

**Diocese of Covington Safe Environment Curriculum**

**Topic: Personal Safety**

**Grade: 5**

Approximate Time: 45 to 60 minutes

<b>Learning Outcomes</b>		
<p><b>Theme: The Gifts of the Holy Spirit guide us to respect our bodies as Temples of the Holy spirit.</b></p> <ul style="list-style-type: none"> <li>• Students will learn that their bodies are temples of the Holy Spirit, that they have a responsibility to protect themselves from others, and recognize the importance of self-respect and modesty.</li> <li>• Students will be able to identify ways to say NO when something is wrong.</li> <li>• Students will learn how to respond assertively to inappropriate advances or inappropriate gifts, and let someone in authority know what has happened.</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> </ul>		
<b>Values &amp; Attitudes</b>	<b>Resources &amp; Materials</b>	<b>Assessment</b>
<ul style="list-style-type: none"> <li>• Understand the Gifts of the Holy Spirit</li> <li>• Understand the importance of Modesty and Purity</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion Questions</li> <li>• Video or Bible Story (St. Maria Goretti or St. Agatha)</li> <li>• Religion Textbook</li> <li>• Printed Materials I.e. booklets can be purchased about preventing child abuse and keeping one’s body safe (1800-835-2671)</li> <li>• What If Scenarios</li> </ul>	<ul style="list-style-type: none"> <li>• Responses to group discussion</li> <li>• Compose a Modesty Pledge to follow the example of St. Maria Goretti or St. Agatha.</li> </ul>

Special thanks to those who worked on this lesson plan:

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# Safe Environment Lesson Plan

## Gifts of the Holy Spirit

Grade 5

*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 different gifts of the Holy Spirit?

The Seven Gifts of the Holy Spirit are:

Wisdom, Understanding, Counsel, Knowledge, Fortitude, Piety, and Fear of the Lord

### 2. How do you decide that an action is wrong?

*Guide the students into these conclusions.*

- The Holy Spirit gives the gift of Piety, which is prayerfulness. With this gift of prayer, you can ask for the gift of Wisdom.
- With the gift of Wisdom, you will know what is pleasing to God and what is not pleasing to God. You will know what is right and what is wrong.
- The Holy Spirit will let you know when something is wrong.
- Try to recall what your parents have taught you. Is someone asking you to do something with your body that involves private areas?

### How is saying "No" to something you know is a sin cooperating with the work of the Holy Spirit?

- The work of the Holy Spirit helps you to be holy. You are cooperating with that work by saying "No" to something that you know to be a sin.
- You will be holy and pleasing to God when you obey His Commandments.

- You will be holy and pleasing to God when you accept the gifts of the Holy Spirit. Piety, wisdom, and Fortitude, for example.
- You will also be cooperating with the work of the Holy Spirit when you tell someone the bad thing that happened to you. This may help the person who did the bad thing to realize his/her wrong doing. You will be cooperating with the Holy Spirit in guiding this person to be holy.

### 3. How do you know when you should not accept a gift?

*Guide the students into these conclusions.*

- The Holy Spirit gives the gift of Piety, which is prayerfulness. With this gift of prayer, you can ask for the gift of Wisdom.
- With the gift of Wisdom, you will know what is pleasing to God and what is not pleasing to God. You will know what is right and what is wrong, and whether you should accept the gift.
- *Try to recall what your parents have taught you. Have they told you not to accept a gift that is much too expensive? Immoral? Dangerous?*
- *The Holy Spirit will let you know if it is wrong.*

### 4. Where do you get the strength to say “No” to the gift and to let someone know what happened?

*Guide the students into these conclusions.*

- Pray!
- Ask a trusted adult for help. The Holy Spirit works through them too.
- The Holy Spirit will pour out His gift of Fortitude on you. The gift of Fortitude will help you do what is right.

### 5. How can you help protect yourself from harm?

*Guide the students into these conclusions.*

- You can help protect yourself from harm by letting other people help you.
- For example, be sure your parents know where you are and whom you are with.
- In addition, be very truthful with your parents about where you are and whom you are with. Cooperate with the Holy Spirit in truth. This way the Holy Spirit will be able to guide your parents in making good decisions about your safety.

Where does the insight come from that helps you protect yourself from harm?

*Guide the students into these conclusions.*

- Pray!
- Ask a trusted adult for help. The Holy Spirit works through them too.
- The Holy Spirit guides you. His gifts of Piety, Wisdom, and Fortitude will help you when you are in harm’s way.

6. *Discuss the life of St. Maria Goretti.*

Talk about Purity and Modesty

- *We are made in God's own image and we should take care of our bodies.*
- *We are to treat ourselves and others with dignity and respect.*
- *We should be cautious of the kind of music we listen to and the TV shows we watch.*
- *We should be careful of how we dress and what kind of language we use.*

**Ending Prayer:**

*Recite the following prayer with the students.*

Dear Jesus,

When You walked this earth, You showed that You love 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.

**What If Scenarios:**

Joe and Tim, fifth graders, go to the skating rink every Saturday. Lately, there is a teenage boy who wants to hang around with them. He has been asking Joe and Tim to go with him outside to a quiet area in order to give them a few "gifts", things like stickers and small toys. He tells them not to tell anyone about the gifts because the other boys may be jealous. What would you tell Joe and Tim?

You are invited to your friend's house for a fifth grade girl's sleepover. Everyone will spend the night in their own sleeping bag. Your friend's dad wants to climb into your sleeping bag with you. How do you tell him no? What do you do?

You are shopping with your friend and she decides to try on some clothes that would be for someone much older than you. You know your mom would not approve. Now your friend wants to buy the outfit and she is pressuring you to buy one too. What do you do?

# 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?" she said.

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)

