

Diocese of Covington Safe Environment Curriculum

Topic: Personal Safety

Grade: 11

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. Discuss the differences between love, infatuation and exploitation/abuse.

Teaching/Learning Strategies
<ul style="list-style-type: none"> Lecture, Saint Story, class discussion This lesson can be applied at any point throughout the year, but may be helpful to do it in the context of the lives of the saints, particularly Maria Goretti. 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/Cardinal 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 to help others. Love is to will the good of the other. 	<ul style="list-style-type: none"> Bible (John 8:1011) Bible (Philippians 4:8) CCC 1804-1809 (Virtues) CCC 2889 (Sexual Abuse) CCC 1781-1788 (Freedom and Responsibility) CCC 1766 (Love) Diocese of Covington's Policies and Procedures for Addressing Sexual Misconduct (available on line at www.covdio.org; safe environment) <p>CCC = Catechism of the Catholic Church</p>	<ul style="list-style-type: none"> Students will present an understanding of the material through discussion.

Special thanks to those who worked on this lesson plan:

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Safe Environment/Religious Education Curricular Points
Lesson Plan Grade 11 Components
Resources and Material

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 available online at www.covdio.org in the Safe Environment box; 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 parents must be notified PRIOR to the session letting the parents know the date and offering the "opt out" form. A copy of any "opt out" form is kept on file at the parish AND is sent to the Office of Catechesis and Formation. A letter also goes home to the parents AFTER the session. That letter is available with this lesson plan.

LESSON PLAN

1. Within the framework of Church History, we will continue to consider how the Moral/Cardinal Virtues can help us when we are faced with some difficult decisions and potentially dangerous situations. Hopefully, together we will 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.

2. Open with 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/Cardinal 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 and Closing Prayers are attached)

3. Let's begin by discussing what is meant by the word "abuse." Bring out the range of "abuse": neglect, physical, sexual and emotional.

4. Learn the warning signs that indicate potential trouble.

5. Internet dangers: chat rooms, solicitation, sexting, and pornography. (Moral Virtue of Prudence)

6. The role of alcohol and drug use: disinhibition (how alcohol & drugs lower inhibitions) and the legal age where people can use them. (Moral Virtues of Fortitude and Temperance)

7. Sexual acting out among peers: This includes date rape (criminal behavior) and violations of chastity (moral). It is an issue of respect for others. (Moral Virtue of Temperance)

8. Resisting the illicit attentions from an adult or pressure from peers, boyfriend/girlfriend. (Moral Virtue of Fortitude)

9. Summarize the meaning of appropriate boundaries with all adults and among peers. (see handout) (Moral Virtue of Prudence)

10. Telling someone is critical. Youth who don't keep abuse 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 for the abused person to live the life God intended---safe from abuse, fear and shame. (Moral Virtue of Justice)

11. What is the mandated reporting law? (Found in Glossary of Diocesan Policies and Procedures Manual) 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 get help. Everyone has a right to get the help they need in order to live life the way God intended. (Moral Virtue of Justice)

KRS 620.030

"Any person who knows or has reasonable cause to believe that a child is dependent, neglected or abused shall immediately cause an oral or written report to be made to a local law enforcement agency or the Department of Kentucky State Police; the cabinet or its designated representative; the Commonwealth's attorney or the county attorney; by telephone or otherwise."

12. 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. (Moral Virtue of Prudence)

13. Discuss with the class that loving another means to desire and work at achieving what is good for the other person. Explain how this differs from infatuation (which is focused on how being around another makes you feel) AND exploitation (using the other). Help the class come to the conclusion that we need to foster relationships rooted in true love and how relationships rooted in infatuation and exploitation can risk abuse.

14. Read to the class the story of St. Maria Goretti (attached). How did Maria Goretti react to the advances of her abuser? What was most important to Maria? 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/Cardinal Virtues to help strengthen us as we face these, and all kinds of situations daily. Let us now discuss real life 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 students come up with as many examples as time allows and help them to see how the virtues can help them respond. Remind them that God gives us the grace we need if we ask God. Allow students to ask clarifying questions and discuss the “why” regarding decisions we make and why things are wrong. Give the students 3X5 cards and a pencil and ask them to write difficult situations teens find themselves in and how to avoid them.

16. Close the class by praying the attached prayer.

Opening Prayer

A prayer for Moral Courage from the Catholic Handbook

Spirit of Truth, lead me to true freedom
Not just exterior freedom
Where rights are guaranteed by law
But interior freedom
Given to the children of God who live according to the Spirit
Are guided by more conscience
And to choose what is truly good.

Help me to follow the commandments
Keep me from taking life away
Mistreating the gift of sexuality
Keep me from stealing and lying
Keep me from dishonoring my parents, family and neighbors
Keep me from lying to myself that small decisions do not matter.

Help me to become a person of conscience
A person of principles,
A person who inspires trust
A person who is credible.

Let me experience you looking upon me with great love
And remember that you call me to full, profound, authentic and eternal life.
Amen.

Closing Prayer

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 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, Temperance and Fortitude.
Amen.

St. Maria Goretti

Born: 1890 & Died: 1902

Feastday: July 6

Patron of Youth, young women, purity and victims of rape

Born in Corinaldo, Ancona, Italy on October 16, 1890. Her father moved the family to Ferrier di Conca, near Anzio. Her father was a farmer who died of malaria when Maria was 9 years old. Her mother struggled to feed the family. The family had to share a house with another family, the Serenellis.

In 1902 an eighteen year old Alexander Serenellis grabbed her from her steps and tried to rape her. When Maria said she would rather die than submit, Alexander began stabbing her fourteen times with a knife. Maria forgave Alexander before she died in the hospital.

Alexander was captured and sentenced to thirty years in jail. He was not sorry for what he did until one night three years later he had a dream. He was in a garden. Maria was there and gave him flowers. When he awoke, he was a changed man. He was sorry for his crime and led a good life. When he was released after 27 years, he went directly to Maria's mother to beg her forgiveness which she gave. She said, "If my daughter can forgive you, who am I to withhold forgiveness?"

When Maria was declared a saint in 1950, Alexander was there in the crowd at St. Peter's. Pope Pius XII canonized her for her purity and as a model for youth. Maria is one of the youngest canonized saints.

She is called a martyr because she fought against Alexander's attempts at sexual assault. However, the most important aspect of her story is her forgiveness of her attacker—her concern for her enemy extending even beyond death.

(Source: Catholic.org)