

**Diocese of Covington Safe Environment Curriculum**

**Topic: Personal Safety**

**Grade: 6**

Approximate Time: 45 to 60 minutes

<b>Learning Outcomes</b>		
<p><b>Theme: Virtues and Beatitudes guide us and give us direction to live according to the Catholic sexual moral values.</b></p> <ul style="list-style-type: none"> <li>• Students will learn about Virtues and Beatitudes and will develop and use appropriate skills to live according to Catholic sexual moral values.</li> <li>• Students will learn strategies to resist peer pressure.</li> <li>• Students will learn how to use the internet safely and will be able to identify / list ways to avoid inappropriate websites, cyber-bullying, and sexting.</li> </ul>		
<b>Teaching/Learning Strategies</b>		
<ul style="list-style-type: none"> <li>• Whole class discussion</li> <li>• Small groups – Cooperative Learning Groups</li> <li>• Role play “What If Scenarios”</li> <li>• Small Group Activity – Write a prayer to the Holy Spirit asking for Fortitude.</li> </ul>		
<b>Values &amp; Attitudes</b>	<b>Resources &amp; Materials</b>	<b>Assessment</b>
<ul style="list-style-type: none"> <li>• Review Beatitudes and Cardinal Virtues as moral guidelines.</li> </ul>	<ul style="list-style-type: none"> <li>• List of Beatitudes</li> <li>• Paper, pencils</li> <li>• List of Virtues</li> <li>• <u>Blessed Are We</u> books by RCL Benziger Company</li> <li>• Ending Prayer</li> <li>• “What If Scenarios”</li> <li>• Video “Tricky People” DVD 1205 from Diocesan Office</li> <li>• Bible story of Joseph and his Multi Colored Coat</li> <li>• <u>Book of Virtues for Young People</u> by William J. Bennett</li> </ul>	<ul style="list-style-type: none"> <li>• Students will be able to identify strategies to resist peer pressure</li> <li>• Students will respond to various “What If Scenarios”.</li> </ul>

Special thanks to those who worked on this lesson plan:

Rose Mary Hoffman, St. Cecilia, Independence

Nancy Selby, Immaculate Heart of Mary, Burlington

Jennifer Zelensky, St Paul, Florence

## Safe Environment Lesson Plan

Virtues and Beatitudes: Making Good Decisions

Grade 6

*Remember that a notice 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.*

### Suggestions for class discussion:

- **Whole class discussion – have students raise their hands to respond.**
- **Small group discussions – divide class into small groups (3-4 students). Have each group discuss each question for about 5 minutes. Have a reporter from each group report the groups' answers.**

### Opening Prayer:

Heavenly Father,

We ask you today for your guidance and protection. Keep us safe from harm and help us grow and become worthy in your sight. Give us strength to keep our faith in You.

God, also guide us through our conscience, the teachings of the Church, the Scriptures, the Holy Spirit, and the advice of others. We pray this through Jesus Christ Our Lord.

Amen.

### 1. What are the Four Cardinal Virtues?

**Virtues** harness the good within us. They **are habits that we develop over time to help us make good decisions.** There are two kinds of virtues: Cardinal Virtues & Theological Virtues

The Cardinal Virtues come with being human, regardless of religious belief. Jesus was a model for living the four virtues of Prudence, Justice, Temperance, and Fortitude. As you develop these four virtues in your life, you become a person of moral character. To have character means that you become a person of moral character. **To have character means that you do the right thing, even under difficult circumstances.**

\***Prudence** is the opposite of being impulsive. Acting impulsively is okay when you are two years old. It may even be appropriate in certain settings that call for creativity or spontaneity. But making moral decisions impulsively can get you into trouble.

Prudence requires that you approach moral decisions with a degree of caution. Also called wise judgment, Prudence relies heavily on our reason. **Prudence helps you stop and think before you act.**

**\*Justice** is the virtue concerned with giving both God and neighbor their due. **It is the habit of thinking about the needs of others as much as your own needs, and acting on what you know to be fair.** It takes determination and dedication to be a just person. The Scriptures take Justice a step further than fairness. Justice is all about loving your neighbor. Justice is washing your own laundry. Love is washing someone else's.

**\*Temperance** is about balance in your life. You know that stress, greed or sickness can come from too much of a good thing. The pleasures in life must be balanced with moderation. Too much play isn't good; neither is all work and no play. Exercise is good for our body; too much can lead to an obsession. Food is another pleasure we need to balance. Good food nourishes our body and gives us pleasure; too much leads to obesity, too little and we develop an eating disorder. People must learn to drink in moderation or they will experience the tragedy of alcoholism. **The virtue of Temperance is about self-control in all areas of our life.**

**\*Fortitude** **is the moral virtue that strengthens us to overcome obstacles to living morally.** It is easy to be good when we have no direct temptation in our life. If you are not angry, nonviolence is a worthy ideal. But when you are in the heat of any moment...Fortitude gives you strength to overcome the temptation.

You must practice these virtues even when they don't come naturally. If you persevere, eventually they will become a more natural way of life for you. The good news is that God is with us in the struggle to live a virtuous life. **With God guiding our efforts through divine grace, the cardinal virtues will bring our moral life to a higher level of integrity.**

## **What are the Eight Beatitudes?**

The Eight Beatitudes are:

- Blessed are the poor in spirit; for theirs is the kingdom of heaven.  
*To be poor in spirit means to depend on God for everything.*
- Blessed are the meek: for they will inherit the land.  
*To be meek means to use God's gifts to help others.*
- Blessed are they who mourn: for they will be comforted.  
*To mourn means to comfort those who suffer.*
- Blessed are they that hunger and thirst for righteousness, for they will be satisfied.  
*To hunger and thirst for righteousness means to share with those in need.*
- Blessed are the merciful: for they will be shown mercy.  
*To be merciful means to forgive those who have hurt others.*
- Blessed are the clean of heart: for they will see God.

To be clean of heart means to stay devoted God and to love our neighbors.

- Blessed are the peacemakers: for they will be called children of God.

To be a peacemaker means to help bring God's peace to the world.

- Blessed are they who are persecuted for the sake of righteousness, for theirs is the Kingdom of heaven.

To suffer unfair treatment for doing what is right means to carry on Jesus' work in the world.

## 2. **What is the part of us called that tells us right from wrong?**

(soul/conscience)

**Conscience:** The "interior voice" of a person, a God-given internal sense of what is morally wrong or right. Conscience leads people to understand themselves as responsible for their actions, and prompts them to do good and avoid evil. To make good judgments, one needs to have a well-formed conscience.

### **Do you know right from wrong? Did you learn it on your own? Who taught you right from wrong?**

Our parents, other trusted adults, the guidance of the Holy Spirit, help from our conscience.

## 3. **When you have some spare time, what do you like to do?** (Take answers)

Sometimes we can actually fall into a trap when we have some spare time, because it becomes difficult to stop our fun activity and get back to the work we need to do. This leads us to not use our time wisely.

Discuss how we can use the Beatitudes to spend our time wisely.

### **Why is it important to use our time for good?** (Take answers)

### **What is the connection between forming our conscience and using our time for good?**

By forming our conscience, we can decide whether we are using our time for good or evil.

### **What kinds of things do you do to keep yourselves safe?**

Ask the students to think about times they are alone. Maybe their parents leave them home while they run errands or maybe they are outside riding their bike around the neighborhood.

**4. Think about a time you made a bad decision. How did that feel afterwards?**

Think about the fact that each of us has a conscience. Our feeling of guilt is the Holy Spirit helping to guide our conscience.

We should listen to the Holy Spirit and continue to pray for Fortitude to help us and guide us to make right decisions. **Fortitude is the courage and strength to make the good decision.**

Fortitude will help us treat ourselves with the respect we deserve. Each of us is unique and precious to God. Even if we have made bad choices and mistakes in the past, God sees us for the beauty inside. God made us in his image and, therefore, we are worthwhile and special.

**5. What does it mean to have respect for yourself? How does it make you feel when you are able to stand up for yourself and do what is best for you?**

(Discuss SELF-RESPECT.)

**How is modesty related to self-respect? What are some examples of ways to express modesty? How can modesty help self-respect?**

Modesty: From the same root word as “moderation,” it means keeping one’s attitudes, actions, speech, dress, and other behaviors controlled in a way that acknowledges one’s own dignity.

Modesty is not just dress, but can be words, actions, and dress.

**How do you show modesty by the way you take care of yourself? What image do you want to share with others about yourself by the way you dress and act?**

**Discuss how having self-respect can help us when faced with difficult decisions.**

**Ending Prayer:**

Recite the following prayer with the students.

Dear Jesus,

When You walked this earth, You showed that you loved little children.

We know that you love us.

It is hard for us to hear that some people do not treat children the way You did.

We know that some people hurt children by their words and actions.

Help us to forgive them.

Help us to learn how to protect ourselves, and others, from harm.

Bless all those who help us keep safe.

Amen.

**Activity:** Take five minutes to write a prayer to the Holy Spirit asking for Fortitude. Also include in your prayer how you intend to use the gift of Fortitude and the Beatitudes in your daily life. Ask the Holy Spirit to help you have enough self-respect to say “NO” in difficult situations.

**What If Scenarios:**

- You and your brother are watching Netflix after school. He suggests that you watch an R rated movie. Your parents have already told you that you cannot watch that particular movie. Your friend persists and says, “Come on, Mom and Dad will never know.” What do you do?
- Your friends come to your house and knock on the door. They want you to come out and play a war game with them. You say sure until you learn that they are going into the woods. Your parents have told you that the woods are off limits. When you say you can’t go, one of the boys teases you and calls you a baby. He says he’s going to tell all the other kids at school. What do you do?
- You just got your new phone yesterday. Today, you get a picture text from one of your friends and he/she is only wearing their underwear. What do you do? (Stop,Block,Tell)
- Jeff and his friends are playing computer games after school. One of his friends suggests that they surf the web. Jeff’s parents have a rule that he cannot be on the internet unless his parents are with him. What would you tell Jeff to do?

## Theological Virtues: Faith, Hope, Love

### CARDINAL VIRTUES

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## BEATITUDES

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