

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

Name of Lesson:	Safe Environment – Grade 11 Relationships 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 have a particular emphasis on:</p> <ul style="list-style-type: none"> • 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:	
<ol style="list-style-type: none"> 1. Bible 2. Handout for reporting abuse (used by teacher if a student discloses abuse) - Available at: www.safeenvironmenttraining.org 	
Terms to Clarify:	
<p>Self Esteem Relationships Human dignity – Because we are all created in God’s Image, we all have an inherent human dignity and deserve respect (we reflect the Image and likeness of God in our intellect, freewill and conscience) Personalist Principle</p>	
Procedures:	
<p>Open with Scripture and/or prayer</p> <p style="text-align: center;"><u>God’s Image and Likeness (St. Catherine of Siena)</u> Eternal Father, you said, "Let us make mankind in our image and likeness." Thus, you were willing to share with us your Own greatness. You gave us the intellect to share your truth. You gave us the wisdom to share your goodness. And you gave us the free will to love that which is true and just. Why did you dignify us? It was because you looked upon us and fell in love with us. It was love which first prompted you to create us; and it was love which caused you to share with us your truth and goodness. Yet your heart must break when you see us turn against you. You must weep when you see us abusing our intellect in pursuit of that which is false. You must cry with pain when we distort our wisdom in order to justify evil. But you never desert us. Out of the same love that caused you to create us, you have now sent your only Son to save us. He is your perfect image and likeness, and so through Him we can be restored to your image and likeness. Amen.</p> <ol style="list-style-type: none"> 1. Review the three types of boundaries <ul style="list-style-type: none"> <u>Physical</u> – Who can touch you, how much they can touch you, where they can touch you <u>Emotional</u> – How close you feel to a person, How much time you spend with a person, What information you share with a person <u>Behavioral</u>– Things you will do and things you won’t do 	

Instructional input:

1. The whole class should brainstorm: Name the different kinds of relationships that you are involved in
 - Family, friends, dating, boss, etc.

Three types of friendship:

Useful – A relationship that is convenient, or with whoever happens to be near them (such as a neighbor, classmate or teammate)

- There is nothing wrong with having a useful friend
- Asking friends for favors is okay
- We must keep the Personalist Principle in mind that we can't use our friends

Pleasant – A relationship with someone whom you share common interests in and enjoy each other's company

- This type of friendship is common among teens and is okay as long as the Personalist Principle is kept in mind
- If a friendship is based in just pleasant, you may be using them if you are only friends with them when they are pleasant

Virtuous – A friendship that is oriented for the good of the other

- These are your lifelong friends who will show up with a bucket of ice cream when you're having a bad time
- Agape and self sacrificing
- This is the love a marriage should be based on
- Keeps God's will in mind

2. Group discussion

- What are the boundaries you have in those relationships?
- What might be possible violations to those boundaries?
- Name the appropriate roles of adults in your relationships

3. Discuss how boundary violations impact the dignity of the human person and respect for self and others.

4. Discuss that if someone is making them feel uncomfortable, either tell that person to stop or tell a trusted adult and keep telling until it stops.

- Even a friend or someone they are dating can make them feel uncomfortable

5. Discuss that if someone is sexually abusing them, 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.

Personalist Principle – A person must not be merely a means to an end for another person (ask – what does this mean?) – From Pope Saint John Paul II *Love and Responsibility*

Discussion:

- What are some examples of how a relationship might be exploited for use or pleasure?
- How is the virtuous friendship able to recover from the exploitation?
- What are some examples of virtuous relationships? (either in real life, movies or literature)
- What is the difference between use and abuse?
 - Abuse goes against the Personalist Principle and treats the other as an object for their own purposes
 - Reminder if you are being abused it is not your fault, and tell a trusted adult so you can get help

Closure:

Closing prayer for Victims of Abuse att, or prayer of teacher's choice

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.

Types of Relationships

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Amen.

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