

Seventh Grade Safe Environment

Resources and Assessment Materials

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 |
|----------|----------------|
| | |
| | |
| | |
| | |

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)

Personal Action Plan Against Bullying

For the bullying scenario below, write about what 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 started 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:

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 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 | | |

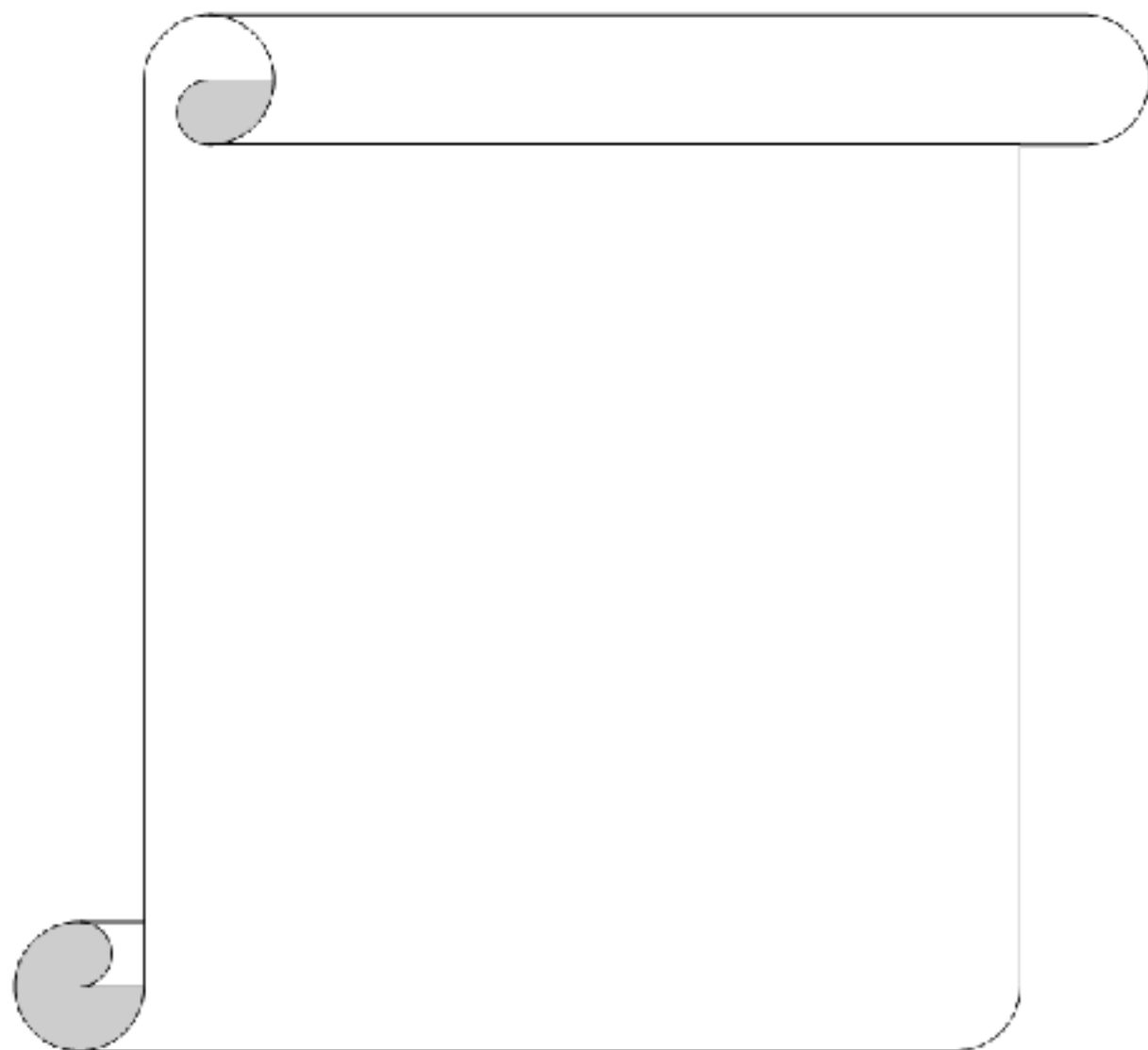
Debating the Good of the Internet

Many people argue that the creation 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 blank sheet of white paper with horizontal 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.

Five Commandments of Internet Safety

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

A large, empty rectangular box with rounded corners and a drop shadow, designed for writing the five commandments of internet safety. The box is white with a thin black border and a subtle gray shadow on its right and bottom edges, giving it a three-dimensional appearance. It is positioned below the text prompt.

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 | | |