

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

Name of Lesson:	Safe Environment – Grade 9 Human Dignity and Boundaries
Length:	1 class period – 40 minutes
Objectives:	
<p>USCCB Charter for the Protection of Children and Young People requires all students be given safe environment training. This training will particular emphasis on:</p> <ul style="list-style-type: none"> • Recognize that each person has dignity and is made in the image and likeness of God • Identify the three types of boundaries and recognize boundary violations in daily life • Understand the impact of boundary violations on the dignity of human persons • 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>Catechism of the Catholic Church General Overview of Boundaries Sheet Handout for reporting abuse (used by teacher if a student discloses abuse) - Available at www.safeenvironmenttraining.org</p>	
Terms to Clarify:	
<ul style="list-style-type: none"> - Dignity <ul style="list-style-type: none"> • We are created in God’s image and likeness. (CCC 357) • Our human dignity is given to us by God - Boundaries <ul style="list-style-type: none"> • A boundary is something that marks a limit, like a fence or the lines on a basketball court. We need to be aware of our boundaries as they protect and uphold our dignity. 	
Procedures:	
<p>Opening Prayer</p> <ol style="list-style-type: none"> 1. Open with Scripture and prayer - Gn 1:27 (or other prayer) <p>Dignity of the Human Person</p> <ul style="list-style-type: none"> • We are all created in the image and likeness of God • Ask – what does it mean to be created in God’s image? • God loves us and wants us to be safe and treated with respect <p>Dignity –</p> <ul style="list-style-type: none"> • Catechism of the Catholic Church #1700 “The dignity of the human person is rooted in his creation in the image and likeness of God; it is fulfilled in his vocation to divine beatitude. It is essential to a human being freely to direct himself to this fulfillment. By his deliberate actions, the human person does, or does not, conform to the good promised by God and attested by moral conscience. Human beings make their own contribution to their interior growth; they make their whole sentient and spiritual 	

lives into means of this growth. With the help of grace they grow in virtue, avoid sin, and if they sin they entrust themselves as did the prodigal son¹ to the mercy of our Father in heaven. In this way they attain to the perfection of charity.”

Boundary and Statics Review

- We are called to an overall respect of the boundaries of others, in addition to our own.
 - Human dignity is protected through respecting our physical, emotional and behavioral boundaries.
 - Refer to **General Overview of Boundaries** sheet
- Review the three types of boundaries
- Physical – Who can touch you, how much they can touch you, where they can touch you
- Emotional – How close you feel to a person, How much time you spend with a person, What information you share with a person
- Behavioral– Things you will do and things you won't do
- Review the statistics given in previous years: “1 in 4 girls and 1 in 6 boys will be sexually abused before the age of 18 and 30% of the time is happens in the family structure; 60% of the time, it is someone the child knows and in 10% of cases it is with strangers.

Disclosing

- Why is it important to tell when boundaries (even small ones) are violated?
- Why is it important to tell when we know that our friend is experiencing boundary violations or abuse?
- Why it is important to keep telling until someone hears them and that the situation is resolved?

Group Discussion

Small Group Discussion:

- What are your boundaries?
- Why do we need boundaries?
- What are some examples of boundary violations?
- How do your boundaries change with your families, friends, or school?
- If your boundaries were violated what would you do?
 - Have you developed a personal plan of action by naming and talking to three people you will disclose violations to, should the need arise?
 - Close your eyes, and think of the 3 trusted adults you could tell.

Large Group Discussion:

- Sharing of small group discussion

Closing

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 person they trust – and keep telling until the abuse stops.

Closing Prayer:

Prayer of Healing for Victims of Abuse - (+ John F. Kinney, Bishop of Saint Cloud Imprimatur, given May 15, 2002)

Praise to you, Father of our Lord Jesus Christ,
source of all consolation and hope.
By your Son's dying and rising
He remains our light in every darkness,
our strength in every weakness.
Be the refuge and guardian
of all who suffer from abuse and violence.
Comfort them and send healing
for their wounds of body, soul and spirit.
Rescue them from bitterness and shame
and refresh them with your love.
Heal the brokenness in all victims of abuse
and revive the spirits of all who lament this sin.
Help us to follow Jesus in drawing good from evil, life from death.
Make us one with you in your love for justice
as we deepen our respect
for the dignity of every human life.
Giver of peace, make us one in celebrating your praise,
both now and forever. Amen.

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

General Overview for all Sessions

NATIONAL STATISTICS

1 in four girls will be sexually abused by the age of 18

1 in six boys will be sexually abused by the age of 18

BOUNDARY DEFINITION

Something that marks a limit, like a fence or the lines on a basketball court

3 TYPES OF BOUNDARIES	EXAMPLES OF BOUNDARY VIOLATIONS
Physical <ul style="list-style-type: none">• Who can touch you• How much they can touch you• Where they can touch you	Physical <ul style="list-style-type: none">• Massages and wrestling by adults• Adults touching private areas• Inappropriate kissing
Emotional <ul style="list-style-type: none">• How close you feel to a person• How much time you spend with a person• What information you share with a person	Emotional <ul style="list-style-type: none">• Inappropriate questions about minors sexuality• Asking too personal of questions• Adult approaching minors inappropriately on the internet
Behavioral <ul style="list-style-type: none">• The things you will do• The things you will not do	Behavioral <ul style="list-style-type: none">• Giving minors beer, drugs, pornography• Asking minors to keep secrets from parents

REINFORCE IN EVERY LESSON

- When abuse or a boundary violation occurs it is the adult that is in the wrong; it is never the minor's fault.
- If the minor is ever uncomfortable with the actions of an adult they need to tell a trusted adult and keep telling until they are heard.

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

Name of Lesson:	Grade 9 - Safe Environment Cyber-Safety: Social Media
Length:	1 class period – 40 minutes
Objectives:	
USCCB Charter for the Protection of Children and Young People requires all students be given safe environment training. This training will particular emphasis on: <ul style="list-style-type: none">• Recognize that each person has dignity and is made in the image and likeness of God• Identify the three types of boundaries and recognize boundary violations in daily life• Understand the impact of boundary violations on the dignity of human persons• Analyze the influence of technology has in pushing boundaries• 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:	
Short videos from Netsmartz Savvy Social Media and Messaging Activity Sheets “Think About It” flyer	
Terms to Teach and/or Clarify:	
CyberBullying: <i>when people are mean to one another using technology – social media, messaging or using the internet in any manner.</i>	
Friend: <i>a person you interact with in a healthy way in person as opposed to someone you have never met face to face.</i>	
Cyber-Friend: <i>a person you have never interacted with face-to-face.</i>	
Procedures:	
<u>Opening Prayer:</u> God, we ask that you keep us all safe in all things, especially while using any type of media. Protect us from those who want to do harm to us and help us to continue to use all media in respectful ways. Be always at our side to keep a wholesome heart now and forever. We ask this through Christ, our Lord. Amen.	
Ask: <i>How would you handle it if someone tried to flirt with you on the street?</i> Students may respond that it depends whether they know the person or not. They may also say it depends on whether the person is someone their own age or much older. <ul style="list-style-type: none">• Point out that they need to go through the same thought process when they are online.	

Diocese of Phoenix
Catholic School Safe Environment Curriculum

- Distribute Online Talk and Messaging Activity Sheet.
 - Have students read about Kaylee and Jason and write answers to the questions posed. Allow volunteers to share their responses. NOTE: Postpone discussion until students have read and applied the information on the entire Activity Sheet.
 - Invite students to share their own stories of feeling uncomfortable while talking or messaging online.
 - Make sure students understand that it is inappropriate for adults to flirt or exchange sexual messages with kids and teens—online or offline. NOTE: Most young people know when they are talking to adults online and recognize their sexual interests. Some young people may develop strong feelings for the adults that result in consensual offline meetings. Researchers indicate that the riskiest behavior for teens is to engage in sexual talk or to share provocative photos with adults they meet online.
 - Make sure students fully understand the safety rules in the Be CyberSmart! section by asking them to make up a scenario in which each rule would be applied.
- Have students revisit the Activity Sheet and discuss how their answers might be improved. Guide students to consider the following in their discussion.
 - What made Kaylee feel uncomfortable? Kaylee felt uncomfortable when someone asked her to participate in sending sexual messages over the Internet. Sexual talk with people only known online is risky behavior. Flirting with people she does not know face to face is also risky, since it might encourage the person to pursue an offline sexual relationship.
 - Kaylee might have assumed 2HotMike was her age because he liked the same music as she does. Realizing that he was an adult, she felt sick to her stomach. Make sure students understand that sexual activity—even online—between adults and young people is inappropriate.
 - Is it okay for Jason to give his address? If Jason had been flirting or sending sexual messages to this person, it would be risky to give his address. If Jason has only talked about playing the game, he should ask his parents' permission before giving out his address.
 - At what point should alarm bells go off in Jason's head? Like all kids who talk online, Jason should stay alert for people who steer talk and messages toward sexual topics.
 - What are some ways Jason might respond to stay safe? Jason should sign off and block any further contact if someone he only knows online tries to engage in sexual talk or messaging. He should also ask a trusted adult for help.
- Send home the “Think About It” flyer for students to discuss with their parents.

Check for Understanding/Assessment:

Show a few Netsmartz videos

- **Ask:** *What are some positive reasons to talk and send messages online?* (Answers will vary but may include keeping in touch with friends and family; to talk about music, games, hobbies, and sports.)
- **Ask:** *In what online situations should your alarm bells go off to tell you that you are at risk?*

Diocese of Phoenix
Catholic School Safe Environment Curriculum

(When talk with people you know only online turns to sex.)

- **Ask:** *What are some rules for staying safe when talking and messaging online?* (Stick to monitored chat, save private messaging for family and face-to-face friends, don't flirt or talk about sex with people online, don't reply to anything that makes you feel uncomfortable, tell a trusted adult when someone bothers you online, never plan to meet a person you met online.)

Common Cyber Dangers

Predators gather information from the kids online, give them false information, use it to get to the kids in an unhealthy way.

- Photos can give more information about a person than they want revealed (even your exact location)
- What happens online does not always stay online (what you post could come back to haunt you later on)
- Bullying is not limited to face to face anymore

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



Savvy Social Media and Messaging

Kaylee is 15 and on a social networking site posting about her favorite music artists. Someone with the screen name 2HotMike really seems to know his music and they begin sending messages to each other. After some time, the talk wanders from music to other topics. Kaylee and 2HotMike begin to flirt. It seemed innocent at first, but then things started to get intense. 2HotMike started asking Kaylee to send him pictures of her and wanted her to start sexting him. Kaylee then began to feel uncomfortable because she knew that sexting meant 2HotMike wanted her to send him sexual pictures or messages. Soon 2HotMike sent Kaylee a message telling her that he had to go because he had to go pick up his kids. Kaylee then got a really sick feeling in her stomach.

What's the Problem? What made Kaylee feel uncomfortable?

Jason is 17 and enjoys playing a multiplayer online role-playing game. The game involves players from all over the world. Sometimes while playing, he messages other players, usually swapping game strategies. He frequently runs into one particular player, whom he recognizes by his character. The player offers to send Jason a book about gaming tips. Jason wonders if he should give his address.

What's the Problem? Is it okay for Jason to give his address? At what point should alarm bells go off in Jason's head? What are some ways Jason might respond to stay safe?

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

Think About It - Using social media and messaging are great ways to keep in touch with friends and family. It's also a great way to talk to other people about music, sports, games, and hobbies. However, when you talk with people you don't know face to face, you have to stay alert.

Flirting is normal among high school kids. When it is done face to face, it might feel comfortable. But it can quickly become uncomfortable online—even when it's with kids you know. That's because kids say things online to one another that they might not say if they were face to face. So if it feels uncomfortable to you, just don't do it.

BE CYBER-SMART!

When you talk online with people you don't know face to face, flirting and sending sexual messages or pictures is risky behavior. For one thing, they might be adults, not kids. For another, whatever you post online is on the internet forever, even if you delete something. If you've been flirting with someone you haven't met in person and are asked for your address, or to send someone pictures, you should hear that safety alarm ringing in your head.

- Stick to using social media sites you're comfortable with that have strong security settings.
- Save private messaging for family and real life friends.
- Don't flirt or talk about sex with people you don't know face to face.
- Don't answer questions online that make you feel uncomfortable.
- Tell a trusted adult if someone bothers you online.
- Never plan a face-to-face meeting with someone you met online.

