

**Diocese of Phoenix
Catholic School Safe Environment Curriculum**

Name of Lesson:	Safe Environment –Grade 7 - Boundaries
Length:	1-2 class periods – (approximately 1 hr)
Objectives:	
<p>USCCB Charter for the Protection of Children and Young People requires all students be given safe environment training. This training will reinforce the initial CTP for Youth provided in 6th and 9th grades with particular emphasis on:</p> <ul style="list-style-type: none"> • Reviewing definition of the three types of boundaries • Impact of culture and media on defining boundaries • Examine risks of environmental situations and where boundary violations can occur • Understand that abuse is never their fault, and the importance of telling a trusted adult if they or someone they know has experienced abuse or boundary violations 	
Materials Needed:	
<p>Prep – Digital devices (flash drive, lap top, iPad, computer) for students to create a 3 slide PowerPoint - Ability to present to a group</p>	
Terms to Clarify:	
Physical Boundaries, Emotional Boundaries, Behavioral Boundaries, media sources, environmental situations, risk, appropriate behavior	
Procedures:	
<p>Opening Prayer: Psalm 139: 13-14 “For You formed my inward parts; You wove me in my mother's womb. I will give thanks to You, for I am fearfully and wonderfully made; Wonderful are Your works, And my soul knows it very well.”</p> <p>Review the three types of boundaries with students. (Handout attached) Name examples.</p>	
<ul style="list-style-type: none"> • Define environmental situations such as movies, videos, internet, music, T.V., which display confusing messages of personal boundaries to minors. Teacher will record student responses for display in a T chart. • Small groups of five or less to create a 3 slide PowerPoint of appropriate environmental situations they may encounter in daily life. The students will present to the class and explain the difference between appropriate and inappropriate boundaries. • Discuss that if someone is sexually abusing them or making them feel uncomfortable with boundary violations, it’s not their fault, they have done nothing wrong, and that they should tell their parents or another trusted adult – and keep telling until the abuse stops. 	

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Each student creates a “Treasure Chest” with ideas and strategies that will empower the students to make good choices.

Ideas for Treasure Chest –

- Ideas of how to determine the people who are close to you
- Names of 2 trusted adults to talk with
- Ideas of how to say no or get out of a situation when it becomes uncomfortable

Closure:

In small groups students will share “Treasure Chest” with classmates and take home.

Closing Prayer:

God, our Father, we pray that You will protect our children.

Keep them safe from harm and help them to grow healthy in mind and body.

Give them enough strength to keep their faith in You,
and keep alive their joy throughout their lives.

We ask this through Christ, our Lord. Amen.



“Treasure Chest” is a list of ideas and strategies that you will use to keep appropriate boundaries.

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Name of Lesson:	Safe Environment - Grade 7 - Internet Safety & Cyber bullying
Length:	1-2 class periods
Objectives:	
<p>USCCB Charter for the Protection of Children and Young People requires all students be given safe environment training. This training will reinforce the initial CTP for Youth provided in 6th and 9th grades with particular emphasis on:</p> <ul style="list-style-type: none"> • Define cyber bullying • Discuss possible consequences of pranks and cyber bullying using technology (i.e. Cell phones, Internet, etc) • Review tips to stop cyber bullying 	
Materials Needed:	
<ul style="list-style-type: none"> • Computer/Laptop • Projector • Internet Access • Chart Paper & Markers • Lined Paper & Pen/Pencil (per student) • Visit www.netismartz.org/RealLifeStories <ul style="list-style-type: none"> ○ Two Kinds of Stupid – Edwardo learns that putting inappropriate pictures online is two kinds of stupid. (3 mins 4 secs) - (Discussion Guide, Activity Cards, and Tips Sheets found on website above) ○ You Can't Take it Back – A teen regrets his participation on a website created to rate others at his school. (1 min 37 secs) - (Activity Cards and Tips Sheets found on website above) ○ Broken Friendship (Cyberbullying) – A friendship is broken when a teen gives her best friend's password to some other girls at school. (1 min 50 secs) - (Activity Cards and Tips Sheets found on website above) • Tips to Help Stop Cyberbullying (handout) from: http://www.connectsafely.org/pdfs/cyberbullying.pdf • Pre-Information Survey on cyber bullying <p>Additional resources for teachers:</p> <ul style="list-style-type: none"> • http://www.netismartz.org • http://www.connectsafely.org/ 	
Terms to Clarify:	
<p>Vocabulary from www.netismartz.org– (The following vocabulary words are just some examples of terminology that you may come across or be exposed to while exploring all forms of media.)</p> <p>Cyberbullying - sending or posting harmful or cruel text or images using the internet or other digital communication devices.</p>	

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Cyberstalking/Harassment - Terms that can refer to the online enticement of children; rude or threatening messages; slanderous information; or repeated, unwanted messages. **Flaming** - Sending a deliberately confrontational message to others on the internet.

E-Mail (electronic mail) - A service that allows people to send messages with pictures and sounds from their computer to any other computer in the world. To send someone an e-mail message you need an e-mail account and to know the other person's e-mail address. **Instant Messaging (IM)** - A service that allows people to send and get messages almost instantly. To send messages using Instant Messaging you need to download an Instant-Messaging program and know the Instant-Messaging address of another person who uses the same Instant-Messaging program. This is often done through smart phone apps.

Mouse Trapping - A commonly used technique by pornography sites where a user gets "locked" in a website. While surfing the internet it is possible to click a website and have multiple undesirable websites open. When this happens, you often cannot close or back out of the sites and must close your web browser completely.

Netiquette - Courtesy, honesty, and polite behavior practiced on the internet.

Online Grooming - Using the internet to manipulate and gain trust of a minor as a first step towards the future sexual abuse, production, or exposure of that minor. Sometimes involves developing the child's sexual awareness and may take days, weeks, months, or in some cases years to manipulate the minor.

Password - The secret word you use when signing onto the internet or an online service that helps to confirm your identity.

Pharming - An online scam that attacks the browser's address bar. User's type in what they think is a valid website address and is unknowingly redirected to an illegitimate site that steals their personal information.

Phishing - An online scam that uses e-mail to "fish" for users' private information by imitating legitimate companies. People are lured into sharing user names, passwords, account information or credit card numbers. The phishing e-mail usually contains a link to an illegitimate site. Scammers copy the look of a website to set up a nearly identical page, one that appears to be part of that company's site.

Social Networking Site - A social networking site is a website specifically focused on the building and verifying of social networks for whatever purpose. Many social networking services are also blog hosting services. As of 2005, there are over three hundred known social networking websites.

Trusted Adult - Someone who will help protect you and make you safer. Trusted adults can be people like family members, caregivers, family friends, teachers, counselors, coaches, clergy members, youth leaders, and law-enforcement officers.

Procedures:

Opening Prayer: (or Teacher Choice)

God, our Father, we pray that you will protect our children.
Keep them safe from harm and help them to grow healthy in mind and body.
Allow Your love to move in all of us and strengthen us to do Your will each day.
We ask this through Christ, our Lord. Amen.

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Introductory

- Discuss Pre-Information Survey

Part 1

Watch video clip: “Two Kinds of Stupid” -

<http://www.netsmartz.org/RealLifeStories/TwoKindsOfStupid>

Use the discussion guide (found on webpage above).

Part 2

- Watch video clip “Cyber bullying: You Can’t Take it Back”:
<http://www.netsmartz.org/RealLifeStories/CantTakeItBack>
- Use the Activity Card for *Middle School (Ages 11-13): Cyber bullying: You Can’t Take It Back* (found at bottom of webpage above)
Ask the following questions:
 - How do you think the victims felt? (possible answers: humiliated, embarrassed, angry)
 - Have you ever been ridiculed before? How did it feel?
 - Why did the boy rate the girls? (possible answers: he was insecure; he wanted to be popular; he wanted to hurt or embarrass the girls)

Activity:

- Divide students into small discussion groups. Give everyone the discussion question worksheet (Attachment 1 – found in the Activity Card for Middle School (Ages 11-13). Assign one student in each group to be the discussion group leader, or you may ask each student to be the discussion leader for specific questions. Students can use the chart paper and markers to brainstorm their ideas. After students have had ample time to discuss, have the group leaders report their findings.

Part 3

- Watch video clip “Cyber bullying: Broken Friendship”:
<http://www.netsmartz.org/RealLifeStories/BrokenFriendship>
- For the following activity and questions use the Activity Cards: *Cyber bullying: Broken Friendship* (Middle School (Ages 11-13))
- On Chart Paper- Make a class list of things we use passwords for: (i.e. E-mail, Instant Messenger, websites, bank accounts, etc.)
- Why do you think the girl in the story gave her password to her best friend?
- Was it a good reason?
- What types of things can happen to her now that her password is out? (possible answers: her e-mail can be tampered with; people can assume her identity online; her bank or shopping accounts can be tampered with.)
- What should the girl do right away? (possible answers: change her password; tell her parents or guardian; contact her bank.

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Closure:

- Hand out *Tips to Help Stop Cyber bullying* from: <http://www.connectsafely.org/pdfs/cyberbullying.pdf> to students. Review tips with students and have students take home to share with their parent(s)/guardian.
- (Optional Activity) Ask students: *What would you do if you heard that a friend was going to rate some other students on the Internet?* Ask students to write a paragraph about what they would say to their friend. Ask volunteers to share their writing. (Individual or Group Activity)
- Questions/answer session: Students can share a few personal stories without using names (if appropriate.)

Closing Prayer:

Father and maker of all, you adorn all creation with splendor and beauty,
and fashion human lives, in your image and likeness.

Awaken in every heart reverence for the work of your hands, and renew among your people
a readiness to nurture and sustain your precious gift of life.

Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity
of the Holy Spirit, God forever and ever. Amen



Jason Smith



Save

About

- Born: January 21, 1988
- Work: South Coast Technology Center (Phoenix)
- Relationship: Mallory Claire Rodriguez
-

Sponsored Links

Friends (click here to change title)



Mallory Claire Rodriguez



type here



type here

Add a post!

(TIP 1: You can add hyperlinks and links to YouTube/Vimeo videos too!)

(TIP 2: You can click on any image that appears to change it!)

Name Date

Write something....



Post



Mary Grace G

12/24/2014

Jason.....we are all waiting for you at the airport! Can't wait for your week visit with all of us. Be safe. Call us when you land.....602-555-7777

Like · Comment · Edit · Delete



Jason Smith GREAT! See you in a few hours!
Like · Edit · Delete



Mary Thiels



Save

About

- Born: February 25, 1990
- Home: 1515 N. 12th St., Tucson, AZ
- Work: St. Mary's Catholic Church (Tucson)
- Cell: 602-555-1212

Sponsored Links



John Jackson



Susan Price



Anne Marie
Horace

Add a post!

(TIP 1: You can add hyperlinks and links to YouTube/Vimeo videos too!)

(TIP 2: You can click on any image that appears to change it!)

Name Date

Write something....



Post



John Jackson

1/25/15

Hey Mary my love! I can't wait for us to meet up at the National meeting next week. We definitely need to catch up. Why don't we meet at the Italian restaurant on Beale St. for dinner on Tuesday. Call me to confirm. 602-555-7777

Like · Comment · Edit · Delete



Mary Thiels Sure thing. My number is on my profile. I'll give you a call.

Like · Edit · Delete



Hannah Price



Save

About

- Born: July 12, 1998
- School: Model Farms
- Contact info: Just ask
- Relationship: Single

Sponsored Links

Add a post!

(TIP 1: You can add hyperlinks and links to YouTube/Vimeo videos too!)

(TIP 2: You can click on any image that appears to change it!)

Name Date

Write something....



Post



Missy Allen

1/17/2015

Hey Han! I loved the picture of all of us so I made it my profile pic too!
My parents are leaving on a work trip for a week, wanna come over?

Like · Comment · Edit · Delete



Matt James

1/14/2015

Hey Han! Was just thinking of coming to youth group with you on Sunday after the 10am Mass. Want to go together? Text me: 602-555-7890

Like · Comment · Edit · Delete



Hannah Price Matty.....sounds great!

Like · Edit · Delete

Friends (click here to change title)



Matt James



Missy Allen



type here



Marcos Lee



Save

About

- Born: Yes I was!
- Live: Phoenix, AZ
- School: Yes to this too! Wish I was graduating this year instead of next!
- Contact info: message me on here and I'll send you my number
- Relationship: Mary James

Add a post!

(TIP 1: You can add hyperlinks and links to YouTube/Vimeo videos too!)
 (TIP 2: You can click on any image that appears to change it!)

Name Date

Write something....



Post

Friends (click here to change title)



Mary James



Chris Prejean



Sally Joseph



Sally Joseph

1/28/2015

MARCOS! I'm so glad you accepted my friendship on FB! It would be great to have you all over one night next week for dinner. Talk to your parents and let us know. You can email me at sjoseph@abc.net

Like · Comment · Edit · Delete



Mary James

1/25/2015

Hey cutie! I am so excited we are going to the Jr/Sr Prom together! We will have a blast with everyone this Saturday! Go Wildcats?

Like · Comment · Edit · Delete



Marcos Lee Yes! I agree! It will be a blast!

Like · Edit · Delete

Pre-Information Survey on Cyber Bullying

How common is Cyber bullying?		
Out of 100 students in grades 6-8:		
1.	How many said they have been cyberbullied at least once in the last couple of months?	
2.	How many said they cyber bullied another person at least once in the last couple of months?	
3.	How many said they cyber bullied another person two or more times?	
Out of 100 students between the ages of 6 and 11:		
4.	How many reported that someone said threatening or embarrassing things about them through any electronic communication or social media?	
Out of 100 students between the ages of 10 and 17:		
5.	How many reported being involved in online aggression?	
6.	How many reported they were the online aggressor?	
7.	How many reported being a target of online aggression?	
8.	How many reported being both the aggressor and target of online aggression?	
Out of 100 students between the ages of 12 and 17:		
9.	How many reported that someone said threatening or embarrassing things about them through any electronic communication or social media?	

Who are the victims and perpetrators of Cyberbullying?		
Out of 100 students between the ages of 6 and 8:		
10.	Which gender of students was about twice as likely to be victims and perpetrators of Cyberbullying?	Boys Girls
11.	How many have been cyber bullied by another student at school?	
12.	How many have been cyber bullied by a friend?	
13.	How many have been cyber bullied but did not know who had cyber bullied them?	
14.	How many have cyber bullied another student at school?	
15.	How many have cyber bullied a friend?	

Out of 100 students between the ages of 6 and 11:		
16.	How many have received cyber bullying messages while at school?	
17.	How many have received cyber bullying messages at home?	
18.	How many have received cyber bullying messages while at friend's house?	
Out of 100 students between the ages of 12 and 17:		
19.	How many have received cyber bullying messages while at school?	
20.	How many have received cyber bullying messages at home?	
21.	How many have received cyber bullying messages while at friend's house?	

Do students tell if they are cyber bullied?		
Out of 100 students between the ages of 6 and 11 who have been cyber bullied:		
22.	How many have told their parents about their experience?	
23.	How many have told a teacher?	
24.	How many have told a friend?	
25.	How many have told a brother or sister?	
26.	How many have told no one?	
Out of 100 students between the ages of 10 and 17 who have been cyber bullied:		
27.	How many have told their parents about their experience?	
28.	How many told a teacher?	
29.	How many have told a friend?	
30.	How many have told a brother or sister?	
31.	How many have told no one?	

Pre-Information Survey on Cyber Bullying – **Teacher Version**

What is your best estimate? Place number of students in the last column. (1-100)

How common is Cyber bullying?		
Out of 100 students in grades 6-8:		
1.	How many said they have been cyberbullied at least once in the last couple of months?	18
2.	How many said they cyber bullied another person at least once in the last couple of months?	11
3.	How many said they cyber bullied another person two or more times?	2
Out of 100 students between the ages of 6 and 11:		
4.	How many reported that someone said threatening or embarrassing things about them through any electronic communication or social media?	17
Out of 100 students between the ages of 10 and 17:		
5.	How many reported being involved in online aggression?	19
6.	How many reported they were the online aggressor?	15
7.	How many reported being a target of online aggression?	7
8.	How many reported being both the aggressor and target of online aggression?	3
Out of 100 students between the ages of 12 and 17:		
9.	How many reported that someone said threatening or embarrassing things about them through any electronic communication or social media?	36

Who are the victims and perpetrators of Cyberbullying?		
Out of 100 students between the ages of 6 and 8:		
10.	Which gender of students was about twice as likely to be victims and perpetrators of Cyberbullying?	Boys Girls
11.	How many have been cyber bullied by another student at school?	62
12.	How many have been cyber bullied by a friend?	46
13.	How many have been cyber bullied but did not know who had cyber bullied them?	55
14.	How many have cyber bullied another student at school?	60

15.	How many have cyber bullied a friend?	56
Out of 100 students between the ages of 6 and 11:		
16.	How many have received cyber bullying messages while at school?	45
17.	How many have received cyber bullying messages at home?	44
18.	How many have received cyber bullying messages while at friend's house?	34
Out of 100 students between the ages of 10 and 17:		
19.	How many have received cyber bullying messages while at school?	30
20.	How many have received cyber bullying messages at home?	40
21.	How many have received cyber bullying messages while at friend's house?	25

Do students tell if they are cyber bullied?		
Out of 100 students between the ages of 6 and 11 who have been cyber bullied:		
22.	How many have told their parents about their experience?	51
23.	How many have told a teacher?	27
24.	How many have told a friend?	44
25.	How many have told a brother or sister?	31
26.	How many have told no one?	16
Out of 100 students between the ages of 10 and 17 who have been cyber bullied:		
27.	How many have told their parents about their experience?	35
28.	How many told a teacher?	9
29.	How many have told a friend?	72
30.	How many have told a brother or sister?	35
31.	How many have told no one?	16