullying scenarios, and then after each one, we will stop and discuss which strategy is best to address the situation. (Do this together as a class.)

Bullying Scenes:

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, she will just hurt you more.

Rumors are starting to be spread about you through 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 hang around with you or speak to you because they think the rumors are true.

PART SIX ~ BEING A DEFENDER AGAINST BULLIES (~5 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, "Leave that guy alone" or "Enough already, that's not cool!" Sometimes it may feel 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 Jerusalem to Jericho. They stripped him 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 instructions, '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

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us to live lives of virtue, practicing good Christian habits every day, trying our best 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 be truly 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 SEVEN ~ MORAL CONSCIENCE FORMATION(~15 minutes)

Being a defender against bullies requires an individual who is seeking to choose to do what is right, even when that choice is a difficult one. It may mean being the one person among many who stands up for the dignity and worth of the individual being bullied. Being a defender against bullying takes moral strength and courage. It means making the right decision in that moment.

Every day we make little decisions about what is good, better, and best in our lives. We decide how we want to behave, what we want to say, how we want to dress, what music to listen to, what friends to hang out with, etc. Most of these decisions, because we want to do what is good and right, are driven by our conscience. Does anyone know what our conscience is? (Ask for student responses.) The Catechism of the Catholic Church states that our conscience is the “inner voice of a human being, within whose heart the inner law of God is inscribed.” That is the little voice that we may hear which tells us to do good and avoid evil. I am sure each of you remembers a moment when we had a sense that something was not right, that something was inappropriate, that some behavior was wrong. We have a sense when something is bad, and even evil. It is because of our conscience that we know these things. It is in moments like these that we need to pay attention to what our conscience is telling us and be careful to avoid the bad that could hurt us or others.

How is our moral conscience formed? How do we know what is right and wrong? Our conscience is shaped by listening to God's word (scripture), prayer, receiving the sacraments (especially Reconciliation and the Eucharist), and listening to the spiritual leaders in our lives, which may be parents, teachers, or priests. We need God's grace to be able to live out His teachings – we can't do it on our own. The sacrament of Reconciliation is especially important in receiving God's grace because it provides us with the opportunity to receive forgiveness from Christ Himself, working through the priest, for any time we have strayed from God's path. Through reconciliation, our slate gets wiped clean, and we can

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begin again new and rejuvenated, covered in God's grace.

PART EIGHT ~ VIRTUOUS LIVING (~20 minutes)

A well-formed conscience is necessary to live out lives of virtue. We **can only choose to do what is right if we first know what the right or virtuous choice is.** In forming our conscience and choosing to do what is right, the more we work at it, the better and stronger we can become. For example, the more we take time to pray, the more easily it becomes a part of our daily lives. Or, if we get on a schedule of going to Reconciliation every month and stick to it, it becomes part of who we are as a Catholic. The more closely we try to live the way that Christ asks, the “easier” it becomes. Jesus has given us Scripture and the virtues to help us live good moral lives. These gifts are a road map for life!.

Virtues are character traits that make it easier and more pleasant to do the right thing because of the good habits we have formed. Just as you may practice playing basketball or the clarinet to get better, you should also live out lives of virtue daily to keep your moral lives in shape. Two of the virtues that are extremely important in your lives right now are temperance (a review from last year) and chastity. Who can remember what the virtue of temperance means? (Ask students for responses before displaying the definition card.)

Temperance is self-control, self-mastery, and moderation with regard to pleasures and desires. This is the virtue that helps avoid being controlled by our desires. God gave us desires which are all good things because they are created by God, but He also did not want us to be ruled by them. What kinds of desires do we have as human beings? (Ask the students for suggestions. It may be best for you to start and say that God created us with sexual desires. Have students give other suggestions such as desires to want a lot of possessions, to be rich, to eat delicious food, to be independent, etc.)

How does temperance help to keep ourselves and others safe from being used? The first thing we need to do is to pray. It is important to ask God for the grace of temperance for our everyday lives. Prayer strengthens us to live out virtuous lives. We cannot do it alone – we need God. The next thing we need to do is to work daily to keep our desires in check. This means not going overboard when we want something – whether it's another piece of cake, more money, a girlfriend or boyfriend, or more soda. Temperance is saying to ourselves, “I have had enough. It would not be good for me to have more of _____ even if I want it.” This takes work, time, and patience. Anyone who has sat at a large table of food for Thanksgiving knows how challenging temperance can be when it comes to the desire to overeat. Eating is a good thing – but stuffing ourselves beyond the point of being full is too much. Temperance at Thanksgiving means not having a third plate of food, not eating the second slice of pumpkin pie, not gorging ourselves until we feel like we might burst. Temperance means controlling our desires, even if it is in a small way every day.

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Taking small steps in exercising the virtue of temperance in one area of our lives (such as not going overboard in eating) will help as we work towards achieving temperance in other areas of our lives (such as controlling our sexual desires). How can you exercise the virtue of temperance in your life? (Have students take two minutes to brainstorm their ideas on paper. Then, have them turn share their ideas with a neighbor. Finally, ask students to share their ideas aloud and compile a list.) Living out lives of virtue is important because it helps us to build and maintain healthy friendships and relationships. Think about it: if we are overcome and controlled by our desires, how can we think of the good of the other in our friendships?

The second virtue we will focus on goes hand in hand with the virtue of temperance. Can anyone tell me what the word chastity means? (Ask for student responses before showing the definition card.) **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.** Let's jot down some ideas about what we already know about chastity. (Have students brainstorm ideas as a class on what they already know about chastity.) God created us with sexual desires so that we would be united to our husband or wife in marriage and be open to having children. Sexual desires are a good thing if we use them in the right way in marriage. If we let ourselves become controlled by our sexual desires, we become like animals – we look for ways we can meet these desires in any way. Often, this means that we become so controlled by these desires that we neglect other parts of our lives in an effort to meet our sexual needs. Some people become so controlled by these desires that they start using people sexually or looking at pornography. Both of these choices hurt individuals – God never wants for anyone to be used as an object to fulfill someone's out of control sexual desires whether this happens in person or with pornography. We were not created to look at others and think, "What can they do for me?" We were created to be a gift of self and to think of what we can do to help others.

The message of chastity is not a message that we hear often or at all from the media or from those around us. We hear the messages, "Do whatever you want, whenever you want, with whomever you want." We hear the messages, "Me, me, me," that always focus on what is best for us at all times, even to the detriment of those around us. All of these messages focus on us and disregard anyone else, meaning that most of the time these messages leave people feeling hurt, used, and lonely. When we don't live out lives of chastity, we allow our sexual desires to control us – we become a slave to our desires. Chastity on the other hand is a lifestyle that leads to joy, true freedom, and happiness. It is easy to think that chastity is just a list of "NO's," but let's look at what chastity is saying YES to. First and foremost, chastity is saying yes to YOU. Chastity is like saying, "I have dignity and worth, and I am worth waiting for!" Chastity is also saying YES to your future spouse, even if you don't have any clue who that is right now! Chastity says, "He or she has dignity

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and worth and is worth waiting for.” Chastity is also saying YES to a great future. This is a future free from disease, unintended pregnancy, heartache, and regret. Lastly, chastity is saying YES to God. It is saying YES to God’s great plan of joy for you.

How can I strengthen myself to successfully live out the virtue of chastity? (Have students take two minutes to brainstorm their ideas on paper. They will not share these out loud, but you want them to have some ideas on paper before you display the “Ways to Live a Pure Life” list.) **Remember that the more closely we try to live the way that Christ set up for us, the “easier” it becomes. Jesus has gifted us with the virtues to help us live good moral lives. Ask for His help in following this path in life.**

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

God gives us the example of how to live our lives to the fullest by following His word and living out the virtues, but He also gives us free will, meaning that He allows us to make our own choices. He never demands or forces us to act in a certain way. God made you with brains so 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 and 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 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 also should not talk to people online or on cell phones who we do not know. This includes people we don’t know 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 over the computer. 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

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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 anything 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 which would help prevent you from getting into an unsafe situation. (Have students brainstorm three rules for internet/cell phone/video game usage in their notebooks. Then ask for some volunteers to share their ideas aloud. Compile these answers on a group 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 and keep yourself safe. He put people in your lives who love you and whom you can trust. If you ever feel unsafe, reach out to those you trust right away.

CLOSING PRAYER

God of love, you made each of us a temple of the Holy Spirit. We know that we are precious in your eyes. Be with us today – help us to always look out for not only our own safety but for the safety of friends, family members, and people you put into our paths. Watch over us and help us every day, so that we might fulfill the plans you have for us. We ask this in the name of Jesus Christ our Lord. Amen.

Adapted from Diocese of Joliet

ASSESSMENT

Ask student to complete:

- Personal Action Plan Against Bullying
- Inappropriate vs. appropriate behaviors
- Debating the Good of the Internet
- Internet Safety
- Virtue Weekly Calendar

TEACHER RESOURCES COVER PAGE

- NO, GO, TELL chart
- Bullying definition card
- Bullying strategies and outcomes chart
- Respect definition card
- Temperance definition card
 - Chastity definition card
- Ways to Live a Pure Life list

NO

GO

TELL

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

RESPECT:

Speaking and acting
with courtesy; treating
others with dignity as
children of God

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 moderate one's sexual desires, thoughts, and actions

Ways to Live a Pure Life

1. Build and strengthen your personal character

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

2. Purify your mind

- Stay away from junk food of the mind (inappropriate images, song lyrics, websites, etc.)
- Overexposure to bad behavior makes us numb to it.

3. Purify your body

- Modesty in how you dress - "Cover your B's":
 - For girls this means cover your breasts, belly, back, butt, and bra or other undergarments.
 - For guys this 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 the Eucharist

- Pray for strength in your life of purity. Pray for your future spouse and vocation. 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.
- Put a 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.)

ASSESSMENT RESOURCE COVER PAGE

- Personal Action Plan Against Bullying (Resource A)
- Inappropriate vs. appropriate behaviors (Resource B)
- Debating the Good of the Internet (Resource C)
- Internet Safety (Resource D)
- Virtue Weekly Calendar (Resource E)

Name _____

Personal Action Plan Against Bullying

For the bullying scenario below, write about which strategy you would use to combat the bullying. Then write your personal mission statement about how you will combat bullying in your school/neighborhood.

Rumors are starting to be spread about you through 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.

My mission statement against bullying is:

Name _____

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		
Going over to a friend's house to work on a group project		
Being alone in your boyfriend's bedroom together		
Touching your younger brother in his groin area		
Helping 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 scored a goal		

Name _____

Debating the Good of the Internet

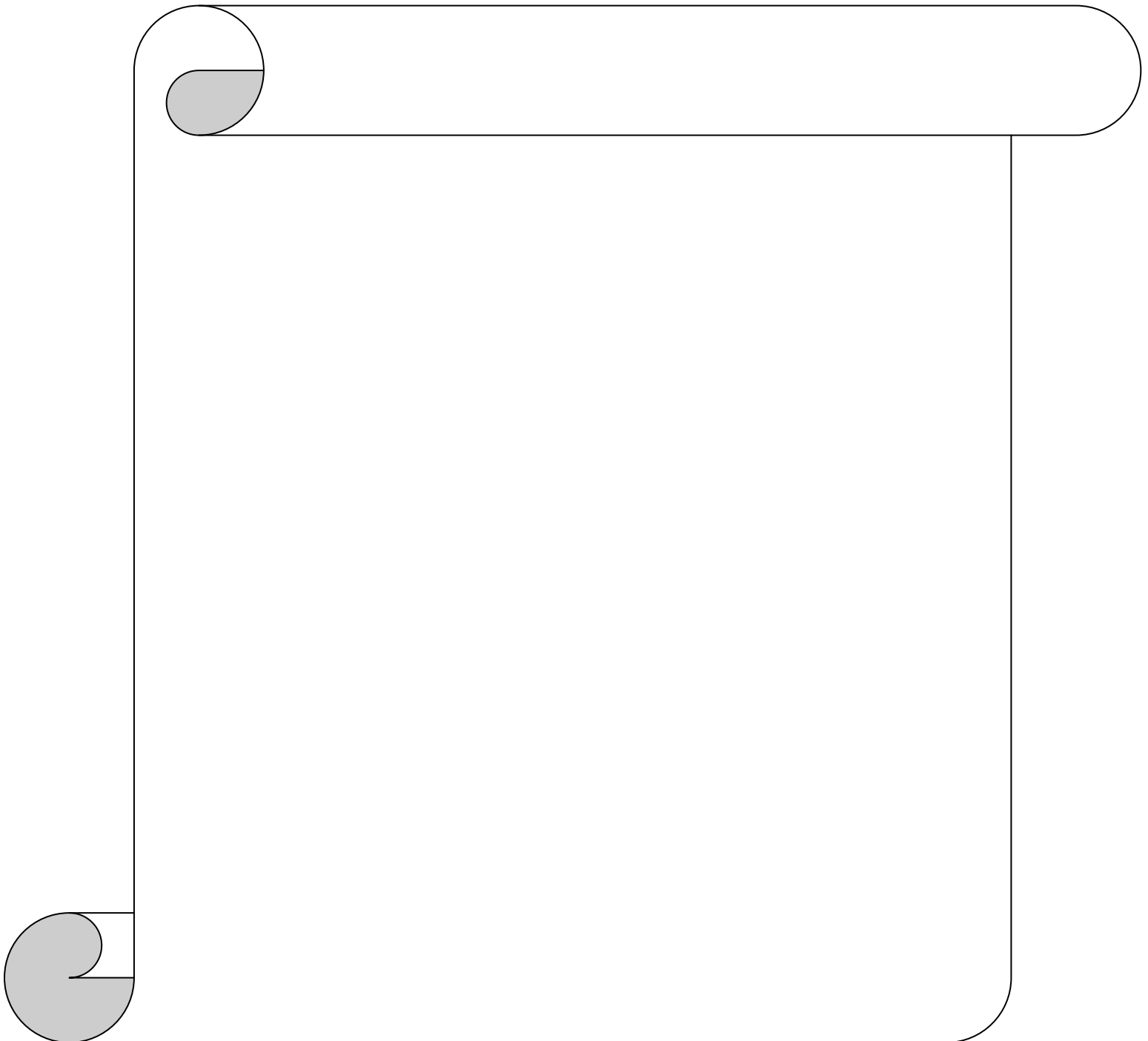
Many people argue that the invention of the internet/social media has changed our world for the better, while the opposite side says that the internet/social media has caused more harm than good. In the space below, argue what side you are on. Please present three reasons to support your argument.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Name _____

Five Commandments of Internet Safety

Make a list of the rules to follow for being safe on the internet (including websites, Facebook, Instagram, chat rooms, etc.)



Name _____

Virtue Weekly Calendar

Fill in the calendar with ways 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		

SAFE ENVIRONMENT COMIC
BOOK PAGES, COLORING
BOOK PAGES, HUMAN
SEXUALITY, AND INTERNET
SAFETY SHEET
ON PAGES TO FOLLOW

CAN BE USED AS
SUPPORT MATERIALS

God's Greatest Gift

GOD GAVE HUMANS SOMETHING HE AND THE ANGELS DIDN'T HAVE. YOU HAVE A PHYSICAL BEING, A **BODY**. ONLY HUMANS HAVE BODIES.

GOD GAVE HIS GREATEST GIFT TO HUMANITY WHEN HE SENT HIS SON **JESUS** TO US. GOD HAD A **BODY**. HE PERFORMED MIRACLES, HE HONORED HIS MOTHER, **MARY** AND HIS STEP-FATHER, **JOSEPH**.

HE MADE THE ULTIMATE GIFT OF HIMSELF WHEN HE **DIED** ON THE CROSS FOR US. THIS WAS THE TRUE, SELFLESS LOVE OF **GOD** FOR EVERYONE.

GOD-LIKE LOVE CAN BE PRESENT IN MANY WAYS: THE LOVE BETWEEN **FRIENDS**, WITHIN **FAMILIES**, BETWEEN A **HUSBAND** AND **WIFE**, BETWEEN **CLERGY** OR **RELIGIOUS PEOPLE** AND **GOD**. YOU MAY HAVE HEARD OF "LOVE THY NEIGHBOR". REAL LOVE IS ALWAYS **SELFLESS**. IT NEVER HAS CONDITIONS LIKE "YOU WILL IF YOU LOVE ME" OR "WHAT'S IN IT FOR ME".



Jesus Always Loves Us

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.

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

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



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!**



Be On Guard Online

Will you be
my friend?

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.

CHILD TAKEN
FROM MALL

ALL CHILD
MISSING

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.



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Trash Talk

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.

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

#&*@@!!!



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.

Internet Safety

For kids and teens



Walking the line while being online

Going online can be much like walking a tight rope; it's probably for the best if you don't get too distracted.

Have you ever wondered what might happen right before you double click your web browser? The internet literally brings the world to your fingertips, but though the world holds many things wondrous, it also harbors many dangers. And on the world wide web especially, those dangers can be very, VERY well disguised. Just as surely as if you and your family were traveling to a foreign country, you need to do your part to keep them and yourself safe from harm. Have fun, enjoy the sights, but be careful as you go about your business.

Never give out personal information to anyone online (like your name, address, phone number, school name, where you hang out).

Don't put personal information like your name and birthdate in a screen name.

Never arrange a face-to-face meeting with someone you meet online.

Always let a parent know if someone online asks you to meet them someplace.

Never go into chat rooms unless your parents approve.

Never open emails from people you don't know.

Always keep your passwords secret.

Never send pictures of yourself to someone without your parent's approval.

Without a doubt, the internet is one of the most useful and powerful tools ever invented by man. And like most powerful tools, it really should come with instructions and a user's guide. The instructions are pretty straight-forward, but the user's guide would definitely include some precautions because, like every other tool ever invented, the internet is neither good nor bad, but it can be used by both good and bad people. That's what this is about; using the internet safely. With that in mind, here are some of the basics.

Never post pictures of yourself online (even on MySpace and Facebook).

Any pictures posted online should use the lowest resolution possible.

Never go to links you don't recognize.

Always let your parent know if someone offers you a gift.

Always tell an adult if you see anything or get a message that is hostile, threatening, suggestive, obscene, or makes you feel uncomfortable.

Don't believe everything you read on-line. Something that is "too good to be true" probably is. People aren't always what they claim to be.

Understand that your parents will be looking after you to protect you -- even if that means "invading your privacy" or "spying on you".



This brochure was developed by the Safe Environment Program of the Archdiocese of New York. If you have any questions, please visit us on the web at www.archny.org/pastoral/safe-environment-program or feel free to call us at 212-371-1000 ext. 2810 or email us at safe@archny.org

Internet Safety

For parents

Holding the line online



As if parenting did not used to have enough challenges, along comes the internet. Keeping an eye on the neighborhood bully is one thing, but spotting the efforts of a faceless and malicious stranger requires some adjustment to historical parental skills. The internet can provide countless benefits to your family, but the wide open access to information can present substantial lures and temptations to children of all ages. Whether it may be naiveté, curiosity, or the desire to find answers to difficult questions, children are very much aware that answers can be found online for any query imaginable. How do parents utilize the power of knowledge and convenience that is the world wide web while protecting our families from the unsavory efforts of those who abuse the same tool?

Watch for warning signs:

- Your child spends large amounts of time on-line, especially at night.
- You find pornography on your child's computer.
- Your child turns the computer monitor off or quickly changes the screen on the monitor when you come into the room.
- Your child becomes withdrawn from the family.
- Your child is using an on-line account belonging to someone else.

Like it or not...ready or not, keeping our kids safe online is part of our responsibilities as parents. Like every other safety practice in the home or family, it all comes down to writing the rules, living by the rules, and, if necessary, enforcing the rules. Here are some tips on making the family computer not only more user-friendly, but more family-friendly as well.

Actively protect your children

- Actively supervise your kids when they are online. You would when they were crossing the street or in the pool wouldn't you?
- Talk to your child about sexual victimization and potential on-line danger.
- Spend time with your children on-line. Have them teach you about their favorite on-line activities.
- Keep the computer in a common room, not their bedroom. It is much more difficult for a computer-sex offender to communicate with a child when the computer screen is visible to a parent or another member of the household.



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THE TRUTH AND BEAUTY OF OUR SEXUALITY

An overview of the abundantly positive and beautiful view of human sexuality expressed within the Catholic faith.

We are made for love

We can't live without love. Every human person, made in the image and likeness of God, has been given a vocation to love. We are all drawn to relationships where we can experience genuine love -- friendships and romantic relationships, but ultimately in the vocation of marriage. We know this from our own hearts, which long for love.

The language of our bodies

To break out of our loneliness, we have to listen to the language of our bodies, and to the meaning God has put there. Essentially, our bodies tell us that God has made us for the gift of ourselves in the communion of persons of marriage. This is called the "nuptial meaning of the body", and it's the starting point to living the truth and beauty of our sexuality.

Real sex and real relationships

Our sexuality is designed to bring us into relationships in which we can truly love others, by giving ourselves to them. For most of us, we find this in marriage, when we give ourselves to our spouse fully, fruitfully, and forever. But we also see it in priesthood, religious life, friendship and parenthood. In these relationships, through the gift of ourselves, we find love and happiness and we bring it into the lives of others.

Use and misuse

All too often, unfortunately, we don't live according to God's plan. Instead, we buy into the world's view of sex. We use others for our own pleasure, we manipulate others for our ends, or we deliberately sterilize our sexual acts. When we do this, we're not giving ourselves fully in life-giving love. That's surely not where God wants us to be, and we all suffer the consequences -- loneliness, frustration, and feeling used and empty.



Redeemed sex

Fortunately, there's hope -- we're not stuck in the trap of use and misuse. Jesus Himself has redeemed us and our sexuality by speaking the truth about marriage, sex and love, and showing us God's plan for us. When He gave Himself fully and completely to His spouse -- to us -- on the cross, He freed us from our selfishness and showed us that we can also give ourselves to others in love. Thanks to Jesus, and with His help, we can live God's plan for us.

What must we do?

We have to make sure that our children receive this positive and beautiful vision of our sexuality. This is the responsibility of parents, but all of our Church's programs must reinforce it, and ensure that our children can grow up in an environment of safety and virtue and trust. To do this, of course, we must embrace the gift ourselves. When we approach it with prayer and an open heart, this teaching is liberating and transforming, and can lead us to truly live God's plan of life and love.

Where can I learn more about this?

The best way to do this is to learn more about our Church's teaching, particularly Pope John Paul's "theology of the body". Here are some suggestions:

Theology of the Body for Beginners, Christopher West (Ascension Press, 2004).

Good News About Sex and Marriage: Answers to Your Honest Questions about Catholic Teaching, Christopher West (Servant Publications, 2000)

Covenant of Love: Pope John Paul II on Sexuality, Marriage and Family in the Modern World, Richard Hogan, John LeVoir (Ignatius Press, 1992)