

## PARENT OVERVIEW OF SAFE ENVIRONMENT LESSON PLAN

**Grade: Eighth Grade**

### OBJECTIVES

The Eighth Grade student will

1. Recite NO, GO, TELL action plan and with a focus on assertive behavior. (Review of Seventh Grade)
2. Define conscience in own words and how our moral conscience is formed. (Review of Seventh Grade)
3. Contrast appropriate behaviors with inappropriate behaviors with themselves, their peers, and adults. (Review of Seventh Grade)
4. Identify harassment and various forms of abuse as dangerous behaviors in relationships.
5. Name two ways they can live out the virtues of temperance and chastity in their everyday lives. (Review of Seventh Grade)
6. List three appropriate boundaries in dating.

### OVERVIEW OF CONTENT

#### **PART ONE ~ RESPECT FOR OURSELVES AND OTHERS**

This section of the lesson addresses ideas such as:

- God loves us, created us for love, and made us in His image and likeness
- God calls us to love our neighbors- one way is through showing respect for ourselves and others
- Defining what respect means and looks like

#### **PART TWO~ UNCOMFORTABLE SITUATIONS**

This section of the lesson addresses ideas such as:

- Sometimes people do not respect our bodies and try and trick us or hurt us. They use bad touches with us and that makes us feel uncomfortable.
- We know when we are not safe because our bodies feel uncomfortable. This is our body's way of saying "something bad is going on". We should listen to our bodies when they tell us something bad is going on.

#### **PART THREE ~ NO, GO, TELL SAFETY RULES**

This section of the lesson addresses ideas such as:

- We have special rules about what to do if someone gives us a bad touch or if we feel uncomfortable – NO, GO, TELL action plan
- Reminder of what it means to be assertive
- Practice NO, GO, TELL and affirming that if we feel unsafe to go tell a trusted adult
- If you tell a trusted adult and they do not believe you, go tell someone else

#### **PART FOUR ~ HARASSMENT AND ABUSE**

This section of the lesson addresses ideas such as:

- Definition of harassment
- Definition of abuse and types of abuse
- Effects of abuse and what can be done to help those who are abused
- Laws that protect us from abuse

## **PART FIVE~ MORAL CONSCIENCE FORMATION**

This section of the lesson addresses ideas such as:

- Definition of what conscience means
- How our moral conscience is formed – how we know what is right and wrong
  - Listening to God's word (scripture), prayer, receiving the sacraments especially Reconciliation and the Eucharist, and listening to those spiritual leaders in your life which may be parents, teachers, or priests.

## **PART SIX ~ VIRTUOUS LIVING**

This section of the lesson addresses ideas such as:

- A well-formed conscience also is necessary as we live out lives of virtue.
- Jesus gives us Scripture and the virtues found in it as a road map for our life – define “virtue”
- Review the definition of the virtue of temperance and what it looks like in their lives
- Discuss how temperance helps to keep ourselves and others safe from being used
- Introduce and define the virtue of chastity and what it looks like if their lives
- Learn how we can strengthen ourselves to successfully live out the virtue of chastity in our everyday lives

## **PART SEVEN ~ BOUNDARIES IN DATING**

This section of the lesson addresses ideas such as:

- Personal boundaries we set and keep for ourselves in relationships
- We don't allow others to pass those boundaries we have set for ourselves, and also that we do not try and overstep another person's boundaries.
- You are too important and special to compromise these boundaries for being in a relationship!

## **PART NINE ~ USING GOOD JUDGMENT/INTERNET SAFETY**

This section of the lesson addresses ideas such as:

- Being cautious of strangers also includes strangers on websites, in chat rooms, through emails, or text messages.
- Internet safety rules

## **ASSESSMENT**

### **Ask student to**

- Inappropriate vs. appropriate behaviors
- Self reflection on Challenges in Living My Faith
- Harassment and Abuse Flow Chart
- Virtue Weekly Calendar
- Boundaries in Dating