Diocese of Phoenix
Catholic School Safe Environment Curriculum

Name of Lesson:	Safe Environment – Grade 10
	Technology and Boundaries
Length:	1 class period – 40 minutes

Objectives:

USCCB Charter for the Protection of Children and Young People requires all students be given safe environment training. This training will particular emphasis on:
- Recognize that each person has dignity and is made in the image and likeness of God
- Identify the three types of boundaries and recognize boundary violations in daily life
- Understand the impact of boundary violations on the dignity of human persons
- Analyze the influence of technology has in pushing boundaries
- Understand that abuse is never their fault, and the importance of telling a trusted adult if they or someone they know has experienced abuse or boundary violations

Materials Needed:

Bible
Optional videos (links available in lesson plan)
Handout for reporting abuse (used by teacher if a student discloses abuse)
  - Available at www.safeenvironmenttraining.org

Terms to Clarify:

1. Online predators and grooming techniques
   - Online predators are people who use the internet and technology to gain access to victims
   - Online predators groom their victims by violating their boundaries in order to make them feel like they are in a real relationship with the predator
   - An online predator is an internet user who exploits vulnerable people, usually for sexual or financial purposes

Procedures:

Opening Prayer
1. Open with Scripture and prayer - Gn 1:27 (or other prayer)

Dignity of the Human Person
1. We are all created in the image and likeness of God
2. Ask – what does it mean to be created in God's image?
3. God loves us and wants us to be safe and treated with respect

Boundary and Statics Review
2. Review the three types of boundaries
   Physical – Who can touch you, how much they can touch you, where they can touch you
   Emotional – How close you feel to a person, How much time you spend with a person, What information you share with a person
   Behavioral– Things you will do and things you won't do

3. Review the statistics given in previous years: "1 in 4 girls and 1 in 6 boys will be sexually abused before the age of 18 and 30% of the time is happens in the family structure; 60% of the time, it is someone the child knows and in 10% of cases it is with strangers.

Group Discussion

1. Option 1 - Choose one (or multiple) of the following videos to illustrate dangers online (if you would like to use a different video option, ask your SET coordinator or principal for approval):

   http://www.netsmartz.org/RealLifeStories
   https://www.commonsensemedia.org/educators/curriculum

   Option 2 – Have the students think about something they have seen online that could be dangerous or a threat.

   Discussion questions:
   - How can your boundaries be violated online (discuss all three types of boundaries)?
   - Why do people do things online that they wouldn't do in real life?
     - Anonymity, people can be whoever they want to be

Differences between Real Friends and Social Media Friends
- Discussion –
  - How many of you have friends on social media that you don't know in real life?
  - Why might that be dangerous?
  - If someone on the street asks you out, how would you respond?
  - Why would you do anything differently online?

Cyber bullying
- Cyber bullying is when someone posts anything online with the intent to harm, harass or intimidate, or embarrass
- Review the "Steps to Prevent Cyber bullying" document (attached)

Online Predators
- Sometimes people may not be who they say they are online
- There are adults who use the internet and social media to learn about minors
- Sometimes these adults are trying to find victims to abuse or exploit

Think Before You Post
- Think before you send texts or post on social media
- The more information you post on social media, the easier it is for someone you don't know to learn about your life
  - Especially photos
- Once you post a picture or post a status update online, you can't take it back
- Everything posted on the internet will always be there

Activity
- Using a white board, brainstorm:
  - Ways to keep safe boundaries while using technology
    o Make sure your profiles are private
    o Only accept friend requests of people you actually know in real life
  - Ways to get help if abused or if a friend is abused
    o Tell a trusted adult
  - Who would be helpful and safe adults for you to approach?

Closing

Discuss that is someone is sexually abusing them or making them feel uncomfortable with boundary violations, it's not their fault, they have done nothing wrong, and that they should tell their parents or another person they trust – and keep telling until the abuse stops.

Closing Prayer:

Prayer of Healing for Victims of Abuse - (+ John F. Kinney, Bishop of Saint Cloud Imprimatur, given May 15, 2002)
Praise to you, Father of our Lord Jesus Christ,
source of all consolation and hope.
By your Son's dying and rising
He remains our light in every darkness,
our strength in every weakness.
Be the refuge and guardian
of all who suffer from abuse and violence.
Comfort them and send healing
for their wounds of body, soul and spirit.
Rescue them from bitterness and shame
and refresh them with your love.
Heal the brokenness in all victims of abuse
and revive the spirits of all who lament this sin.
Help us to follow Jesus in drawing good from evil, life from death.
Make us one with you in your love for justice
as we deepen our respect
for the dignity of every human life.
Giver of peace, make us one in celebrating your praise,
both now and forever. Amen.

Steps to Prevent Cyber bullying

1. Do NOT respond to offensive messages
   - This may cause additional bullying to occur (may fuel the fire)
2. Tell a trusted adult
3. Tell one of your friends
   - The important part is to find someone who you trust that can help you get through it
4. If your friend tells you they are being cyber bullied, tell a trusted adult
5. Print a copy of all of the bully's communications
6. Seek professional help or guidance (such as your counselor or teacher), give them the evidence
7. Call the police if the following occur:
   - Any threat of violence to you or property
   - Coercion/Blackmail or threats
   - Obscene or harassing phone calls/text messages/instant messaging
   - Stalking
   - Hate crimes
   - Exploitation

CYBER BULLYING
IS NOT
A GAME!!!