

# SAFE ENVIRONMENT CHILDREN'S CURRICULUM

## Sixth Grade

### Part One: Respect for Self and Others

God made each of us out of love and in His image. That means every person has dignity, value, and worth. We don't need to earn this love; it's already ours. He calls us not just to love ourselves, but to love others as He does!

#### **Being respectful is one of many ways to show God's love to others**

We show respect through our words, through our bodies and through our actions:

- No cursing, no gossip, no talking behind someone's back.
- Dress modestly, take care of your health, avoid harmful substances, and remain chaste.
- Don't hurt others, don't cheat, don't steal.

Just like we care for valuable possessions, we must care for life, our own and others'. Life is a gift from God, and we are called to treasure it.

While it is true that we won't always be treated with dignity, we must still remember: We are children of God. And we are called to love like Christ.

### Part Two: Uncomfortable Situations

God gave us bodies that send us signals when something is not right. If you ever feel nervous, scared, or uneasy around someone, that's your body's way of saying: **"This is not safe. Get away."**

It's important to **listen to those feelings**, because sometimes, people do not respect us.

Remember that every one of us is created in the image and likeness of God. That means that we all have dignity that cannot be taken away from us. We are also made by God to be either male or female. This gift of our sexuality is an unchangeable part of who we are, and it is good. Our sexuality includes everything that makes us male or female, including the characteristics of our physical body and our feelings of attraction to persons of the other sex.

God created our sexuality to bring us to intimacy with others. But we have to make decisions according to God's will. Making good choices about sexuality requires the virtue of chastity. Chastity involves respecting our body and the bodies of others as sacred and good. It means that even though our sexual feelings may be strong, we can control our actions. It means that we dress and act modestly and decently, which shows respect for our body and the bodies of others. It means that we avoid temptations and situations that lead us away from virtue and towards sin.

God's desire is for sexual activity to take place only in a marriage between a man and a woman. As a result, we must not have sex outside of marriage. We also have to care for their own bodies and not misuse the body of someone else, and we have to protect ourselves from being abused by others.

Unfortunately, many people do not understand this design of God. And sadly, many people reject it completely. Some may try to convince us, trick us, or even force us, to make bad choices about sex. When someone manipulates us or uses us in sexual ways, this is known as sexual abuse.

When someone tells you that having sex shows you love someone; when someone wants you to see them in a sexual way outside of marriage, they are not being respectful of you.

They may or may not realize it, but they are trying to lead you to a choice that is contrary to God's will and design. As difficult as it might be to understand, even other kids can do this because they have been convinced that sex is a normal part of dating. They may or may not realize it, but they are mistaken.

If anyone attempts to act in a sexual fashion around you, or makes you feel uncomfortable about your sexuality in any way, you must tell a **trusted adult!**

- A parent or relative
- A teacher or principal
- A coach or counselor
- A doctor, police officer, or firefighter

These adults are here to help you. If one adult doesn't listen or believe you, tell another—and **keep telling** until someone helps.

Remember: Feeling uncomfortable is a warning sign. Pay attention to it. God Himself made you worthy of respect and protection.

### **Part Three: NO, GO, TELL Safety Rules**

When something feels wrong or unsafe, there's a simple plan to follow to help keep you safe: **NO. GO. TELL.**

#### **1. NO**

- Say, "NO, I don't like that!" in a loud, strong voice.
- Use your body too—step back and put your hands up to signal "Stop."
- And remember: if someone else tells you "NO," even if you didn't mean to upset them, you must respect their space too.

#### **2. GO**

- After saying "NO," move away quickly.
- Find a safe place. Your safety comes first.

#### **3. TELL**

- Tell a trusted adult what happened.
- This is not tattling—this is protecting yourself.
- Even if someone told you to keep it a secret, you must tell.

Don't forget, God has placed trusted adults in your life—parents, teachers, counselors—to protect you. GO and TELL them what happened!

#### **Part Four: Being Aware of Tricks Used by Predators**

Some people, including sexual predators, want to hurt us. They want to satisfy their own desires for sex by using your body for their own purposes and pleasure. A predator may be an adult, but they may also be an older kid. It may be someone related to you or someone you like and trust.

Often they will try to trick us to gain our trust, so watch out for some of the tricks they can use:

- **Bad News Trick:** Pretending something bad happened to your parent and saying they were sent to pick you up.
- **Bribe Trick:** Offering gifts or treats in exchange for something inappropriate.
- **Help Me Trick:** Asking for your help — like finding a lost pet or carrying something.
- **Game Trick:** Using playful games that involve touching (like tickling or wrestling).
- **Internet Trick:** Pretending to be your age online, trying to meet in person or sending naked pictures.
- **Power Trick:** Using their position—like a coach, teacher, or priest—to pressure you.
- **“You’re Special” Trick:** Giving you special attention to gain your trust.

These are not always obvious. That’s why you need to **stay alert, trust your instincts**, and **ask questions**. If something feels off, it probably is.

#### **Part Five: Assertive Phrases & Ways to Get Away**

Let’s take a deeper look at the **NO, GO, TELL** plan—starting with the power of **saying “NO” assertively**.

Being **assertive** means standing up for yourself clearly and confidently while still respecting others. Being **aggressive** means acting in a way that hurts or disrespects others.

Both may be loud or firm, but here’s the difference:

- **Assertive:** Clear, respectful, confident.
- **Aggressive:** Hurtful, controlling, disrespectful.

In unsafe situations, being assertive helps draw attention and get help. What if:

- Someone tries to open your bathroom stall?
- An adult touches you in a way that feels wrong?
- Someone you know tries to take off your clothes?

Here are some strong, assertive phrases you can use:

- “NO! This is not okay.”
- “Stop it!”
- “Leave me alone!”
- “I don’t like that!”
- “Get off me!”

In all these situations, speak up assertively and **get away**, the **GO** step.

Getting away doesn't always mean running. It could mean:

- Heading into a store or restaurant
- Going to a neighbor's house
- Approaching a family or group nearby
- Drawing attention—shout, make noise, wave your arms
- Stopping a police officer or safe adult

Your goal is to **get to safety and alert others**.

### **Part Six: Bullying and Cyberbullying – Part One**

While **bullying may sound assertive**, is the opposite of respectful. It's aggression that's meant to hurt or tear someone down.

**Bullying** intentionally causes physical or emotional harm, leaving people feeling scared, hurt, or violated. Bullying is wrong because it hurts others on purpose, and it ignores Jesus' call to love as He loved.

Bullies tend to target people having some perceived difference: how they look, talk, walk, dress, their religion, intelligence, or abilities.

One kind of bullying is called "sexual bullying". This involves targeting someone with negative or insulting comments about their bodies or behavior, sexual jokes or name-calling, spreading rumors about sexual activity, sending unwanted naked photos or videos, or touching or grabbing a person in their private parts. Sometimes it's done to try to manipulate a person into having sex. It is not "just fooling around" -- it is humiliating and very hurtful.

You DO NOT have to accept unwanted, demanding, or threatening touches, even from other kids! You do not have to tolerate other kids making negative sexual comments about you or anyone else.

Never forget, Jesus treated all with dignity. We are called to do the same.

Bullying can happen anywhere—school, sports, online, even while gaming or texting.

When it happens using technology, it's called **cyberbullying**. But remember: **real people** are behind every screen, and the harm is not digital, but very real.

Cyberbullying is especially harmful because it can be easily hidden. It happens through:

- Texts or DMs
- Social media posts
- Gaming chats or video messages

If you are being bullied, **speak up**. Use the **NO, GO, TELL** plan:

- Say NO. (Or sign offline.)
- GO to safety.

- TELL a trusted adult.

You don't deserve to be treated badly. Getting help shows that you believe you are worth protecting—because you are. And that includes protecting yourself.

### **Part Seven: Bullying and Cyberbullying – Part Two**

As Christians, we are called not just to avoid bullying, but to actively stand up for those who are being hurt.

If someone is being bullied, what should we do?

- Help them
- Get help for them
- Stand up for them
- Protect them
- And most importantly—**don't join in**

Even if you don't say or do anything hurtful, simply standing by and doing nothing helps the bully. (This is, in fact, a sin of omission! Time to go to Confession!)

If you laugh, walk away, or pretend not to notice, you are helping the bully!

**Instead, we must take action:**

- Speak up and say, "That's not okay."
- Support the person being bullied.
- Get help from a trusted adult.
- Refuse to laugh, join in, or ignore the situation.

As Christians, we're called to respond with strength and mercy, but not harm. That's your responsibility as a follower of Christ—to act, to protect, and to love.

### **Part Eight: Being a Defender Against Bullies**

We are called to help those in need—and that includes standing up for people who are being bullied.

Being a **defender** means:

- Telling the bully to stop
- Supporting the person being bullied
- Refusing to join in
- Telling a trusted adult

Sometimes the bully might even be your friend. It can be hard—but it's right to say: "Leave them alone." or "That's not cool. Stop."

**Friends don't let friends bully.**

Doing the right thing can be hard, especially when others aren't. But Jesus calls us to live with courage and virtue—to be like Him, even when it means standing out.

And God promises this in Scripture (Jeremiah 17:7–8):

If we put our trust in the Lord, we will flourish—strong, steady, and fruitful—even when life is hard.

When we defend others, we're not just protecting them—we're becoming who God made us to be.

### **Part Nine: Conflict Resolution Skills**

Standing up for others, especially against bullying, takes both courage and skill. Skills must be learned and practiced, just like in sports or music. And **conflict resolution skills** help people work through disagreements in a peaceful, respectful way.

These skills include:

- Listening to the other person
- Taking turns to speak
- Expressing your feelings honestly
- Trying to understand how the other person feels
- Finding a solution that works for both of you

Like all skills, it's not always easy. One of the hardest parts is being **humble**, putting someone else's needs ahead of your own, even when you disagree.

As Christians, we believe every person is created by God, with equal dignity and worth.

That truth can guide us. If we treat each other with respect and compassion, we can resolve conflict in a way that honors God and one another.

### **Part Ten: Virtuous Living**

**Virtues** are God-given strengths that help us live moral, Christ-centered lives. They shape our character and guide our actions. Living virtuously also requires skill, and like any skill **virtue** gets easier with practice. The more we live with patience, kindness, and self-control, the more natural those habits become.

One important virtue for your life right now is **temperance**, or self-control. It's the ability to moderate our desires—so we aren't ruled by them.

God gave us desires, so they are good in the right context: Hunger keeps us nourished, rest keeps us healthy, sexual desire can lead us to long-term relationships, and ambition helps us provide for the needs of ourselves and our families.

But when we let our desires control us, we can abuse our urges, hurting ourselves or others along the way.

Without temperance:

- We may overindulge
- We might treat others like objects
- We become focused only on what we want, rather than what others need

With temperance:

- We recognize when enough is enough
- We say, “This isn’t good for me right now”
- We make choices that are healthy, respectful, and God-honoring

Think about hunger: Eating is good but stuffing ourselves until we’re sick or obese is not.

### **How do we grow in temperance?**

- Practice small acts of self-control daily
- Ask God for grace through prayer
- Be mindful of your choices and their effects
- Think of others—not just yourself

When we practice temperance, we’re able to build stronger, healthier relationships. We’re not driven only by what we want. But by the wants and needs of others as well.

### **Part Eleven: Using Good Judgment / Internet Safety**

One of God’s greatest gifts to people is the ability to make our own choices, or **free will**. But this gift is meant to be used in ways that please God. That’s why it’s so important to use **good judgment**, to think before you act and choose what is healthy, safe and good.

For example, **caution** can be very useful for staying safe. Not all strangers are dangerous, but they are still someone who is unknown, so you have to be cautious. Some strangers might just want directions, and you may not know that police officer, but they are still trying to keep you safe.

However, predators may smile, act friendly, pretend to know you or even try to get you alone. If someone makes you feel uncomfortable—even if you’ve seen them before.

### **Get away and tell a trusted adult.**

**Caution should lead you to** always get permission from a parent or teacher before going anywhere. And always know who your trusted adults are ahead of time so you’re prepared.

Caution must also be practiced **online**, and the same rules apply:

- Don’t talk to people you don’t know.
- Don’t meet up with anyone from the internet.
- Don’t share your personal information, like your name, address, phone number, school, or photos.

Even on your favorite game or app, predators can try to trick you. Some websites can even track your location.

Before posting or messaging anything online, ask yourself: **Would I want my parents, my teacher, or my future boss to see this?**

Everything you send—texts, photos, emails—can be stored and shared.

Set personal rules and boundaries for how you use the internet, social media, and texting. And if something online makes you uncomfortable, like inappropriate messages or images, **tell a trusted adult immediately.**

God gave you a mind to make wise choices, and people in your life to help you stay safe. Use both.

### **Closing Prayer**

**God of love,**

You made us each as a temple of the Holy Spirit.

We know that we are precious in your eyes.

Be with us today – help us always to look out for not only our own safety but for the safety of friends, family members, and people you put into our path.

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.**



**NO**

**GO**

**TELL**

# TRICKS / LURES USED BY SEXUAL PREDATORS

**Bad News Trick** – The predator tells a child that something bad has happened (sickness or death of a parent, fire...) and that the predator was asked to pick up the child and bring them home.

**Bribe Trick** – The predator offers something special that the child may want, then asks for sexual favors in return.

**Can I Help You Trick** – The predator may give assistance to a child when needed or may offer to help the family of the child by offering rides, or babysitting. This puts the predator in a position of trust for future abuse.

**Drug and Alcohol Trick** – Drugs and or alcohol can be given to a child to make it easier to take advantage of the child.

**Game Trick** – Wrestling, tickling, accidental or deliberate contact with genitalia as part of the rule to a game played with a child.

**Help Me Trick** – The predator may ask for help from a child such as asking for directions, finding a lost pet, or for help to carry heavy packages.

**Internet Trick** – Predators will try to get personal information from the child. The predator may act as though they are the same age as the child to establish a friendship. They will often send the child sexual material and will try to set up a meeting with the child.

**Position of Power or Authority Trick** – A predator may be in a position of authority such as a coach, police officer, priest or teacher and use this position to get children to be obedient to their request.

**“You Are Special” Trick** – The predator gives special attention or favor to a child to gain their trust so they can sexually abuse them in the future.

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.

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

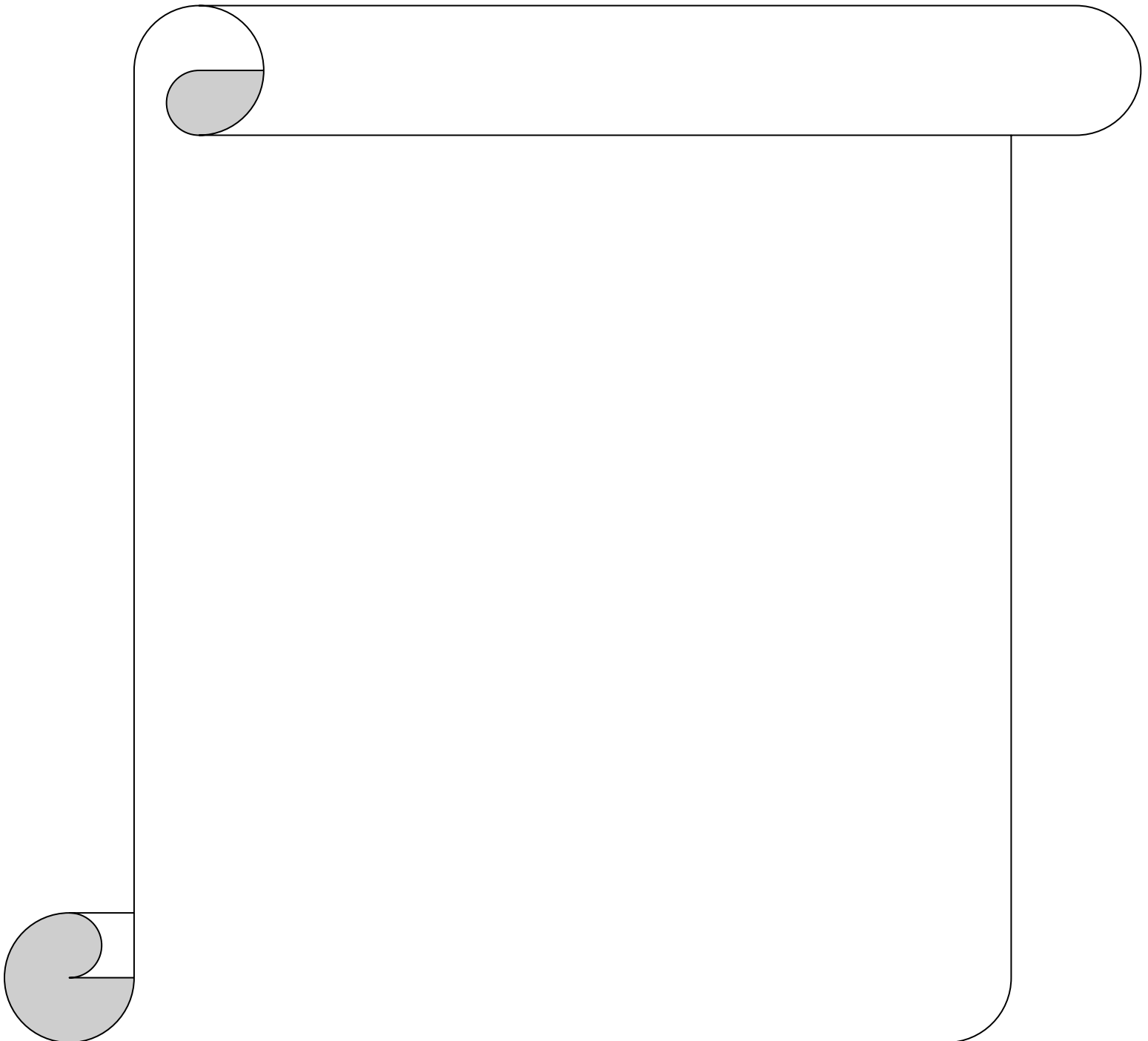
# **Conflict Resolution Skills**

1. Agree that you disagree and want to find a solution.
2. Take turns talking and use eye contact.
3. Be specific in describing how you feel and what you want. Be honest!
4. Listen to what the other is saying using active listening. Restate what you think you heard the other say.
5. Empathize and put yourself in the other person's shoes to understand how they may be feeling.
6. Brainstorm solutions that would work for both people.
7. Agree to a mutual solution.

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.)

A large, empty rectangular box with rounded corners and a drop shadow, intended 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. It is positioned below the text instructions.