

## PARENT OVERVIEW OF SAFE ENVIRONMENT LESSON PLAN

**Grade: Sixth Grade**

### OBJECTIVES

The Sixth Grade student will

1. Recite NO, GO, TELL action plan and identify trusted adults who they can turn to when they are in an unsafe situation. (Review of Fifth Grade)
2. Identify lures used by sexual predators.
3. Define and give examples of assertive behavior. (Review of Fifth Grade)
4. Provide examples of bullying and cyberbullying and list appropriate Christian responses. (Review of Fifth Grade)
5. List conflict resolution skills.
6. Name two ways they can live out the virtue of temperance 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
- 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 ~ BEING AWARE OF THE TRICKS USED BY SEXUAL PREDATORS**

This section of the lesson addresses ideas such as:

- Learning the potential tricks and traps used by sexual predators
- What you can do to protect yourself from a specific trap

#### **PART FIVE ~ ASSERTIVE SAYINGS & WAYS TO GET AWAY**

This section of the lesson addresses ideas such as:

- Defining what being assertive means
- Comparing and contrasting assertive and aggressive responses
- Listing some examples of assertive statements to use if you feel threatened, unsafe, or if someone is touching you inappropriately
- Listing other ways we can get away and alert people that something bad is happening and ways to get out of bad or dangerous situation

## **PART SIX~ 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 SEVEN~ 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

## **PART EIGHT~ 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 NINE ~ CONFLICT RESOLUTION SKILLS**

This section of the lesson addresses ideas such as:

- Being a defender against bullying takes moral strength, courage, and good conflict resolution skills.
- Learning what conflict resolution skills are and how to use them
- If we truly believe as Christians that all people are created equal by God with dignity and worth, we should remember that means that we are not better than anyone else. This is good to repeat to ourselves.

## **PART TEN ~ VIRTUOUS LIVING**

This section of the lesson addresses ideas such as:

- Jesus gives us Scripture and the virtues found in it as a road map for our life – define “virtue”
- Define 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

## **PART ELEVEN ~ 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
- Listing good boundaries or rules to have for internet, video game, and cell phone use which would help prevent you from getting into an unsafe situation.

## **ASSESSMENT MATERIALS**

### **Ask student to**

- Personal Action Plan Against Bullying
- Internet Safety Scenarios
- Five Commandments of Internet Safety
- Conflict Resolution Paragraph
- Virtue Weekly Calendar