

PARENT OVERVIEW OF SAFE ENVIRONMENT LESSON PLAN

Grade: Seventh Grade

OBJECTIVES

The Seventh Grade student will

1. Recite NO, GO, TELL action plan and with a focus on assertive behavior. (Review of Sixth Grade)
2. Define conscience in own words and how our moral conscience is formed.
3. Provide examples of bullying and cyberbullying and list appropriate Christian responses. (Review of Fifth/Sixth Grade)
4. Contrast appropriate behaviors with inappropriate behaviors with themselves, their peers, and adults.
5. Name two ways they can live out the virtues of temperance and chastity in their everyday lives.

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~ BULLYING AND CYBERBULLYING~ PART ONE

This section of the lesson addresses ideas such as:

- Defining bullying, reasons why people bully, and what bullying looks like
- Defining cyberbullying and what cyberbullying looks like

PART FIVE~ BULLYING AND CYBERBULLYING ~ PART TWO

This section of the lesson addresses ideas such as:

- Our responsibility as Christians if we know someone is being bullied is to help them, get help for them, stand up for them, and not join in the bullying

- Many of us have been like a bully by NOT taking action to stop bullying. Standing by or doing nothing as someone gets bullied is assisting the bully.
- Strategies to help us combat bullying, focusing on which strategies are the Christian responses we should use

PART SIX~ BEING A DEFENDER AGAINST BULLIES

This section of the lesson addresses ideas such as:

- What it looks like and what we might say and do to defend someone who is being bullied
- Linking being a defender of bullies to Jesus' story of the Good Samaritan (Luke 10:29-37)
- Jesus challenges us to always do what is right even when it is the hard choice.

PART SEVEN ~ 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 EIGHT ~ 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 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 MATERIALS

Ask student to

- Personal Action Plan Against Bullying
- Inappropriate vs. appropriate behaviors
- Debating the Good of the Internet
- Internet Safety
- Virtue Weekly Calendar