

Diocese of Covington Safe Environment Curriculum

Topic: Technological Communications and Boundaries

Grade 7

Approximate Time: 60 minutes.

Learning Outcomes
<ul style="list-style-type: none"> • Identify Christian virtues that should guide our choices. • Relate how those virtues can help in the use of technological communication esp. the Internet. • Set appropriate boundaries on media usage. • Develop safe responses for Internet usage.

Teaching/Learning Strategies
<ul style="list-style-type: none"> • Review and discuss virtues listed by St. Paul to Timothy. Ask the students to create a phrase for each explaining how they will work toward each virtue. • Discuss how each virtue can be used in relation to the Internet. • Discuss how each can use the Internet as a good representative of Christ. • Review Internet Safety Rules. • Small Groups create a poster or skit related to social media.

Values & Attitudes	Resources & Materials	Assessment
<ul style="list-style-type: none"> • Virtues to develop • Awareness of dangers on Internet • Protecting self on Internet and other social media, 	<ul style="list-style-type: none"> • 1 Timothy 6:11, 17-19 (Bible) • Christian Virtues (Handout 1) • Internet Safety Guidelines (Handout 2) • Closing Prayer (Handout 3) • Pencils, Poster paper and Markers 	<ul style="list-style-type: none"> • Creation of poster on rules for social media

Special thanks to those who worked on this lesson plan:

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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.

1. Introduce and Open with prayer:

"Each of you has been created in God's loving image. It is God's desire that you make good and loving choices and avoid those people or situations that could hurt you. In today's lesson you will learn how Christian virtues can help you to make good choices especially when using the Internet. You will also examine and develop a set of rules that help to protect you from persons who might want to use the internet to harm you."

Read from Bible 1 Timothy 6:11, 17-19.

Pray: "Jesus, help us to pursue righteousness, devotion, faith, love, patience, and gentleness.
Amen"

2. State:

"You can try to strive for the same character qualities that St. Paul told Timothy to have in our reading today. For each of these qualities, use your handout to create (in small groups) a list of phrases that starts with the same letter of that quality. This phrase will explain how you will work toward attaining these qualities. For example, "righteousness" begins with an "R". So your first phrase may be, "resist cheating" (5 minutes to create them; 5 minutes to share in the large group).

Summarize: "You have created phrases that put into action characteristics of Christian disciples. Let's examine how these characteristics and actions can be applied to internet usage."

3. Read 2 Corinthians 5:20.

"How many of you use the Internet? What are some purposes for your using it?"

"Let's use St. Paul's list of virtues and describe ways you can use the Internet, reflecting these qualities." Give an example by reviewing the suggested response under "Righteousness".

Allow at least 3-4 people to comment on each. (Other examples are given)

Righteousness - The internet is a source for looking up information to help you understand things better. However, you must be careful that you know the source of the information. Not every web site is created by persons who have the knowledge and skill to teach the Truth. Also you must be careful that wherever you explore on the internet that these sites embrace our Catholic Christian values.

Devotion - You know that it is important to build strong friendships and close relationships with your family. Good friends only want good things for each other. The internet and cell phones can help you to be better connected with one another.

Faith - Faith involves depending ultimately on God for all of your needs. Not all of your friendships bring you closer to God. Knowing how your friends influence you is important.

Too much time spent in any one thing can also be harmful. Remember that you are ambassadors of Christ. What you do and say represents Jesus.

Love - The kind of love that St. Paul was talking about is the kind that is connected with “charity”, doing good works for others. By keeping your actions and language proper and respectful on the internet and with cell phone use is very important. The internet is very public. Others using the internet can see what you do or say.

Patience - Sometimes you do not fully understand why your parents want to set controls/limits on what you do. It is important that they guide you as you begin to learn more about the wider world. It is helpful to accept with good humor that they love you and only want you to stay safe.

Gentleness - What groups do you belong to? These tell a lot about who you are. Make sure that any organization or social group reflects positively the things your family and Church hold as important.

Summarize: The best question to ask when doing anything online is: **“Does this represent Jesus?” “Is this something you would be comfortable sharing with your parents?”**

4. Setting Boundaries:

“How can you use the Internet and social networks to be a GOOD representative of Christ?
Go over Internet Safety rules -Handout 2

5. Assign small groups one of the following tasks in order to create a poster or skit. Remind them that their responses should reflect St. Paul's list of virtues.

Give 10 minutes to prepare and 10 minutes to share in the large group.

1. Create a list of Internet Rules for Teens
2. Create a list of Cell Phone Rules for Teens
3. Create a way to know whom you are talking to on the Internet.
4. Create a response to an interesting person you would like to meet on a social network.

6. Close with Prayer - Handout 3

Christian Virtues

1 Timothy 6:11, 17-19

Righteousness (quality of being holy...following in Jesus' footsteps)

R: _____

Devotion (selfless affection and action towards another)

D: _____

Faith (confident belief in promises made by God)

F: _____

Love (deep attachment that causes us to want only good for another, placing their needs first)

L: _____

Patience (ability to wait or endure with calmness and good humor)

P: _____

Gentleness (tenderness and peacefulness towards others)

G: _____

Internet Safety Guidelines

1. Personal Information

Never give anyone or any website on the Internet your name, address, telephone number, password, parents' names, the name of any club or team you're involved in, or the name of your school without your parents' permission. Keep this rule when online, including chat rooms, instant messages, email, websites, and social networking sites, and when entering contests and registering for online clubs.

2. Chat Rooms, Instant Messaging and Social Networking sites

Internet social networks can be a fun place to be yourself and to make friends. It can also serve as a common place for some people who are looking for children to hurt. This is why it is important to never give out any personal information in these places. Do not let anyone know your parent's location or where you will be at a specific time. Some adults pretend to be someone younger to gain your confidence. They are looking for young people who are having a hard time with family and friends. Do not share this sort of personal information on line. Most social networks have privacy settings. Know what they are and use them to protect yourself.

3. Situations

If a person whom you have never met asks to meet you, do not arrange a meeting unless you involve your parents. Be sure to ask that he/she would bring his/her parents and you would bring your parents to this meeting at a public location.

Remember that we must treat others with respect. Treat them as you would like to be treated. Do not share gossip or make threatening messages. Cyber-bullying hurts all involved, the one sending as well as the one receiving these messages. If you know about such situations, let your parents know.

Do not open e-mails, attachments, links or other information from people you do not know. If you receive these, tell your parents. If you receive any threats, X-rated pornographic material, or any other communication that makes you feel uncomfortable, do not delete them. Tell your parents and ask them to help you stay away from these sorts of communication. Even if you unintentionally do something that causes pornographic or unfamiliar web sites to pop up, it is not your fault. Web designers are looking for ways to trap teens into receiving this material.

4. Parental Rules

Parents set controls on your computer and phone use because they love you. Make sure that they know who your friends are and what their contact information is. Internet and phone use is a privilege, not a right. Take time as a family to write some Internet safety rules. Then make sure you follow them, even if you are at a friend's house. By being respectful and responsible, you will earn your parent's trust and stay safe.

**Closing Prayer: Teresa of Avila
(March 28, 1515 – October 4, 1582)**

Teresa de Cepeda y Ahumada was born in Avila, Spain on March 28, 1515. As a teenager, she cared only about boys and clothes and flirting and rebelling -- like other teenagers throughout the ages.

When she was 16, her father decided she was out of control and sent her to a convent. At first she hated it but eventually she began to enjoy it. She entered the Carmelite order when she was 20 years old. After many years marked by serious illness she experienced a profound awakening, involving visions of Jesus Christ. Following the call of Christ, she was led to begin a new convent, the Convent of St. Joseph, dedicated to the strict observance of a simple life of poverty devoted to prayer. She was an energetic writer of letters, poems and books. Teresa died on October 4, 1582. Teresa was a gifted organizer endowed with common sense, tactful intelligence, courage, and humor as well as a mystic of extraordinary spiritual depth. Teresa's writings, all published after her death, are valued as unique contributions to mystical and devotional literature and as masterpieces of Spanish prose. Teresa was canonized in 1622; she was proclaimed a Doctor of the Church, the first woman to be so named, in 1970. Her feast day is October 15.

Prayer:

Christ has no body now on earth but yours,
no hands but yours,
no feet but yours,
yours are the eyes through which Christ's compassion
is to look out to the earth,
yours are the feet by which He is to go about doing good
and yours are the hands by which He is to bless us now.