Circle of Grace
Safe Environment training
Do you know the consequences of using Technology?
Grades 5-8 Alternate Lesson

Philosophy

What is a Circle of Grace?

The Catholic Church teaches that God has created each of us as unique and special. Genesis 1:27 tells us that we are created "male and female in God's image" and that God saw this as "very good." In that goodness, we are meant to respect ourselves and everyone else as persons created and loved by God.

Adults assist young people to recognize God's love by helping them to understand that each of us lives and moves in a *Circle of Grace*. You can imagine your own *Circle of Grace* by putting your arms above your head then circle down in front of your body including side to side. This circle, front to back, holds who you are in your body and through your senses. It holds your very essence in mind, heart, soul, and sexuality.

Why is it important to help our young people understand the Circle of Grace?

God intends our relationships in life to be experiences of divine love. Respectful, nurturing, loving relationships increase our understanding of our own value and help us to love others. It is never too early to help young people understand how very special they are and how relationships in life are called to be sacred. Understanding this can help them to protect the special person they are and to be respectful of others.

Adults, as they strive to provide a safe and protective environment, hold the responsibility to help young people understand and respect their own dignity and that of others. A truly safe and protective environment is one where young people recognize when they are safe or unsafe and know how to bring their concerns, fears, and uncertainties to the trusted adults in their lives.

How is the Circle of Grace Curriculum different from other safety programs?

According to research, one in four girls and one in seven boys will be sexually abused by age eighteen.[1] Many protection programs focus on "stranger danger," however, up to ninety percent of the time the perpetrator is a relative, family friend or other person known to the child/young person. *Circle of Grace* goes beyond just protection by helping young people understand the sacredness of who they are and how to seek help through their relationships with trusted adults.

Goal of the Circle of Grace Curriculum - Grades K-12

The goal of the *Circle of Grace* curriculum is to educate and empower children and young people to actively participate in a safe environment for themselves and others.

Objectives of the Circle of Grace Curriculum - Grades K-12

- Children/Young People will understand they are created by God and live in the love of the Father, Son, and Holy Spirit.
- Children/Young People will be able to describe the *Circle of Grace* which God gives each of us.
- Children/Young People will be able to identify, discern and maintain appropriate physical, emotional, spiritual, and sexual boundaries.
- Children/Young People will be able to identify all types of boundary violations.
- Children/Young People will demonstrate how to take action if any boundary is threatened or violated.

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[1] www.usccb.org, or http://nccanch.acf.hhs.gov

Leader Guidelines

- A **Leader** is defined as clergy (priest or deacon), school administrator, director of religious education/formation, teacher, or catechist who has been trained to teach the *Circle of Grace* Curriculum.

- Every leader should read the Philosophy, Goals and Key Concepts to better understand and prepare to teach the *Circle of Grace*. The Key Concepts review the essence of the curriculum, that God is always present in our *Circle of Grace* because He desires an intimate relationship with His children.

- The time frame may vary depending on size of class, grade or age of young people, amount of discussion, etc.

- Vocabularies with definitions are intended for the leader. The explanation of vocabulary should be integrated within the context of the lessons to assist the young people in their understanding of the *Circle of Grace* Curriculum. The depth of the young people's understanding will depend upon their age and developmental stage. A master vocabulary list of the *Circle of Grace* Curriculum is included in the administration section. The pertinent vocabulary is listed in each lesson.

- If possible it is always "best practice" to have two adults in the room during the lesson due to the sensitive nature of the material.

- Leaders will need to keep a record of what lesson is taught each year.

- Ongoing reinforcement of the concepts is encouraged throughout the year. Hopefully, the language of *Circle of Grace* will become a part of a positive culture of respect, care, and faith that will help protect our young people and help them to know what to do when they feel unsafe.

- Your School Administrator, Religious Education Director, or Youth Minister Director will be sending out a letter to all parents regarding *Circle of Grace*.

- A Parent Letter with specific information about the lesson is included and should be sent home or emailed to parents and guardians.

- Parent information is included in the curriculum. Every parish/school is encouraged to provide parent education opportunities both to inform parents about the *Circle of Grace* curriculum and to foster greater communication in families.

- Evaluations for each grade are to be completed and returned to the School Administrator or the Director of Religious Education/Formation. The evaluations will be used to complete the Summary Evaluation that is used for ongoing improvement of the curriculum and for the audit records. Handout on technology guidelines is available on the Circle of Grace Partner's website.

Summary of the Key Concepts of "*Circle of Grace*"

God gives each of us a *Circle of Grace* (see below) where He is always Present:

Raise your hands above your head, then bring your outstretched arms slowly down.
Extend your arms in front of you and then behind you
embrace all of the space around you
slowly reach down to your feet.
Knowing that God is in this space with you. This is your Circle of Grace; you are in it.

God is Present because He desires a relationship with us.
- God is with us when we are happy and sad. God does not cause bad things to happen to us. He loves us very much.
- God desires to help us when we are hurt, scared or confused (unsafe).
- Having faith may not take away all of life's struggles. It is because of these struggles, God promised to always be present; providing guidance and comfort in our time of need.

God helps us know what belongs in our *Circle of Grace*
- Our feelings help us know about ourselves and the world around us.
- God helps us know what belongs in our *Circle of Grace* by allowing us to experience peace, love or contentment when something or someone good comes into our *Circle of Grace*.

God helps us know what does not belong in our *Circle of Grace*
- God desires to help us when we are hurt, scared or confused (unsafe).
- The Holy Spirit prompts (alerts) us that something does not belong in our *Circle of Grace* by giving us "a funny or uncomfortable feeling" that something is not safe. This feeling is there because God wants us to be safe.

God helps us know when to ask for help from someone we trust.
- God gives us several trusted adults, in addition to our parents, to talk to about our worries, concerns or "funny/ uncomfortable feelings" so they can help us be safe. If a parent or trusted adult is not available or unable to help us, God wants us to go to another trusted adult until we get the help needed to be safe.

Do You Know the Consequences of Using Technology?

This lesson complements the following Catholic teachings:

- Church teaching revealed in the Creed that applies to our daily lives
- Human relationships are intended to be experiences of Divine Love
- Discipleship is our call to holiness
- The relationship between the love of God, our love of self and our love of others
- The image of God is in ourselves and others

Lesson Objective

Young People will be able to:

1. Identify and understand the need for healthy boundaries to keep us safe in our *Circle of Grace* when using technology.
2. Recognize ways using technology can damage one's relationship with God, self and others.
3. Recognize the ways one can be deceived or coerced into unsafe behavior when using technology.
4. Know appropriate responses when one is confronted with inappropriate interactions or boundary violations when using technology.
5. Recognize that the consequences of using technology may be intentional or unintentional; and the consequences can be long-lasting and may cause serious hurt or trauma for yourself and others.

Vocabulary Definitions are intended for the leader. The explanation of vocabulary should be integrated within the context of the lessons as needed to assist the young people in their understanding of the *Circle of Grace* curriculum. The depth of the young people's understanding will depend upon their age and developmental stage.

Avatar: An Avatar is an image or username that represents a person online within social networks, video gaming world, on-line forums, video posting sites and other technological and social media platforms.

Circle of Grace: The love and goodness of God that always surrounds us.

Cyber Bullying: The use of the internet, cell phones or other electronic devices to send or post texts or images intended to hurt or embarrass another person.

Holy Spirit: When you have a funny feeling that something is wrong or not safe, learn to trust it. It can be the Holy Spirit prompting you that something is wrong. Learn to recognize the places (real and on-line) and people that can get you into uncomfortable situations. Listen to what your loved ones are telling you. God works through others to lead and protect us.

On-line Profile: A history of your technological usage, personal information, posts on social media, websites you've visited, etc. This may be used for marketing purposes (to sell you things), or for potential colleges, teams, scholarships or employers to get information about you.

Profile: Emails, games, texts, apps may ask for personal information (name, age, email) to identify you to others. Usually, no effort is made to check the truth of the information provided. (See '*Avatar*')

Texting or Messaging: Electronic communication of words or images. These may be sent anonymously. Nothing shared electronically should be considered private or temporary.

Time-limited sites or apps- Sites that promise that words, images, and videos shared will disappear within a certain amount of time.

Materials Needed

1. White board and markers or other way to project student responses
2. A copy of the Summary of the Key Concepts of Circle of Grace for the each student.
3. 'What do we know about technology?' quiz handout for each student.
4. Copies of 'Small Group Discussion Questions' for groups
5. Parent Letter to send home at end of lesson with each child.

Opening Prayer:

For our Opening Prayer today, we are going to start with the *Circle of Grace* meditation. Some of you may remember it from when you are younger, for others it may be new. As you get older and are able to do more things by yourself, it is a good reminder that you are a child of God and that God wants you to be safe.

Ask the youth to stand with enough space between them that they can extend their arms without touching their neighbors.

1. *Give the following directions while modeling the desired actions*:
   a. Raise your hands above your head
   b. Bring your arms slowly down
   c. Extend your arms in front of you and then behind you
   d. Embrace all the space around you
   e. Then reach down to your feet
   f. Know that God is in this space with you

Discussion:

 Distribute and review the Summary of Key Concepts of the Circle of Grace Concepts (front of the lesson) Spend some time helping the youth to relate each section of the summary to their everyday life.

Tell the children, "This is your Circle of Grace that you live in."

➢ All persons, every Child of God, lives and breathes in their own circle of God's love and goodness, their own Circle of Grace.

➢ Because we are all Children of God, and because God has promised to always love us and remain with us, our Circle of Grace is a holy place. Like all holy places, there are ideas, words, objects, and behaviors that belong in our Circle of Grace and others that do not belong there.

➢ *Ask students:* "How do I know what belongs in my Circle of Grace and what does not belong there?" *You can help lead the students to the right responses (below) if they don't come up with them.*
   o *God helps us know what belongs in our Circle of Grace by allowing us to experience feelings of peace, love or contentment when something or someone good comes into our Circle of Grace.*
   o *God desires to help us when we are hurt, scared, or confused (unsafe).*

- o *The Holy Spirit prompts (alerts) us that something does not belong in our Circle of Grace by giving us "a funny or uncomfortable feeling" that something is not safe. This feeling is there because God wants us to be safe. Having faith may not take away all of life's struggles. But faith reminds us that God promised to always be present, providing guidance and comfort in our time of need.*
- o *God gives us people in our lives to help us. God wants us to talk to trusted grownups about our worries, concerns or "funny/ uncomfortable feelings" so they can help us be safe and take the right action.*

Getting Started

Most American youth have access to a cell phone and/or the internet, many times unsupervised. And often, they don't know the risks.

Today we are going to talk about what is good about using technology, and also what can hurt us. Electronic devices we use include cell phones, tablets, computers, smart watches. Many people use their phones and other devices to go to social networking sites, apps, blogs, play games and to send messages, photos, or texts. These devices can help people feel connected, or disconnected, from the world around them. Sometimes our on-line connections reflect the love of God and neighbor, and sometimes they do not.

Summarize: It is important to recognize the positive and negative effects of using technology. Knowing the positive (safe) effects and negative (unsafe) effects of using technology on our *Circle of Grace* can help us use it appropriately and avoid potential harm to ourselves and others.

Activity: How much do you know about using technology? Quiz
Option 1 - Distribute the quiz to each student. Have the youth do the quiz individually and then use the leader answer sheet to review the answers for the quiz with the class. Next, go to the Small Group Discussion section.

Or Option 2 - Distribute the quiz to each student. Divide the class into several groups. Have the groups discuss the questions on the quiz. Then go to the Activity-Small Group Discussions section and distribute questions to the groups. After finishing the small group discussion activity, have the students resume their original seats and go over the answers to the quiz on what we know about technology next.

Review

Let's discuss the questions on the quiz.

The answer guide to the quiz is at the end of the lesson. Discuss each question. Prompt the youth to identify the correct answer and key concepts related to each question. After the discussion, proceed to the review. (If you wish, you can do the Small Group Discussion Activity now and do the responses to the quiz following that.)

It is important that young people understand that their *Circle of Grace* is always present and never leaves us even when we are on-line. The Holy Spirit is always present in our *Circle of Grace*, helping us know when we could be harmed.

Let's talk about what these concepts really mean and how they keep us safe in our Circle of Grace.

Activity – Small Group Discussion Questions

1. *Divide the youth into three groups. (If you have a large class, you can make extra copies and have several groups do the same discussion questions.)*
2. *Give each group one of the Discussion question handouts. They will need about 5-10 minutes to write a response.*
3. *Gather the students. Ask the groups to discuss the questions and what the implications would be. Encourage them to consider not just immediate implications, but other implications that could be unintentional or happen after the fact. Below are a few examples. Feel free to add another topic that might be currently an issue with students in your community.*
4. *Responses are given after the question for the leader.*

Class Discussion of Small Group Questions

Group 1: **An 8th grader shares a video of a teammate's pants falling down during practice with his friends.**
> a. Is this a safe or unsafe situation?
> b. What could happen next? *(The person whose pants fell down could see it and be embarrassed, His parents, teacher, coach and other classmates could see the video and tease him.)*
> c. How will this make the person whose pants fell down feel? *(Extremely embarrassed in front of everyone he meets, not knowing if they have seen the video or not, not able to trust anyone…)*
> d. What else could potentially happen with the shared video? How would that affect his teammate? *(The video could be posted on a social media site where it could be seen by others all over the world. This would cause extreme embarrassment for the person and possibly depression and other serious problems because the video would be*

seen ongoing.

    e. How would this have been different if technology was not involved? (*If there was no video of this, his teammates might have laughed at him, and possibly told the story to a few others, but it would have ended there. People who were not there would not have seen it and the story would have died down. He would have recovered from the embarrassment and possible teasing and gone back to normal.*)

Group 2: A teen has been up late every night playing an on-line game with someone named Taylor. Taylor says he goes to school in the same town and likes dogs just like she does. He is starting to ask the teen personal questions, for example, for a phone number and to send him a picture.

    a. Is this a safe or unsafe situation?

    b. What does the teen know for sure about Taylor? (*It's impossible to know who the person you are gaming or chatting with really is in real life. They may pretend they are your friend or someone you know, they may give you a false name, age, etc.*)

    c. What could happen next? (*Taylor could try to find the teen in person, for reasons that could be harmful to the teen. Since the teen doesn't know Taylor's true age, sex or description, it would be impossible to recognize who Taylor was if a stranger approached. The teen should ask for help from a trusted adult.*)

    d. What are some boundaries that keep us safe when we are on-line? (*Only go to sites and apps that are approved by their parents, never post any personal information on-line, seek help from a parent or adult and leave the site as soon as you feel concerned or uncomfortable. If you feel something is wrong, always go to an adult to protect yourself, other teens, and children from possible harm.*)

    e. How would this have been different if technology was not involved? (*The teen would have physically been present with the person he was gaming with, so he could tell if he recognized Taylor and better decide if he was safe.*)

Group 3: A 6th grade girl has been texting her best friend about her crush on a new boy in school. She texts that she dreams he falls in love with her and then he tells everyone they are going out together.

    a. Is this a safe or unsafe situation?

    b. What could happen if her friend shared the text? (*The boy could find out, as well as others in her class, parents, and teacher. She would be very embarrassed.*)

    c. When you forward or share a text, message, or image, can you control what happens to it after that? (*Once you have shared or posted something electronically, you can never control what happens to it. It could be altered, and shared with others*

indefinitely, it could be posted on social media, or someone could take a screenshot and share it at any later time in the girl's life.)

  d. How could this end up affecting this girl and her relationships with others? *(This betrayal could end her friendship with her best friend, she would probably be very untrusting of others, she would not like her parents and others knowing her most personal feelings…)*

  e. How would this have been different if technology was not involved? *(If there was no text, her best friend could have only gossiped by word of mouth. Although still hurtful and damaging, there would have been no proof and people may not have repeated it because it was just gossip…)*

 Option 2- *If you have not yet gone over the answers to the 'What do we know about technology?' quiz, do so now.*

"Let's discuss the questions on the quiz that we took at the beginning of class."

Final Discussion

1. Thank you for the great ideas and thoughts you have come up with for the discussion! Do you think these situations happen in real life?

2. Sometimes in life, mistakes or hurtful behavior that happen on social media or electronic platforms can continue to hurt us or others, even if we have apologized, made things right and been forgiven. **Electronic communications are not the same as face-to-face personal interactions.** We do not have control over how things that are shared or put on the internet will be used. Electronic communication should be considered to never be private and to always be there. It is important to think of the long-term consequences for ourselves and others before we share something electronically.

3. Why might someone use technology (texts, apps, social media…) to say something that they would not say in person? *(Possible responses: They are ignoring the other person's feelings, they may want to seem cool to other friends, classmates, teammates.)*

4. Can we still hurt people when we are face to face? *(Yes, but seeing their reaction firsthand helps us see how what we said or did affects them and better choose what to say or do next. It gives us the chance to say 'I'm sorry' if we hurt them, and to be forgiven. It also spares them the embarrassment of having others, including strangers, see what was said or done to hurt them.)*

5. How can posting a cruel message damage our relationships with others? And our relationship with God? *(God expects us to love and care for others and respect their Circle of Grace.)*

6. What can we do if we are hurt by someone else, or are being pressured to do something using technology that makes us uncomfortable, or that we feel is wrong?
(Listen to your gut, it is the Holy Spirit prompting you that something is wrong.
Move away from the technology that is causing you to feel this way and get help from a trusted adult-parent, teacher, counselor.
Listen to what your loved ones are telling you. God works through others to lead and protect us.
Be aware of people and technology that cause you to make bad decisions and stay away from them.)

7. If we are not sure if something is safe to post or share, what are some things we could do? *(Ask the person face to face if it is okay to share with others. Ask permission of the person or people involved and their parents if it is okay to share or post this, ask a trusted adult for help deciding…)*

Pass out parent letters for students to take home.

Closing Prayer:
Leader calls class to prayer by asking youth to quiet down and join in the Sign of the Cross. Then say together,

<div align="center">

God,
Help us to be respectful of our *Circle of Grace* and
bring others closer to you by speaking the truth.
and not hurting ourselves or others when we use technology.
Amen.

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Opening Prayer:

For our Opening Prayer today, we are going to start with the *Circle of Grace* meditation. Some of you may remember it from when you are younger, for others it may be new. As you get older and are able to do more things by yourself, it is a good reminder that you are a child of God and that God wants you to be safe.

Ask the youth to stand with enough space between them that they can extend their arms without touching their neighbors.

2. *Give the following directions while modeling the desired actions*:
    g. Raise your hands above your head
    h. Bring your arms slowly down
    i. Extend your arms in front of you and then behind you
    j. Embrace all the space around you
    k. Then reach down to your feet
    l. Know that God is in this space with you

Closing Prayer:

God,
Help us to be respectful of our *Circle of Grace* and
bring others closer to you by speaking the truth.
and not hurting ourselves or others when we use technology.
Amen.

How much do we know about using Technology?

Complete the following questions.

1. When we text a friend, no one else will know what we are saying.
   True   False

2. A fake user profile on gaming, apps, social media and other technological platforms can easily
   be set up using a false name, picture, age, sex and other information.
   True   False

3. You know how a friend will react or feel when you post something about them on-line.
   True   False

4. Talking to a friend electronically is the same as talking to them face-to-face.
   True   False

5. What does Cyber-bullying mean?

6. When apps say that what you post will disappear in a certain amount of time, no one can access
   it later.
   True   False

7. If someone posts something mean about you, they can take it down and no one will see it.
   True   False

8. Social media is a good way to stay in touch with family and friends.
    True   False

9. If you feel pressured to participate in technological behaviors that make you uncomfortable or
   violate your personal boundaries, that uncomfortable feeling could be the Holy Spirit telling you
   that what you are doing does not belong in your *Circle of Grace*.
   True   False

10. If someone asks you to send them an image of you (selfie) that makes you uncomfortable, it is
    important to tell a trusted adult right away.
    True   False

How much do we know about using Technology?

Answer Guide for Leaders

1. When we text a friend, no one else will know what we are saying.
   False
   Your text can be forwarded to friends or a group chat or posted on-line without your permission.

2. A fake user profile on gaming, apps, social media and other technological platforms can easily be set up using a false name, picture, age, sex and other information.
   True

3. You know how a friend will react or feel when you post something about them on-line.
   False
   We can only tell another person's real feelings or reaction when we are face-to-face.

4. Talking to a friend electronically is the same as talking to them face-to-face
   False
   Genuine communication ONLY happens when we are face-to-face and can see people's reactions to what we are saying.

5. What does Cyber-bullying mean?
   Use of apps, the internet, cell phone or other electronic devices to send or post texts or images intended to hurt or embarrass another person.

6. When apps say that what you post will disappear in a certain amount of time, no one can access it later.
   False
   People may take a screen shot or use other methods to save it. The sender can also save posts or images to their phone or on the app, which means the post would be available to find in the future.

7. If someone posts something mean about you, they can take it down and no one will see it.
   False
   The post could have already been shared, saved or re-posted to others,

8. Social media is a good way to stay in touch with family and friends.
    True
   Technology has some wonderful uses, among them helping family and friends to stay in touch.

9. If you feel pressured to participate in technological behaviors that make you uncomfortable or violate your personal boundaries, that uncomfortable feeling could be the Holy Spirit telling you that what you are doing does not belong in your *Circle of Grace*.

True

An uncomfortable feeling could be the Holy Spirit telling us that what we are doing does not belong in our Circle of Grace. When you feel pressured to do something, try to take yourself out of the situation. Ask for help from an adult you trust – parent, teacher, counselor, or another trusted adult. God puts trusted adults around us to help keep us safe. God gives us freedom of choice, and choices we make may hurt ourselves or others. God is always with us and wants us to be safe and loved.

10. If someone asks you to send them an image of you (selfie) that makes you uncomfortable, it is important to tell a trusted adult right away
    True
    Asking for revealing, suggestive or explicit pictures by phone is sometimes called 'sexting'. It is important to get help from a trusted adult right away:
    a. *To stop the person who is asking for the images, whether they are an adult or a child themselves.*
    b. *To stop others from sharing, posting, and saving these images.*
    c. *To find out who the person who is asking for the images really is (it can be someone you know or someone posing as someone you know)*
    Having or taking suggestive or explicit pictures of children or teens (wearing little or no clothing) is against the law. Law enforcement must be contacted to make sure that this is not happening to other children or teens. The sooner law enforcement is aware that an image has been shared, the better chance they have of keeping it from being shared with others or posted on-line.

Circle of Grace **Small Group Discussion Questions**

Group 1:

An 8th grader shares a video of a teammate's pants falling down during practice with friends.

Is this a safe or an unsafe situation?

What could happen next?

How will this make the teammate whose pants fell down feel?

What else could potentially happen with the shared video? How would that affect his teammate?

How would this situation have been different if technology was not involved?

Circle of Grace **Small Group Discussion Questions**

Group 2:

A teen has been up late every night playing an on-line game with someone named Taylor. Taylor says he goes to school in the same town and likes dogs just like she does. He is starting to ask the teen personal questions, like for a phone number and to send him a picture.

Is this a safe or an unsafe situation?

What does the teen know for sure about Taylor?

What could happen next?

What are some boundaries that keep us safe when we are on-line?

How would this have been different if technology was not involved?

Circle of Grace **Small Group Discussion Questions**

Group 3:

A 6ᵗʰ grade girl has been texting her best friend about her crush on a new boy in school. She texts that she dreams he falls in love with her and then he tells everyone at school that they are going out together.

1. Is this a safe or an unsafe situation?

2. What could happen with this secret she has shared by text?

3. When you forward or share a text, message or image, can you control what happens to it after that?

4. How could this end up affecting this girl and her relationships with others?

5. How would this have been different if technology was not involved?

Circle of Grace
Parent Letter
Consequences of Using Technology
Grade 5-8 Alternate Lesson

Dear Parents,
Circle of Grace lessons teach that we each exist, live and move within a Circle of Grace. Your *Circle of Grace* holds your very essence in body, mind, heart, soul, and sexuality. God wants our children to be safe more than we can imagine, because he loves them and created them in his image.

This lesson talks about Technology, an area where many of our children and teens are at risk for harm. Too often that risk is not recognized. It is a hard age to teach safety and protection to this age group because they often feel certain that they know everything, and that nothing bad can ever happen to them, especially using technology. As Church, we are here to support you and join you in helping keep our children safe from harm in the world they navigate each day.

Cell phones can be a wonderful tool to help parents stay in communication with their children but many times, the use of technological devices is not monitored by parents or guardians. This leaves our children vulnerable to the harmful side of the technological world: cyber-bullying, sexting, meeting strangers on-line, and access to sites and apps that contain violence, vulgar language, or sexual content.

We believe that children grow and mature into the person God created them to be by face-to-face interactions. No technology can replace the importance of family, friends, and faith.

But just like with other areas of parenting, there are several things you can do to help protect your child or teen in the technological world. There are tips to involve your child in staying safe when using technology on the back of this letter.

Thank you for allowing us to be a partner in providing a safe environment for your child!

Circle of Grace *and staying safe while using Technology*

Social Media accounts and profiles

☐ Before I set up a new account or profile using technology, I will ask my parents or a trusted adult for permission.

☐ To help protect me while I am using technology or social media, I will let my parents or a trusted adult set my privacy and parental control settings on all of my accounts.

☐ I will not change my password or create a new profile or account without the permission of my parents or a trusted adult.

☐ My password will not be shared with anyone other than my parents or trusted adults.

☐ I will not lie about my age to be able to create an account.

Posting and sharing

☐ I will not post or share my full name, age, address, school, teams, activities or other personal information without my parents' permission.

☐ I will not post or share photos of myself without the permission of my parents or trusted adult.

☐ I will not post or share pictures with the name of my school, teams or other information that could identify me to strangers.

☐ I will help protect my family and friends by not posting or sharing photos or videos without their permission.

☐ I will not post or share inappropriate images or videos, use inappropriate or hurtful language or anything that might be hurtful or cause harm to another person.

☐ I will not engage in online bullying, including making unkind comments.

☐ I will remember that pretending to be someone you are not very is easy in on-line relationships. You may never know the real person.

☐ I understand that posting certain types of photos or information on social media sites is punishable by law.

To help keep me safe in my *Circle of Grace*

☐ I will not meet anyone in person who I have only met using technology (gaming, social media…).

☐ I will tell a parent or trusted adult if someone sends me a picture or message that makes me uncomfortable or that I know my parents would not approve.

☐ I will let my parents or trusted adult know if I am the victim of online bullying or if someone is sharing pictures or videos of me.

☐ It is important that I am comfortable with my parent or trusted adult <u>seeing what I am writing or doing</u> on the computer/tablet/gaming system or cellphone.

☐ It is important that I am comfortable with my parent or trusted adult <u>seeing what I am looking at</u> on the screen of a computer/tablet/gaming system or cell phone.

☐ If I am in a site where I feel like I should lie or if I wonder if what it says is true, I am not in a safe place. I <u>must</u> get my parent or trusted adult to help me.

Keeping a healthy balance when using technology

☐ I will make in-person relationships my priority and balance using technology with real life relationships.

☐ I will put my phone away during meals and family time.

☐ I will follow my parents' rules regarding time limits for using technology so I can do my homework and chores and get the sleep and exercise I need to stay healthy.

SIGNATURE

I, _____, agree to the above conditions to help me stay safe in my Circle of Grace when I am using technology, and to ask for the help of my parents and trusted adults to prevent me from harmful situations.

Date _____

Parent or Trusted Adult_____

Grade 5-8 Alternative Evaluation

Date _____   *Leader* _____

Parish/School _____ *City* _____

Number of young people in class _____   *Grade-level/s of students* _____

Each grade's curriculum was designed to meet the overall program objectives.
Please check whether the objectives of the *Circle of Grace* Program were met.

1. YES _____ NO _____ Young People understand they are created by God and live in the love of the Father, Son, and Holy Spirit.

2. YES _____ NO _____ Young People will be able to describe the *Circle of Grace*.

3. YES _____ NO _____ Young People understand how having an intimate relationship with God helps us know who we truly are.

4. YES _____ NO _____ Young People understand that we are created in God's Image, which is love.

5. YES_____ NO_____ Young People will know what humility and modesty is and how both can help keep them safe.

6. YES_____ NO_____ Young People will know how to send a message to others that they honor and value themselves and others.

Please list what worked well and any resources that you would like to share with others (use back if necessary).

Please list any suggestions that would improve lessons (use back if necessary).

Return to your School Administrator of Director of Religious Education