

# *Circle of Grace*

## *Safe Environment Training*

### *Social Media's Influence on Our Relationships*

#### *Grade 6 - 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 children 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 children 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 children 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 children understand and respect their own dignity and that of others. A truly safe and protective environment is one where children 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.<sup>1</sup> 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 children 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* that 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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<sup>1</sup> [www.usccb.org](http://www.usccb.org), or <http://nccanch.acf.hhs.gov>

## *Grade 6 Leader Guidelines*

- **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 for lessons may vary depending on size of class, age of children, 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 children in their understanding of the *Circle of Grace* Curriculum. The depth of the children'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/director section. The pertinent vocabulary is listed in each lesson.
- Leader's instructions for each lesson are italicized. Non-italicized text needs to be presented by the leader to the students.
- 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.
- There are five alternative lessons plus a retreat available for grades 5-8 on the Circle of Grace Partner's website.
- 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 children and help them to know what to do when they feel unsafe.
- Your School Administrator or Religious Education Director will be sending out a letter to all parents regarding *Circle of Grace*. Lesson specific parent information should be handed out as directed. The 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.

# 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.

# *Social Media's Influence on our Relationships*

*Sometimes children 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 child, "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 child 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:**

- Jesus' life as a model for our own
- God calls us to be responsible for our actions
- Jesus modeled how we should serve others
- God teaches us to lead a healthy life and make good choices
- Human life is sacred and must be respected
- Our conscience helps us to know what is right and do what we believe is right
- God calls us to be responsible for our own actions

## **Lesson Goal**

Children will be able to recognize the influence of social media on their relationships.

## **Lesson Objectives**

### **Children will be able to:**

1. Understand and describe their *Circle of Grace*.
2. Recognize that trusted adults help us stay safe in our *Circle of Grace* and help us respect others in their *Circle of Grace*.
3. Identify different types of social media and how they influence our relationships and our *Circle of Grace* in positive and negative ways.

## **Vocabulary** (*Students are not expected to memorize vocabulary*)

1. **Circle of Grace**: The love and goodness of God which always surrounds me and all others.
2. **Safe Secret**: A secret is safe when it does not hurt others or me.
3. **Unsafe Secret**: A secret is unsafe when I think that someone, including me, could be hurt or get in trouble if I do not tell. A secret is always unsafe if someone states you are not to tell your parents or trusted adults.

4. **Trust:** Being able to count on someone to help me to stay safe within my *Circle of Grace*.
5. **Trusted Adult:** An adult that helps me stay safe in my *Circle of Grace* and helps me respect others in their *Circle of Grace*.
6. **Boundary:** The border or limit we need to keep ourselves safe within our *Circle of Grace*.
7. **Media:** Mass communication formats (music, TV, magazines, movies, videos, internet, computer games, books, advertisements, news, newspapers, radio, etc.) that provide education, information, entertainment, and advertising.
  - Inappropriate Media:** Images, words that are spoken or written, that make one feel uncomfortable or scared, is disrespectful to people or would be something your parent/trusted adult would not approve of.
8. **In-Person Relationships:** Refers to the ability to interact face to face with others which can build a genuine connection and trust.
9. **On-Line Connection:** An internet/social media connection that is between people who have met on-line, and in many cases know each other and only via the internet/social media.

## Materials Needed

1. Pre and post assessment for each child (end of the lesson). You may want to do the pre-assessment the day before you teach the lesson. It will give you an idea of how much they retained from prior grades.
1. Summary of *Key Concepts of Circle of Grace* for each student (front of the lesson)
2. Poster paper
3. Pens or markers
4. Blackboard/chalk or Whiteboard/markers
5. One set of communication (text, gaming, direct messaging) cards for each group (end of lesson)
6. One set of on-line persona cards for each group (end of lesson)
7. Copy of the DUPE safety plan for each student (end of lesson)
8. Parent Letter with attached DUPE safety plan (end of lesson)

## Opening Prayer:

*Leader calls the class to prayer by asking youth to quiet themselves and join in the Sign of the Cross. Then say together,*

**Holy Spirit, show us the way.  
Be with us in all we think, do and say. Amen.**

## Getting Started

1. *Distribute and collect the pre-assessment. The results will be recorded on the evaluation. Remember that this is to guide you and not meant to give a pass/fail to the students.*

*It is important to begin the lesson by explaining that God does not want or cause bad things to happen. There will be children in every group who may have already experienced unsafe or hurtful situations. It is important to reinforce that it is not their fault. We want our children to understand that God is with them and for them even when they are hurting or sad.*

*Summarize Circle of Grace with the following:*

1. *Pass out the Summary of Key Concepts of Circle of Grace for each student. Have children describe their Circle of Grace.*
  - a. *You may have learned about Circle of Grace in the past. Our Circle of Grace is the love and goodness of God that always surround us.*
  - b. *God is with us and within us in a special way. God is with us because He desires a close relationship with each of us. The Holy Spirit helps us to remember that we belong to God. We are always in a special, holy place.*
  - c. *If we can remember that we are in a Circle of Grace, with God and surrounded by His love, we will remember to behave with the respect for ourselves and others.*
2. *Identify what trusted adults are and how they help protect us in your Circle of Grace.*
3. *We are going to talk about the internet/social media and your Circle of Grace. How can they be used in both safe and unsafe ways?*
4. *What are some of the rules for using the internet in a safe manner so your boundaries will not be violated?*

*Be sure the following are included in the responses:*

- a. *Never give out personal information.*
- b. *Never send a picture or anything else to someone who requests it.*
- c. *Tell a trusted adult if someone sends a picture or message that makes you uncomfortable or you know your parents would not approve.*
- d. *It is important that you are comfortable with a trusted adult seeing what you are writing/doing on the computer/tablet/gaming system or cellphone*

- e. It is important that you are comfortable with a trusted adult seeing what you are looking at on the computer/tablet/gaming system or cell phone.
- f. If you are in a site where you feel like you should lie or if you wonder if what it says is true, you are not in a safe place. You must get a trusted adult to help you.

## **Lesson Development**

Today we are going to talk about social media and how it can influence our view of relationships in our *Circle of Grace*. We may never have considered connecting with someone on social media as violating our *Circle of Grace*. It is important to be able to discern that online relationships are not the same as in person relationships. Those online may present themselves as real, but in reality, may not be who they say they are. Many times, people pose as someone they are not (such as being similar to you in age and interests). This deception can be unsafe especially if they are asking you to do something that makes you uncomfortable, against the rules or that your parents/trusted adults would think is unsafe.

### **Discussion – In-Person Relationships VS Online Connections**

- 1- *Review in-person relationships and online connections definitions.*
- 2- *Break into small groups, up to 6 students in each. Distribute pens and paper.*
- 3- *Have them list the positives and negatives of in-person relationships and online connections.*
- 4- *Gather children together as a large group. **Review and discuss** their lists of in-person relationships and online connections. Reinforce the following:*

#### ***In-Person Relationships-***

*You have the ability to see facial and body reactions to conversations. You have the opportunity to see them in other settings (family, friends, school). You can see if you have done or said something to hurt/upset them. This gives you the opportunity to apologize. Moral development occurs with real in-person relationships.*

#### ***Online Connections-***

*It's easy to be mean online because you can't see the reaction of the other person. The other can act like things are fine by text and emojis, when they have really been hurt. Also, it is easy to pretend to be someone else in online connections. Because of this, you may never really know the person.*

### **Activity- Who are You Anyway?**

The discussion of the difference between online connections and in-person relationships was important. Let's test your ability to know if someone is really

who they say they are online. We are going to get back in our groups for the next activity.

- *Have the students get back in their groups.*
- *Provide each group with a set of communication and persona cards. Cards need to be in order 1-6.*
- *Next have each of them take turns being separated from the group, they will sit with their back to the group.*
- *They will need to pick a communication card (end of the lesson). They will read out loud the card they picked.*
- *The group will have to decide if this person is really who they say they are.*
- *Once the group decides if they are real or not, the student will show them the online persona card that corresponds with communication card.*
- *Students will write down the group answers for the communication and persona cards.*

*Gather children together as a large group. Discuss the above activity. What surprised them? Have they ever heard of or experienced anyone pretending to be someone they are not? What do you do when that happens? Let's look at how you can be safe in these types of situations.*

## **Safety Plan – Don't be Duped**

We need to have a safety plan for how to handle unsafe or uncomfortable situations in-person or online. We will be reviewing the DUPE 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?
  11. Are people around you apprehensive/concerned about the relationship?

## **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. Someone may pressure you to do something that makes you uncomfortable. You may feel confused because you admire them.

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?
- Are you afraid this person?

### **Secrecy**

- Are they asking you to keep secrets from your parents, friends or other adults?
- Are they asking you not to tell about gifts, time together online, 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 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 you are 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/ controlling 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.

### **Activity**

*Distribute and collect the post-assessment. The results will be recorded on the evaluation. Remember that this is to guide you and not meant to give a pass/fail to the students.*

## **Closing Prayer**

*Leader calls the class to prayer by asking youth to quiet themselves and join in the Sign of the Cross.*

**Thank you, God,  
for always being with me in my *Circle of Grace*.  
Thank you for the gift of the Holy Spirit  
who helps me know what is good.  
Thank you for giving me people who care about me  
and want me to be safe. Amen**

## Opening Prayer:

Holy Spirit, show us the way.  
Be with us in all we think, do and say. Amen.

## Closing Prayer

Thank you, God,  
for always being with me in my *Circle of Grace*.  
Thank you for the gift of the Holy Spirit  
who helps me know what is good.  
Thank you for giving me people who care about me  
and want me to be safe. Amen

# Pre-Assessment Grade 6

Write the correct word or phrase for each definition.

*Circle of Grace*

Respect

Trusted Adult

Boundary

- \_\_\_\_\_ 1. Being kind to others and doing what's best for myself and others.
- \_\_\_\_\_ 2. A border or limit that defines our *Circle of Grace*. It tells us whether something belongs or does not belong in our *Circle of Grace*.
- \_\_\_\_\_ 3. The love and goodness of God that always surrounds me.
- \_\_\_\_\_ 4. A grown-up who helps me to stay safe in my *Circle of Grace* and to respect others within their *Circle of Grace*.

Circle the correct answer.

- True**   **False**   5. Feelings are something I sense inside myself (angry, sad, happy, afraid, embarrassed, confused, excited, etc.) that give me information about myself or others.
- True**   **False**   6. Unsafe touch is disrespectful, hurts, scares, or makes me feel uncomfortable or confused.
- True**   **False**   7. Always talk to a trusted adult when a situation or secret makes me feel unsafe or confused.

Circle the correct answer for the following situations.

- Safe**   **Unsafe**   8. Your big brother's friend wants you to watch a movie your mom or dad told you not to watch.
- Safe**   **Unsafe**   9. Your dad is planning a surprise birthday party for your mom.
- Safe**   **Unsafe**   10. An instructor at your school invites you and a friend to go to a movie on a Friday night. The instructor offers to take you and bring you home. He says he will pay for the movie and refreshments.

# Pre-Assessment Grade 6 Key

Write the correct word or phrase for each definition.

*Circle of Grace*

Respect

Trusted Adult

Boundary

- |                               |   |
|-------------------------------|---|
| <u>Respect</u>                | 1. Being kind to others and doing what's best for myself and others.  |
| <u>Boundary</u>               | 2. A border or limit that defines our <i>Circle of Grace</i> . It tells us whether something belongs or does not belong in our <i>Circle of Grace</i> . |
| <u><i>Circle of Grace</i></u> | 3. The love and goodness of God that always surrounds me.   |
| <u>Trusted Adult</u>          | 4. A grown-up who helps me to stay safe in my <i>Circle of Grace</i> and to respect others within their <i>Circle of Grace</i> .                        |

Circle the correct answer.

True 5. Feelings are something I sense inside myself (angry, sad, happy, afraid, embarrassed, confused, excited, etc.) that give me information about myself or others.

True 6. Unsafe touch is disrespectful, hurts, scares, or makes me feel uncomfortable or confused.

True 7. Always talk to a trusted adult when a situation or secret makes me feel unsafe or confused.

Circle the correct answer for the following situations.

Unsafe 8. Your big brother's friend wants you to watch a movie your mom or dad told you not to watch.

Safe 9. Your dad is planning a surprise birthday party for your mom.

Unsafe 10. An instructor at your school invites you and a friend to go to a movie on a Friday night. The instructor offers to take you and bring you home. He says he will pay for the movie and refreshments.

# Post-Assessment Grade 6

Write the correct word or phrase for each definition.

*Circle of Grace*      Trusted Adult      Boundary

\_\_\_\_\_ 1. A border or limit that defines our *Circle of Grace*. It tells us whether something belongs or does not belong in our *Circle of Grace*.

\_\_\_\_\_ 2. The love and goodness of God that always surrounds me and all others.

\_\_\_\_\_ 3. A grown-up who helps me to stay safe in my *Circle of Grace* and to respect others within their *Circle of Grace*.

Circle the correct answer.

True   False      4. Feelings are something I sense inside myself (angry, sad, embarrassed, confused, etc.) that give me information about myself or others.

True   False      5. Respect is being kind to others and doing what is best for myself and others because I honor all people as Children of God.

True   False      6. Anytime a person is in a relationship where the other does not respect your *Circle of Grace* is a time when hurt or damage may occur.

Safe   Unsafe      7. Your big brother's friend wants you to watch a movie your mom or dad told you not to watch.

Safe   Unsafe      8. A person you know from the social media wants you to meet at the mall this weekend and told you not to tell your parents. Although you are curious, you feel uncomfortable in keeping a secret from your parents.

Safe   Unsafe      9. An instructor at your school invites you and a friend to go to a movie on a Friday night. The instructor offers to take you and bring you home. He says he will pay for the movie and refreshments.

10. Dupe stands for:

D      \_\_\_\_\_

U      \_\_\_\_\_

P      \_\_\_\_\_

E      \_\_\_\_\_

## Post-Assessment Grade 6 Key

Write the correct word or phrase for each definition.

*Circle of Grace*      Trusted Adult      Boundary

- Boundary      1. A border or limit that defines our *Circle of Grace*. It tells us whether something belongs or does not belong in our *Circle of Grace*.
- Circle of Grace*      2. The love and goodness of God that always surrounds me and all others.
- Trusted Adult      3. A grown-up who helps me to stay safe in my *Circle of Grace* and to respect others within their *Circle of Grace*

Circle the correct answer.

- True      4. Feelings are something I sense inside myself (angry, sad, embarrassed, confused, etc.) that give me information about myself or others.
- True      5. Respect is being kind to others and doing what is best for myself and others because I honor all people as Children of God.
- True      6. Anytime a person is in a relationship where the other does not respect your *Circle of Grace* is a time when hurt or damage may occur.
- Unsafe      7. Your big brother's friend wants you to watch a movie your mom or dad told you not to watch.
- Unsafe      8. A person you know from social media wants you to meet at the mall this weekend and told you not to tell your parents. Although you are curious, you feel uncomfortable in keeping a secret from your parents.
- Unsafe      9. An instructor at your school invites you and a friend to go to a movie on a Friday night. The instructor offers to take you and bring you home. He says he will pay for the movie and refreshments.

10. DUPE stands for:

- D Discern
- U Understand
- P Protect
- E Execute Your Plan

# Communication Cards

## 1-Phone Text

My name is Ellie. I live in the neighborhood. I am looking for someone to help me carry my groceries in my house, can you help? I would be able to pay you 😊

## 2-Gaming Text

Hey, this is Joey. I am in the 7<sup>th</sup> grade. Isn't this a cool game? Do you play every day? We should play against each other sometime. DM me back if you get stuck on the game or are bored.

## 3- DM/Snap

Hey, what's up? Jose from the basketball court. I saw you with your friends. Do you want to MIRL (meet in real life) and hang out?

## 4- Gaming Text

You are gaming and received a DM from another player. The two of you start exchanging DMs about the game. On one of his DMs, he asks you how old are. He gives you his phone number and challenges you to send him a pic of you gaming.

## 5- Phone Text

Hi, this is Ashley. I used to go to your school and moved away. Do you remember me? Text me back. I get so bored in this new town.

## 6-Direct Message

Hi, this is Timmy. 😊 your post on too many rules at school. I hate rules too! Parents and teachers don't understand our world. Message me if you get mad or frustrated. I get what it is like not to be understood.



# Persona Cards

## 1- Phone Text



**Do you respond to the text?  
What more information do you need?  
Do you tell anyone?  
Is this a safe situation?  
What do you do to make it safe?**

## 2- Gaming Text



**Do you respond to the text?  
What more information do you need?  
Do you tell anyone?  
Is this a safe situation?  
What do you do to make it safe?**

# Persona Cards

## 3- Phone Text



Do you respond to the text?  
What more information do you need?  
Do you tell anyone?  
Is this a safe situation?  
What do you do to make it safe?

## 4-Gaming Text



Do you respond to the text?  
What more information do you need?  
Do you tell anyone?  
Is this a safe situation?  
What do you do to make it safe?

# Persona Cards

## 5- Phone Text



**Do you respond to the text?  
What more information do you need?  
Do you tell anyone?  
Is this a safe situation?  
What do you do to make it safe?**

## 6- Direct Message



**Do you respond to the text?  
What more information do you need?  
Do you tell anyone?  
Is this a safe situation?  
What do you do to make it safe?**

# DON'T BE DUPED" SAFETY PLAN

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

2. *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
  12. How long have you known this person?
  13. Is your knowledge of this person face-to-face?
  14. How much do you know about this person?
  15. How have you verified what this person has told you about themselves?
  16. What do your feelings (instincts) tell you about this person or situation?
  17. How many things do you have in common with this person?
  18. Is the relationship respectful of your boundaries and the other person's?
  19. Are you able to say, "No," to this person?
  20. Does this person's age or status influence your behavior in the relationship?
  21. Does this person ever ask you to keep secrets?
  22. Are People around you apprehensive/concerned about the relationship?

## 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. Someone may pressure you to do something that makes you uncomfortable. You may feel confused because you admire them.

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?
- Are you afraid of them?

### **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 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 you are 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/controlling you or not respecting your *Circle of Grace* or someone else's *Circle of Grace*.

*Circle of Grace*  
*Parent Letter*  
*Social Media's Influence on Our Relationships*  
*Grade 6 Lesson*

Dear Parent,

Circle of Grace is a faith-based safety curriculum used by your arch/diocese. We presented the *Circle of Grace* Lesson “**Technology’s Influences on Our Relationships**” to your child. The goal of the lesson was to help the children recognize that all forms of technology can influence our *Circle of Grace* and our relationships. It discusses how online and in person relationships are very different. We used the definitions below:

***In-Person Relationships-***

*You have the ability to see facial and body reactions to conversations. You have the opportunity to see them in other settings (family, friends, school). You can see if you have done or said something to hurt/upset them giving you the opportunity to apologize. Moral development occurs with real in person relationships.*

***Online Connections-***

*It easy to be mean online because you can't see the reaction of the other person. You can act like things are fine by text and emojis, but you were really hurt. Pretending is really easy in online connections. Because of this, you may never really know the person.*

The below online safety guidelines were discussed.

- g. Never give out personal information.
- h. Never send a picture or anything else to someone who requests it.
- i. Tell a trusted adult if someone sends you a picture or message that makes you uncomfortable or you know your parents would not approve.
- j. It is important that you are comfortable with a trusted adult seeing what you are writing/doing on the computer/tablet/gaming system or cellphone
- k. It is important that you are comfortable with a trusted adult seeing what you are looking at on the computer/tablet/gaming system or cell phone.
- l. If you are in a site where you feel like you should lie or if you wonder if what it says is true, you are not in a safe place. You must get a trusted adult to help you.

Attached to this letter is “Don’t be DUPED “safety plan was reviewed with your child. Please keep it in a prominent place so they can refer to it.

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

## Grade 6 Evaluation

Date \_\_\_\_\_

Parish/School \_\_\_\_\_ City \_\_\_\_\_

Leader \_\_\_\_\_ Number of children 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 \_\_\_\_ Children understand they are created by God and live in the love of the Father, Son, and Holy Spirit.
2. YES \_\_\_\_ NO \_\_\_\_ Children will be able to describe the *Circle of Grace* that God gives each of us.
3. YES \_\_\_\_ NO \_\_\_\_ Children will be able to identify and maintain appropriate boundaries
4. YES \_\_\_\_ NO \_\_\_\_ Children can identify types of boundary violations.
5. YES \_\_\_\_ NO \_\_\_\_ Understand how social media can influence our online and in-person relationships in our Circle of Grace.
6. YES \_\_\_\_ NO \_\_\_\_ Children will understand how easily they can be deceived while using social media.
7. YES \_\_\_\_ NO \_\_\_\_ Children can demonstrate 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 or Director of Religious Education.**