

Keeping Kids Safe

Lesson Plan for Grades 9, 10, 11, & 12

Prayer

Sign of the Cross

Let us pray: Thank You, God, for the gift of ourselves. Remind us, too, that those around us were created by You and are loved by You, just the way they are. Thank You for Your gifts to others. Thank You for Your gifts to us. Amen.

Introduction

Say: “We are going to discuss keeping yourself safe in any situation. These situations include bullying, online safety and unfortunately, inappropriate behavior from adults or sexual abuse.

We realize your parents and school have dealt with this sensitive subject with you in the past. The Diocese of Knoxville is also sincerely committed to the spiritual and emotional well being of all by providing morally good, healthy, and informed leaders, thereby making the church a place of safety and trust. The Diocese needs you to share in this responsibility of awareness and to seek help for yourselves or your friends if you are aware of any prior or present unsafe situations.

The overwhelming majority of adults working with you today, whether in school, church, clubs or sports, are positive and faithful individuals. Unfortunately, there have been cases where adults have behaved inappropriately and have even abused young people entrusted to their care.

The Church believes in the dignity of every human person and recognizes abusive behavior as sinful and, in some cases, criminal. One victim of abuse is one too many. We will discuss ways to protect yourself.”

Safety

Remember:

- Your body belongs to you. You have a right to decide how it will be touched and by whom. No one is ever free to force, pressure, or tease you into having sexual contact of any kind. If you feel uncomfortable with any action initiated by an adult or other person, it is appropriate for you to stop the action and to tell a trusted adult. If you are unable to stop the action, it is appropriate for you to tell a trusted adult after the incident occurs.
- Trust your own feelings. If someone’s conduct or attitude seems suspicious, or if you are confused, afraid, and uncomfortable, there may be a good reason.
- Have a clear idea of your own sexual values, goals, and ideals. Be assertive in saying no if you feel you’re being pushed or pressured.
- Don’t weaken your defenses with alcohol or any other substance.
- Don’t walk alone at night. Don’t hitchhike or accept rides from strangers.
- Immediately leave a room if someone is there you can’t trust.
- Don’t be alone with a date in a potentially dangerous place like an empty house or a parked car.
- Refuse single dates with someone you don’t know well, and never go on a date with someone who has the reputation of being sexually abusing or immoral.

- Never accept a drink you have not poured and never set your drink down or leave it unattended. (Powerful drugs like Rohypnol and GHB commonly called ruffies, and many other street names can be used to disable you. These drugs are slipped into a person's drink. As one teen said, "the last thing I remember about the party was this guy giving me a drink. I woke up seven hours later in his bed. I can't remember anything in between.")
- Avoid any situation you deem to be dangerous.

Excerpted from *Sex and the Teenager: Choices and Decision* by Kieran Sawyer, S.S.N.D. copyright 1999 by Ave. Maria Press, P.O. box 428, Notre Dame, IN 46556. Used with permission of the publisher.

"What If"

"A friend tells you that they have been physically or sexually abused by an adult and asks you to promise not to tell, don't be sworn to secrecy. Do not promise not to tell anyone. Say 'I can't promise to keep a secret if your life is a danger or you are being hurt.' Then, seek the help of a trusted adult or professional who can help you report the situation. This may be tough to do but it is the right thing to do!"

"In addition to sexual abuse, there are a few other safety issues that we need to talk about, and they are: bullying and internet safety."

Bullying

"Can anyone share any examples of bullying?"

- Physical, emotional, social desire to gain power over another.
- Pushing, hitting, teasing, name calling, gossip, intimidation.

Cyber-Bullying

"Can anyone share any examples of cyber bullying?"

- Online, internet, cell phones, cameras, email, chat rooms, Facebook, any electronic device
- Posting unkind messages, writing blogs
- Spreading lies/rumors about someone online

Why Do Bullies Bully?

- Someone else is picking on them
- They are looking for attention
- They feel bad about themselves and want other people to feel bad too
- They have no friends and feel lonely
- They want the people around them to think they are strong and tough
- They want to have power

Internet Safety

“How many of us use the internet? In addition to cyber-bullying, there are also general rules for using the internet. Remember, the internet is out there for everyone to see, and not everyone who uses the internet has your best interest in mind. Can you think of some safety rules that everyone should follow?” (Students answer)

- Always keep personal information (name, phone number, school, age, address etc) private when chatting online.
- Think before you post, if you wouldn't do it on the field/court, don't do it online.
- Take action against bullying.
- Never meet with someone you've met online.
- If someone is being inappropriate online, walk away from the computer, block them from your social media site, and tell a trusted adult about the incident.
- Keep your passwords to yourself.
- Never file share or open online documents without parental permission
- Think before you post pictures, if you don't want your mom, your teacher, your priest, your grandmother seeing that picture, don't post it.
- Make sure your privacy settings are set to private, so only your approved friends can look at your pictures and information about you.

We have shared a great deal of information today. We know it is often difficult to hear and even think about these sensitive subjects and we appreciate your attention. We will now close with a prayer but please remember that we are here for each and every one of you if you need us!”

Closing Prayer

"For God did not give us a spirit of fear but rather of power and love and self control..." Father, help us, your sons and daughters who reveal an image of your dignity, to recognize the inherited courage within ourselves to speak up against any abuse done to us or someone we know. Lord we especially ask today, the healing grace of your beloved son, Jesus resurrected, to flow over those of us that have been so wrongly treated through abuses of bullying, transgressions from online activity, or from sexual abuse by adults who should be protectors. Thank you for the many faithful examples of caring adults in our lives and for the support and guidance of our church. In love, we also pray for the healing of those who have caused harm to others that they may change their harmful behaviors; may our prays and our call to hold perpetrators accountable help them to be free from wrongful thinking. Thank you for creating us with the capacity to love and the power to choose the good of ourselves and one another (2 Timothy 1:7).

Glory be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end, Amen.

Name: _____

Family Time

We are all created in the image and likeness of God. My body is a temple of the Holy Spirit.

Our families, trusted adults, and teachers share concern for our safety.

We learn to differentiate between safe, unsafe, and unwanted touch. We are called to chastity and we have a responsibility to avoid and immediately report any unwanted or unsafe touch to a parent or trusted adult.

We show respect for ourselves and others by how we talk, act, and live. We must identify respectful and disrespectful language/actions and avoid anyone who fails to respect us. In particular, the areas of our bodies covered by shirt and shorts are private and must not be violated.

God gives us the gift of free will. All actions have consequences. We must learn how to discern the implications of the choices we make every day. When we experience the bad choice of others, we must report the offense and get help.

The virtue of chastity helps us understand and identify actions or behaviors which are wrong or sinful. Children, young adults, and adults must avoid actions, experiences or behaviors which offend against chastity.

Secrets can be very harmful to us physically, emotionally, and spiritually. Always question secret play, secret games, and determine how the secret may cause great harm.

There are many different kinds of friendship. Healthy relationships and friends can help us understand ourselves, God, and others. We often meet false friends who mistreat us or take advantage of our trust and friendship. Poor relationships and false friendships can deeply harm us psychologically, emotionally, spiritually, and even physically. People who manipulate or misuse friendship are not friends. We must report any relationship which can harm us to a trusted adult.

Good communication with parents and family members helps keep us safe. We can also help keep younger siblings and others safe by being observant and concerned.

My parents, family members and other trusted adults will listen to me and help me. My parents and I choose three trusted adults I may go to for help:
