

SAFE ENVIRONMENT LESSON PLAN

Grade: Eighth 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 Eighth Grade student will:

1. **Recite the NO, GO, TELL action plan, focusing on assertive behavior. (Review of Seventh Grade)**
2. Define the term "conscience" in their own words and describe how our moral conscience is formed. (Review of Seventh Grade)
3. **Compare and contrast appropriate and inappropriate behaviors for themselves, their peers, and adults. (Review of Seventh Grade)**
4. **Identify dangerous behaviors in relationships, including harassment as well as other forms of abuse.**
5. **Name two ways they can live out the virtues of temperance and chastity in their daily lives. (Review of Seventh Grade)**
6. **List three appropriate boundaries in dating.**

MATERIALS NEEDED

Student needs:

- Pencil
- Notebook

Teacher needs:

- Chart paper
- Permanent marker
- NO, GO, TELL chart
- Index cards (one for each student)
- Tape
- Harassment definition card
- Examples of Abuse list
- Three Column Abuse chart
- Thoughts/Feelings/Actions/Consequences chart
- Harassment/Abuse stories
- Temperance definition card
- Chastity definition card
- Ways to Live a Pure Life list
- Assessment materials:
 - Inappropriate vs. appropriate behaviors
 - Self reflection on Challenges in Living My Faith Harassment and Abuse Flow Chart

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- Virtue Weekly Calendar
- Boundaries in Dating

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 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 helps 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 discuss 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 display 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 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, either by a peer, a parent, or a stranger. It hurts when someone is disrespectful. 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

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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 this is hard to live by at times, especially when the actions of others' make it seem as if they do not value us as a gift from God, and we feel threatened, violated, or unsafe.

PART TWO ~ UNCOMFORTABLE SITUATIONS (~5 minutes)

Sometimes people do not respect our bodies and try and trick us or hurt us. They use bad touches with us and that makes 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 happening." We should listen to our bodies when they are sending signals that something bad is going on.

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 parents, relatives, teachers, a principal, a coach, a guidance counselor, a doctor, police officer, firefighter, etc.) Any of these trusted adults would be able to help. 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 should 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 out!" When we feel unsafe, there are rules to follow that can help .

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 stay safe. There are three 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 body to signal "NO." Remember that being assertive means being direct and saying what you want with confidence. Assertive body language may involve stepping back from the**

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person, putting up your hands, or crossing your arms. Let's remember that when we say "NO!" in a forceful voice, it is because we respect ourselves and want to stay safe. We have to respect ourselves and those around us. This means that sometimes our friends may say "NO!" when they don't like something that we are doing. It is important to remember that even if you don't mean to, you may upset someone with your touch. If this happens, they have the right to say "NO!" if you are bothering them, and you need to respect them and stop.

2. **GO** – After we yell, "NO, I don't like that," or some other assertive phrase, the next step is to GO away from the person. We want to get away quickly, so we would GO to a safe place where we can 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. We are never "ratting someone out" or tattling. God gave you these trusted adults to keep you safe and they need to know if someone has made you feel uncomfortable. If someone touches your private areas, it is not your fault. Even if you didn't try to stop them from touching you or even if they tell you that you asked for it, it is never 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 inappropriately, 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 ~ HARASSMENT AND ABUSE (~15 minutes)

Being assertive by speaking and acting confidently and directly affirms our dignity and worth without diminishing the value of others. It is not the same as being aggressive, which is being hurtful and forceful to another, specifically trying to decrease or diminish their worth. When someone is being aggressive, sometimes the word "harassment" will come up. You may hear a friend say, "He won't stop harassing me!" I want you to think about the word "harassment." What does it mean to you? (Have students brainstorm their ideas in their notebooks and then ask for student to share out loud. Make a list of their answers on the board.) Now I am going to circle all of the words or phrases that fit into the definition of harassment. (Circle all of the words or phrases that most closely fit into the definition of harassment.) **The definition of harassment covers a wide range of verbal, physical, or written actions that offend, hurt, or intimidate another person. Harassment would include: using racial slurs, unwanted sexual touching, sexual comments or jokes, showing offensive pictures or material, physical and emotional abuse, or even personal statements and opinions. While intentional harassment certainly exists, it is just as important to realize that harassment can be unintentional as well yet just as damaging.**

While all forms of harassment are sinful, hurtful, and dangerous, abuse is one of the forms of

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harassment that we hear about a lot. Because this topic is so important, we are going to take some time to talk about what abuse is, the various forms of abuse, and what the serious consequences are for those who abuse others. We need to understand what abuse is, so we can help ourselves and others recognize the warning signs of an abusive relationship and get out if we see the red flags.

Think about the word “abuse” just like the word “harassment.” What does the word mean to you? (Have students brainstorm their ideas in their notebooks. Then have each student write one word or phrase on an index card. Ask students to say their answers out loud and have them bring their index card to the board. Sort the index cards into three unmarked categories without telling the students what the columns are. The categories are physical, emotional, and sexual abuse.) Explain what the categories are. You may have noticed that I began sorting your responses into three piles. These three piles represent three types of abuse. **The first column is physical abuse. (Write PHYSICAL above that column. Read the definition of physical abuse. Read the words and phrases in that column and add any additional information that may be missing.) The second column is emotional abuse. (Write EMOTIONAL above that column. Read the definition of emotional abuse. Read the words and phrases in that column and add any additional information that may be missing.) The third column is sexual abuse. (Write SEXUAL above that column. Read the definition of sexual abuse. Read the words and phrases in that column and add any additional information that may be missing.) (For additional words and phrases to add to each column, see the “Examples of Abuse list.”)**

We are going to hear two stories now about some 8th grade students. These are fictional stories. After each one, let's focus on the effects of harassment and abuse and what to do to help those in these situations. We will listen to each story twice. The first time I read the story, just listen and try to identify what forms of harassment and abuse are taking place. I will then read the story a second time, and I want you to fill in the chart with each person's thoughts/feelings and actions/consequences. Put yourself in each character's shoes and see how you would respond as a Catholic Christian. (Read the first story and take some time afterwards to ask the students to put the story into their own words to focus on the details. Then re-read the story so that the students can fill in their charts. Do the same for the second story.)

When we put ourselves in the victim's shoes, we feel pain, hurt, discouragement, and isolation. Abuse and harassment are NEVER okay. Because they are such serious sins against the dignity of each human person, they carry serious consequences for those who are harassing or abusing others. There are laws in our state that protect us from any form of abuse or harassment. If someone breaks the law, there are legal consequences for their actions. These consequences range from paying fines to time in jail.

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To protect each of us from abuse, there are people in our communities who are required by law to report suspicions of abuse of minors to law enforcement. If any of these people suspect that you are being abused in any way by a family member, friend, relative, boyfriend or girlfriend, neighbor, etc. they **MUST** report the abuse. The people who are required to report abuse include: medical professionals such as doctors and nurses, school teachers and staff, counselors, EMTs and paramedics, childcare workers, police and law enforcement, and clergy. They are required to report abuse for your protection. Often, if someone is in an abusive situation, the victim cannot get out. They may feel trapped. They may love the person who is hurting them. They may not have anywhere else to go. They may think that they deserve the abuse. None of those ideas are true, although the abuser may try to get the victim to believe these lies to avoid getting into trouble.. Abuse is never the victim's fault – everyone deserves to be treated with love and respect, which is why it is so important for any of us to report suspected abuse if we believe it is happening.

Besides breaking the law, someone who abuses another person is breaking the moral law of God. Harassment and abuse are sins against God's law because they rob the other person of their dignity. Everyone has a duty under God's law to respect and care for others. By abusing someone, they are going against everything God asks of us. It is then their responsibility as an offender to seek forgiveness from God for their sins, to seek forgiveness from those they have hurt, and to seek forgiveness from the community that has been harmed by this abuse.

PART FIVE ~ MORAL CONSCIENCE FORMATION (~15 minutes)

Each day through our actions, we choose one way of handling a situation versus another. We can choose to be assertive or aggressive. We can choose to be patient or quick to anger. We can choose to love others or to use others. We can choose to follow God's law or to reject it. Every day we make little decisions for 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 we listen to, what friends we hang out with, etc. Most of these decisions are driven by our consciences. Does anyone know what a 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 can remember a moment when you had the 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.

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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 is wiped clean, and we can begin again, new and rejuvenated, covered in God's grace.

PART SIX ~ 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 into the habit of going to Reconciliation every month, that will become 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 daily lives of virtue to keep your moral lives in shape. Two of the virtues that are extremely important in your lives right now are temperance and chastity. To begin, 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 us to 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 to start by saying 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 to do is to work daily to keep our desires in check. That means not going overboard when we want something – whether it's another piece of cake,

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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 down to 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 a second slice of pumpkin pie, not gorging ourselves until we feel like we burst. Temperance means controlling our desires, even if it is in a small way every day. Taking small steps in exercising the virtue of temperance in one area of our lives will help as we work towards temperance in other areas of our lives. How can you exercise the virtue of temperance in your life? (Have the students take two minutes to brainstorm their ideas on paper. Then, have them share their ideas with a neighbor. Lastly, have students share the ideas aloud and compile a list.) Living out lives of virtue is important because it helps 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 moderate 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 by looking at 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." The messaging we hear is, "Me, me, me," always focusing on what is best for us at all times, even to the detriment of others. 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

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chastity, we allow our sexual desires to control us – we become slaves to our desires. Chastity, on the other hand, is a lifestyle that leads to joy, true freedom, and happiness. It can be 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 idea who that is right now! Chastity says, “He or she has dignity and value 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 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. Ask for His help in following this path for your lives.**

PART SEVEN ~ BOUNDARIES IN DATING (~5 minutes)

In our discussion of ways to live out the virtue of chastity, one of the examples was “to stay where the odds are in your favor.” This means you should avoid putting yourself situations where it easy to fall into temptation. At your age, some of you may be in dating relationships or interested in being in dating relationships. It is especially important for each of us to have personal boundaries that we establish and respect in relationships. This means that we don’t allow others to pass those boundaries we have set for ourselves, and also that we do not try and overstep another person’s boundaries. Some basic boundaries to set for ourselves, especially as we live out chaste relationships are:

- Knowing that our sexuality is a gift from God, given to us for our spouse. This gift is not just “fooling around,” “hooking up,” or “no big deal.”
- Actions speak louder than words. If someone says they love you, but you are feeling pressured to do something that makes you uncomfortable, that is NOT love!
- Doing something that “feels good” to your body but you know is not right or appropriate, hurts and endangers your soul. Any sexually intimate act with someone who is not your husband or wife is sinful and robs you of your dignity. You are worth so much more!
- Everyone is NOT doing it! Don’t fall into the guilt trap of thinking that you are the only person who is not doing it. Don’t give into peer pressure. Surround yourself with a boyfriend or girlfriend and friends who support your decision to wait and who are waiting themselves.

You are too important and special to compromise these boundaries for being in a relationship.

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PART NINE ~ USING GOOD JUDGMENT/INTERNET SAFETY(~5 minutes)

Just as it is important to have boundaries in dating, it is just as important to have personal boundaries on the internet. 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 and 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. They may try to give you a gift or a ride home or to 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 should not talk to people online or on cell phones that we do not know. This includes people we don't know on Facebook/Instagram, in chat rooms, on video games, in emails, or through text messages. If you use a computer and someone tries to become friends with you or chat or make plans to meet and you don't know this person, do not talk to them. Do not meet them. Do not give out any 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. Moreover, any pictures sent through your phone or a webcam can be stored on the internet or sent around to people without your permission. Always remember that whatever you post on the internet by computer 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 is always good to have boundaries for yourself when using the internet, playing video games, or texting.

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

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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 stay 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

Jesus is the Truth, and He wants us to know him and follow Him. We can know what is good and right through using our well-formed conscience. Help us, Lord, to pray and stay close to you as we make all of our decisions in our day. Jesus wants us to be safe and have inner peace and joy. He gave us the gifts and tools to make good choices and to know how to stay away from danger. Help us to follow His example and be open to His love, mercy, and forgiveness when we stray from His path. Help us, Lord, to always come back to you with love.

Adapted from Diocese of Harrisburg

ASSESSMENT

Ask student to complete the following assessment materials:

- Inappropriate vs. appropriate behaviors
- Self reflection on Challenges in Living My Faith
- Harassment and Abuse Flow Chart
- Virtue Weekly Calendar
- Boundaries in Dating

TEACHER RESOURCES COVER PAGE

- NO, GO, TELL chart
- Harassment definition card
- Examples of Abuse list
- Three column abuse chart
- Thoughts/feelings/actions/consequences chart
- Harassment/abuse stories
- Temperance definition card
- Chastity definition card
- Ways to Live a Pure Life list

NO

GO

TELL

HARASSMENT:

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

Examples of Abuse

Physical Abuse: An action that causes a physical injury that was not an accident. This includes beatings, burning someone, breaking bones, causing internal injuries, starving or denying water, as well as exposure to extreme heat or cold. Signs of abuse may include serious or unexplained bruises, welts, scars, and burn marks.

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

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

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

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

Types of Abuse

Thoughts/Feelings/Actions/Consequences

Story #1

Character	Thoughts	Feelings	Actions	Consequences
Tess				
Brian				
Brian's mother				

Story #2

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

Harassment Scenarios

(From the Diocese of Madison Safe Environment 8th Grade lesson plan)

Story #1:

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

Story #2:

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

TEMPERANCE:

Temperance is self-control, self-mastery, and moderation with 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 – take little steps in the right direction every day

2. **Purify your mind**

- Stay away from junk food of the mind (inappropriate images, song lyrics, websites, etc.) With exposure, we become numb to bad behavior and offensive content.

3. **Purify your body**

- Dress modestly. Remember to “Cover your B’s.”
 - For girls this means to cover your breasts, belly, back, butt, and bra or other undergarments
 - For guys this means to cover your 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 someone fails or sins or gives 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
- Place 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

- Inappropriate vs. appropriate behaviors (Resource A)
- Self reflection on Challenges in Living My Faith (Resource B)
- Harassment and Abuse Flow Chart (Resource C)
- Virtue Weekly Calendar (Resource D)
- Boundaries in Dating (Resource E)

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		
Texting a naked picture of yourself		
Being alone in your boyfriend's bedroom with him		
Touching your younger brother in his groin area		
Helping to get your younger siblings 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 _____

Self Reflection on Challenges in Living My Faith

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

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

Name _____

Harassment and Abuse Flow Chart

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

What are the three different forms of abuse?

- _____
- _____
- _____

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

- _____
- _____
- _____

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

- _____
- _____
- _____

Name _____

Virtue Weekly Calendar

Fill in the calendar for this week with a way that you will work to exercise the virtue of chastity. 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		

Name _____

Boundaries in Dating

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

Boundary #1: _____

Boundary #2: _____

Boundary #3: _____

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".



REAL FRIENDSHIP IS TRULY **SELFLESS**. TRUE FRIENDSHIP IS A TYPE OF LOVE THAT IS **GOD-LIKE**. THE GREAT THING ABOUT FRIENDSHIP IS THAT YOU WILL **ALWAYS** HAVE TRUE FRIENDS IN YOUR LIFE.

THEY'LL BE THERE IN **FUN TIMES** AND IN **BAD TIMES** TOO. ISN'T IT GOOD TO KNOW THAT YOU COME CLOSER TO **GOD** JUST BY BEING FRIENDLY?



Friendship is Love



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)