

Family, Faith and Circle of Grace

Saying No to Disrespect

Grade 7

Honoring Everyone's Circle of Grace

Sometimes young people reveal personal information or details about incidents that, in order to respect confidentiality, need to be handled outside of the group environment. If this happens, tell the young person, "Thank you for sharing that, _____. That sounds really important. I will talk to you about that later (at the end of class, at the break, as soon as humanly possible, etc.)." When this happens, be sure you talk to the young person at your first opportunity and alert the administration. Remember that you are the responsible reporter in cases of suspected abuse.

This lesson complements the following Catholic teachings:

- Belief in the works and presence of the Father, Son, and Holy Spirit
- Christian faith requires a relationship with God and others
- We are called to model our faith in our words and actions
- We are called to make moral decisions consistent with Catholic teaching
- Vocations are God's call to all
- We are all Children of God because of God's creation and covenants
- Individual and cultural differences are gifts from God that should be respected
- Responsible relationships are based on love, honesty, and respect
- Skills such as listening, self-disclosure, and compromise are necessary for faith filled communications with others

Lesson Goal

Young People will understand and can tell the difference between respect and disrespect within the context of their *Circle of Grace*.

Lesson Objectives

Young People will be able to:

1. Recognize that everyone deserves respect as a person created and loved by God.
2. Recognize words and actions that are disrespectful as boundary violations.
3. Identify skills to resist disrespectful behavior as part of their safety "Don't be Duped".

It is important to begin the lesson by explaining that God does not want or cause bad things to happen. There will be young people who have already experienced unsafe or hurtful situations. It is important to reinforce that it is not their fault, and it is never too late to tell a trusted adult. We want our young people to understand that God is with them and for them even when they are hurting or sad.

Vocabulary

1. **Circle of Grace:** The love and goodness of God that always surrounds me and all others.
2. **Trust:** Being able to count on someone to help me to stay safe within my *Circle of Grace*.
3. **Respect:** Being kind to others and doing what is best for myself and others because I honor all people as Children of God.
4. **Disrespect:** Treating with rudeness, insult and lack of respect.
5. **Bullying:** Any deliberate aggressive behaviors (physical, verbal or social) by a person or group with the intent to inflict harm on another person.
6. **Cyber Bullying:** The use of the internet, cell phones or other electronic devices to send, post texts or images intended to hurt or embarrass another person.
7. **Bystander:** Someone who witnesses the bullying. They can have a negative or positive influence on the bullying behavior.

Materials Needed

1. "Key Summary of Circle of Grace Concepts" Handout for each student to take home ((located in the end of the lesson).
2. "Code of Conduct for Children and Young People" for each student to take home for parents to sign (located at the end of the lesson).
3. "Don't be Duped" safety plan handout (at the end of the lesson).
4. Required Parent Letter. (at the end of the lesson).
5. Whiteboard/Blackboard.

Getting Started

Open the lesson with the following statements:

- Today we are going to review *Circle of Grace*, look at behaviors that are disrespectful, and then see if we can find some ways to resist doing or saying things that we know will hurt others.
- We will also review the steps of our "Don't be Duped" safety plan when others are disrespectful of us, others or if you are uncomfortable with a person and/or situation.

Lesson Development

Distribute and review the "Key Concepts of Circle of Grace" Handout (at the end of the lesson). Explain how God is present with us and within us. He wants the best for us in all things. The Circle of Grace concept helps us realize His love for us and desire to keep us safe.

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 people in our lives to help us when we are troubled or struggling with a concern.
- 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.
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Discussion

Open discussion with the following.

- We don't always act in ways that are respectful. Take just a minute and think of a time when someone your age was not respectful of your *Circle of Grace*. *Pause*.
- Now think of a time when you said or did something that was hurtful to someone your age. *Pause*.
- These words and actions don't belong in anyone's *Circle of Grace*.

Continue discussion with the following.

- Together we are going to make a list of some of the disrespectful behaviors that include bullying.
- Write the words Bullying, Cyber Bullying and Bystander on the board. Discuss the definitions.
- *Have the children identify how a bystander could have negative or positive influence on bullying behavior. Be sure these behaviors are identified and discussed.*
 - I. Negative: Instigate, encourage, join in, passively accept.

- II. Positive: Directly intervene by discouraging the bullying behavior, defending the victim or redirecting the situation away from the bullying, getting help by rallying support or reporting the behavior to a trusted adult.

Have the young people brainstorm ideas of disrespectful behaviors/bullying as you list them on the board. Prompt as needed to include: Peer Pressure, Bullying, Excluding, Teasing, Purposefully Embarrassing, Gossiping, Being Dishonest, Being a False Friend. These behaviors can be in person or on Social Media.

Activity

Divide the young people into small groups. Have each small group select one or two disrespectful behaviors. Have them make a chart, listing ways to resist the pressure to participate in those behaviors and listing how to be a helpful bystander if one is witnessing bullying behavior. Have the youth role play resisting pressure and being the bystander; both positive and negative. Examples of resisting pressure are: "No, that doesn't interest me," or, "I have decided not to do that." Examples of helpful bystanders are: Engaging the person being bullied in conversation like "Did you see that game last night? "It was great! Would you like to watch the next game at my house?" A group of you can sit with the person being bullied at a lunch table to discourage further bullying. Always remember, what would Jesus do or say in this situation?

Share ideas in a large group. Write on the board the combined list of appropriate words or actions to resist pressure and be a positive bystander. Conclude discussion by summarizing the following:

- Standing up for what is right sometimes means taking a risk.
- If no one laughs (joins in) you are taking the bully's power away.
- You can stand up for another person's *Circle of Grace* by not joining in the bullying.
- If you are the one being made fun of or disrespected, look around for the people who are not laughing. They are resisting the pressure to join in the disrespectful behaviors. They have qualities of someone who would be a good friend. They are respecting your *Circle of Grace*.

Activity - Code of Conduct for Children and Young People

Distribute the Code of Conduct to each student.

Read the below examples of negative statements about another person:

- 1- She is stupid so she won't get the joke
- 2- He couldn't get a girl to like him even if he tried
- 3- "Ugly" must run in her family
- 4- He should just 'check out' of this world, no one would miss him.

Discuss the below questions:

- 1- Is it easier to say these things in person or on social media/texting? Why?
(Make sure they identify the reasons it is easier to say mean things online)
- 2- Does it hurt less when it is said on social media/texting? If no, then explain your answer.

- 3- What do you think the purpose is of saying mean things on social media or in person?
- 4- What is the feeling behind this purpose?

Given the prior questions and discussion, point out the importance of giving their Code of Conduct pledge so they will act consistent with the Catholic faith. Have several students volunteer to read the Code of Conduct out loud. Then have all the students sign it.

Have the students take it home for the parents to sign and return to the leader. Students should receive a copy of the Code of Conduct after the leader signs it.

Discussion- There will be times when you in an uncomfortable situation or being bullied that a safety plan is needed. We will be discussing the plan and the acronym DUPE. Each letter reminds you of important steps that you need to take to be safe in your Circle of Grace. Remember, you are never too young or old to understand and respect your and others Circle of Grace. God is always that close to us and wanting to help us.

Let's answer some questions before we look at "Don't be Duped "Safety Plan.

- Have you and/or a friend ever thought a person was cool, but then observed behavior and comments that made you unsure?
- Have you and/or a friend ever hung out with others when the group decided to do something that you knew was wrong?
- Have you or a friend communicated to someone through an app/internet who is asking embarrassing questions?
- Have you and/or a friend had someone you met through an app/internet ask you to meet them?
- Have you and/or your friend been asked to keep a secret from your family?

Distribute and review the following “Don’t be Duped” safety plan (at the back of the lesson). This safety plan is to assist youth when they get into situations that may make them uncomfortable. Have the students take home to review with their parents.

“DON’T BE DUPED” SAFETY PLAN

We want you to remember this safety plan by using the acronym DUPE.

1. *Write on the board*

D- Discern

U- Understand

P- Protect

E- Execute your plan

Read each question allowing a few moments for quiet reflection before discussing

The letter “D” stands for Discern

- What prompting is the Holy Spirit giving you about this person or situation?
- Does this person or situation respect your Circle of Grace?
- What would your parents or others who love you say about this situation?
- What trusted adult can you talk to about the situation?

The letter “U” stands for Understand

- In every situation, we need to remember that the Holy Spirit is always with us to help us stay safe.
- The Holy Spirit gives us feelings or instincts and we need to listen to them.
- Understanding a situation and our response to it requires us to listen to the Holy Spirit, our family and friends.
- Answering the following questions will help you understand if a relationship is healthy and belongs in our Circle of Grace
 1. How long have you known this person?
 2. Is your knowledge of this person face-to-face?
 3. How much do you know about this person?
 4. How have you verified what this person has told you about themselves?
 5. What do your feelings (instincts) tell you about this person or situation?
 6. How many things do you have in common with this person?
 7. Is the relationship respectful of your boundaries and the other person’s?
 8. Are you able to say “No,” to this person?
 9. Does this person’s age or status influence your behavior in the relationship?
 10. Does this person ever ask you to keep secrets?

The Letter P stands for Protect

Part of protecting oneself in uncomfortable situations is to know the following 3 key areas that may make a situation or person unsafe. They are:

Unequal Power

- Are they significantly older, more popular, or a bigger size than you?
- Are they in a position of authority?
- Do they have access to more resources such as money, knowledge, car etc. than you?

Secrecy

- Are they asking you to keep secrets from your parents, friends or other adults?
- Are they asking you to not tell about gifts, time together on line, in person or activities you do together?
- Do they say no one will understand your relationship?

Forced Isolation

- Do they get angry when you want to hang out with your friends?
- Are they mad if you don't answer your phone or text right away?
- Do you feel like they are trying to control you with their words and actions?

The letter "E" is for Enact

- There are other things you can do to protect your *Circle of Grace* when your parents or trusted adults may not be around. Some of them are:
 1. Don't reveal personal information on the internet/social media. That includes full names, school, grade, address, phone number, sports teams, church groups, etc. Perpetrators try to identify young people by learning about their activities and schedule patterns. Be particularly cautious of social networking websites such as myspace.com and personal blogs.
 2. Stay away or get away from situations that make you feel uncomfortable.
 3. Tactics may include saying, "No," walking away, calling a parent.
 4. Avoid unsafe situations, which involve alcohol, drugs, or smoking.
 5. Be cautious about situations in which one is left alone without a trusted adult.
- To protect your *Circle of Grace*, you need to tell trusted adults that you need help when uncomfortable.
- Notify your parents or another trusted adult whenever someone has violated your boundaries, such as trying to control you or not respecting your *Circle of Grace* or someone else's *Circle of Grace*.

Continue by saying:

Trusted adults want what is best for you; they want your Circle of Grace to be respected. Discuss with your parents the three other persons whom you feel are trusted adults. Then let the trusted adults know you have chosen them. Share with them what Circle of Grace means to you and the safety plan, "Don't be Duped". Today is a good day to start those conversations.

Summary of the Key Concepts of “Circle of Grace”



God gives each of us a Circle of Grace 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.*

*Know that **God** is in this space with you. This is your **Circle of Grace**; you are in it.*

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- 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.

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God helps us know when to ask for help from someone we trust.

- God gives us people in our lives to help us
- God wants us to talk to trusted adults about our worries, concerns or “funny/ uncomfortable feelings” so they can help us be safe.



Code of Conduct for Children and Young People

I understand that I am created by God and live in the love of the Father, Son, and Holy Spirit.

I understand that God does not want or cause bad things to happen.

I understand that God is with me even when I am hurting or sad.

I understand the *Circle of Grace* that God gives me and others.

I understand that I can help stamp out “bullying” by not being a silent bystander.

I understand that speaking out and taking positive actions when bullying occurs makes a difference.

Because of this understanding when I interact with someone, either in person or when using technology such as texting and social networking, I will strive to:

- Have my actions be safe and show respect toward myself and others.
- Have my words and actions represent the truth.
- Identify and maintain appropriate and healthy boundaries and relationships.
- Talk with my parents/trusted adult if I have concerns (bullying) or if there is a question that these boundaries are violated.

Student _____ Teacher _____

Parent _____ Date _____

Bullying Prevention Resources

Stop Bullying Now

www.stopbullying.gov

Pacer National Bullying Prevention Center

www.pacer.org/bullying

Netsmartz Cyberbullying

www.netsmartz.org

Wired Safety

www.wiredsafety.com

Connect Safely

www.connectsafely.org

Boys Town National Hotline

www.boystown.org

1-800-448-3000

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- Understanding a situation and our response to it requires us to listen to the Holy Spirit, our family and friends.
- Answering the following questions will help you understand if a relationship is healthy and belongs in our Circle of Grace
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 12. Is your knowledge of this person face-to-face?
 13. How much do you know about this person?
 14. How have you verified what this person has told you about themselves?
 15. What do your feelings (instincts) tell you about this person or situation?
 16. How many things do you have in common with this person?
 17. Is the relationship respectful of your boundaries and the other person’s?
 18. Are you able to say, “No,” to this person?
 19. Does this person’s age or status influence your behavior in the relationship?
 20. Does this person ever ask you to keep secrets?

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- Are they in a position of authority?
- Do they have access to more resources such as money, knowledge, car etc. than you?

Secrecy

- Are they asking you to keep secrets from your parents, friends or other adults?
- Are they asking you to not to tell about gifts, time together on line, in person or activities you do together?
- Do they say no one will understand your relationship?

Forced Isolation-

- Do they get angry when you want to hang out with your friends?
- Are they angry if you don't answer your phone or text right away?
- Do you feel like they are trying to control you with their words and actions?

The letter "E" is for Execute your plan

- There are other things you can do to protect your *Circle of Grace* when your parents or trusted adults may not be around. Some of them are:
 1. Don't reveal personal information on the internet/social media. That includes full names, school, grade, address, phone number, sports teams, church groups, etc. Perpetrators try to identify young people by learning about their activities and schedule patterns. Be particularly cautious of social networking websites such as myspace.com and personal blogs.
 2. Stay away or get away from situations that make you feel uncomfortable.
 3. Tactics may include saying, "No," walking away, calling a parent.
 4. Avoid unsafe situations, which involve alcohol, drugs, or smoking.
 5. Be cautious about situations in which one is left alone with a not well-known adult.
- To protect your *Circle of Grace*, you need to tell trusted adults you need help.
- Notify your parents or another trusted adult whenever someone has violated your boundaries, such as manipulating to control you or not respecting your *Circle of Grace* or someone else's *Circle of Grace*.

Continue by saying:

Trusted adults want what is best for you; they want your Circle of Grace to be respected. Discuss with your parents the three other persons whom you feel are trusted adults. Then let the trusted adults know you have chosen them. Share with them what Circle of Grace means to you and the safety plan, "Don't be Duped". Today is a good day to start those conversations.

Family, Faith and Circle of Grace
Parent Take Home Activity
Saying No to Disrespect
Honoring Everyone's *Circle of Grace*

Dear Parent,

We presented the *Circle of Grace* Lesson “**SAYING NO to Disrespect, Honoring Everyone's *Circle of Grace***” to your Child. The goal of the lesson was to help the youth understand and combat negative behavior especially bullying. Your child has received a *Circle of Grace* Code of Conduct contract. Please sign and review with your child. The contract should be returned at the following meeting.

Also, your child was taught the safety plan “Don't be Duped” Below is the explanation:

Acronym DUPE:

D- Discern (Listen to the prompting of the Holy Spirit and what others are saying, when uncomfortable, ask questions i.e. does this belong in my Circle of Grace?)

U- Understand (Think about consequences, ask questions about the situation, and seek opinions from trusted adults)

P- Protect (part of protecting oneself is to know if the following key areas are present:
1)unequal power, 2) secrecy, or 3) forced isolation)

E- Execute your plan (remove yourself from the situation, if possible, notify your parents or another trusted adult when you are uncomfortable)

Ask your child about the class discussion and potential situations that they may cause them to remember this safety acronym.

Thank you for your support of the *Circle of Grace* program. It is essential and appreciated as we strive to provide the safest possible environment for our children.

Family, Faith and Circle of Grace *Grade 7 Evaluation*

Date _____

Parish/School _____ *City* _____

Leader _____ *Number of young people in class* _____

Each grade's curriculum was designed to meet the overall program objectives.

Please check if each of 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* that God gives each of us.
3. YES ____ NO ____ Young People will be able to identify and maintain appropriate boundaries.
4. YES ____ NO ____ Young People can identify types of boundary violations.
5. YES ____ NO ____ Young People can demonstrate how to take action if a boundary is threatened or violated.

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

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

Return to your School Administrator, Director of Religious Education, or Director of Youth Ministry.