

Grade 10

Diocese of Covington Safe Environment curriculum

Topic: Personal Safety

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Approximate Time: 30-40 minutes. (Class Period)

Learning Outcomes		
<ul style="list-style-type: none"> To increase one's understanding of how the Moral Virtues of Prudence, Justice, Fortitude and Temperance are part of good decision-making. Recognize that each person is a unique gift of God deserving respect and dignity. Name behaviors or situations that make a teen feel uncomfortable or unsafe. Learn to avoid dangers and, when not possible, to resist seductions, withstand peer pressure and demonstrate care for others. Build on personal strengths so as to enhance the ability to resist temptation or more aggressive efforts to engage the teens in inappropriate activity. 		
Teaching/Learning Strategies		
<ul style="list-style-type: none"> Lecture, Scripture Study, class discussion This lesson can be applied at any point throughout the year, but may be helpful to do after covering the Gospels or St. Paul's letters. Creative Learning: Discussion and brainstorming of potential situations that may arise with people their age. 		
Values & Attitudes	Resources & Materials	Assessment
<ul style="list-style-type: none"> We are called to make good choices. The Moral Virtues can strengthen our decision-making skills. As Christians, we must protect others and report potential problems. Scriptures teach us that we are called to make good choices and help others. 	<ul style="list-style-type: none"> Bible (John 8:1-11, Philippians 4:8) CCC 1804-1809 (Virtues) CCC 2889 (Sexual Abuse) CCC 1781-1788 (Freedom and Responsibility) <p>CCC=Catechism of the Catholic Church</p>	<ul style="list-style-type: none"> Students will present an understanding of the material through discussion.

Safe Environment/Religious Education Curricular Points
Lesson Plan Components
Resources & Materials

1. *Background Information:*

- 1.1. *The goal of personal safety education and awareness is to prepare young people to deal with physical and/or sexual abuse at the hands of a family member, a friend, or a trusted authority figure, as well as from other young people. It is important to know what these abuses are and how to respond so that effective help can be provided in time of need. In the event of abuse, immediate action is required to protect the young person from further mistreatment. All youth ministry personnel and high school teachers must be familiar with the Diocese of Covington's Code of Conduct and Guidelines for the Prevention of and Response to Sexual Misconduct as well as state law on mandatory reporting of abuse so that proper procedures are followed when abuse is discovered.*
- 1.2. *Adolescents who have been empowered to make good choices, act responsibly, and who have well-developed self-esteem are generally more capable of dealing with a crisis. Victims of child abuse may have difficulty identifying themselves as victims and making appropriate choices. These are some of the insidious and harmful factors in abuse. It is important that teachers and youth ministers model appropriate adult behavior and guide teens in ways that keep their sense of worth intact.*
- 1.3. *With some young people, verbal and emotional abuse is more difficult to deal with than physical or sexual abuse. Adolescents can easily be hurt by the way they are treated emotionally, particularly by family members, peers, and others in authority. It is therefore important that in all sessions with high school youth, "ground rules" for respectful emotional and verbal interaction are established by the facilitator, modeled and practiced.*
- 1.4. *Resources from the Diocese are attached to help you cover/explain safe environment. Please use these as you plan your lesson using this document as a guide.*
- 1.5. *Remember that a letter must be sent home to the parents PRIOR to the lesson occurring. Please make sure to send any "opt out" forms to the Office of Catechesis and Formation. A letter also goes home to the parents AFTER the lesson is complete.*
2. This week we've been discussing the Scriptures as they pertain to Catholic life. Let's look at how the moral virtues can help us when we're faced with some difficult decisions and potentially dangerous situations. Hopefully together we'll be able to talk about them in a way that will make you more aware, better able to avoid and resist them, and should danger become harm, more able to take effective action and be more resilient bouncing back. You don't have to be a victim! You are strong and resilient. You can learn to resist temptation within yourself or from others. Even if the worst happens, you can, with the help of others, bounce back.
3. Open with prayer (see attached).
4. Let's begin by discussing what is meant by the word "abuse." Bring out the range of abuse: neglect, physical, sexual and emotional.
5. Learn the warning signs that indicate potential trouble.

6. Internet dangers: chat rooms, solicitation, sexting, and pornography.
 - 6.1. Moral Virtue of Prudence
7. The role of alcohol and drug use: disinhibition (how they lower inhibitions) and the legal age where people can use them.
 - 7.1. Moral Virtue of Fortitude
 - 7.2. Moral Virtue of Temperance
8. Sexual acting out by among peers: this includes date rape (criminal behavior) and violations of chastity (moral). It can be posed also as an issue of respect for others.
 - 8.1. Moral Virtue of Temperance
9. Resisting the illicit attentions from an adult or pressure from peers, boyfriend/girlfriend.
 - 9.1. Moral Virtue of Fortitude
10. Summarize the meaning of appropriate boundaries with all adults and among peers. (see handout)
 - 10.1. Moral Virtue of Prudence
11. Telling someone is a critical message. Youth who don't keep the abuse a secret are less likely to carry shame and guilt for the long term. Help is available, but if no one knows, it's much harder to get for the person being abused the life God intended – safe from abuse, fear and shame.
 - 11.1. Moral Virtue of Justice
12. What is the mandated reporting law? Bring out the responsibility of adults who learn of possible abuse to a minor. Discuss the reason for the law and why it makes sense for the youth to assist in bringing information forward. **Reporting helps the abused to get help.** Everyone has a right to get the help they need in order to live life the way God intended.
 - 12.1. Moral Virtue of Justice
13. Watching out for others is part of the Christian responsibility (John 13:34). Those youth who are themselves less vulnerable play an especially important role in watching out for the welfare of those who may be more vulnerable – by virtue of age, personality or other circumstances – to abuse or maltreatment.
 - 13.1. Moral Virtue of Prudence
14. Break the students into groups and ask them to read the Scripture for this lesson (John 8:1-11 – Adulterous Woman). How did Jesus protect this woman? What did Jesus offer the woman in her current situation? What kind of life did Jesus call her to? How can you make good decisions as far as your safety goes for yourself and others? Share and explain your answers.
15. Have the students remain in their groups. Say, "We've talked about a lot of different kinds of situations where teens have to make a choice to say 'no,' to protect themselves or stand up for others who need help. God gives us the Moral Virtues to help strengthen us as we face these, and all kinds, of situations daily. Let us now discuss real life type situations that people your age can encounter. These situations should be related to what we have talked about today. What are the difficulties in these situations and how can we respond to them or proactively avoid them?" Have to students try to come up with as many examples as time allows and help them to see how the virtues can help them to respond. Remind them that God gives us the grace we need if we ask him. Allow students to ask clarifying questions and discuss the "why" regarding the decisions we make and why things are wrong.
16. Close the class praying the attached prayer.

Introduction and Opening Prayer:

Each of you has been created in God's image. As you continue to grow in the understanding of your gifts and unique purpose in life, Jesus directs that you live a life of love. The Moral Virtues guide our decision-making so that all are treated with respect and dignity, as God intended. Our lesson today celebrates your gift of life and guides you how to be persons of authentic love and how to address those persons and situations which could harm you.

Opening scripture verse and prayer:

Philippians 4:8 - Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things.

Everyone:

"Lord God, teach me to love as you love.

Teach me to respect my body and to respect the dignity and worth of every human being.

Help me to fully understand that everyone is a brother and sister to me because we share in the same Creator.

Lord, you are the source of all that is good and holy.

Our bodies are holy and are meant to reveal your glory and goodness.

May all my thoughts, speech, and actions reflect your eternal glory and goodness so that I might live as a child of the light.

May the scriptural teachings of our Lord Jesus Christ and the Apostles guide me in all I do and say.

Please send your Spirit to strengthen me, that I may live out the virtues of Prudence, Justice, Fortitude, and Temperance. Amen."

Closing Prayer:

"Lord we thank you for the gifts of our bodies, created in your image and likeness.

We ask that you help us to live out your plan for our bodies and our sexuality.

Help us to protect ourselves and others from being used and offending our personal dignity.

Grant us the courage to stand up for others, and the virtues we need to keep ourselves safe.

We ask this all through Christ Our Lord. Amen."