

Diocese of Phoenix

“Created in God’s Image for Youth” – 6th Grade Lesson - Parent Information

The Diocese of Phoenix Safe Environment Training Office developed lessons to help teach youth that their bodies are temples of the Holy Spirit, the characteristics of healthy relationships, and how to identify and respond to boundary violations and abuse.

These lessons teach youth in grades 6th -12th about their physical, emotional, and behavioral boundaries and how to respond if someone tries to violate them. Youth learn why it can be difficult to report abuse that has occurred to them or someone they know. It also teaches them words to say if they, or someone they know, are being abused.

As part of each lesson, there will be an activity and a discussion to reinforce the material. Below is a summary of the activities:

Lesson One

In lesson one the students will understand their bodies are temples of the Holy Spirit. They will discuss and learn characteristics of healthy relationships.

- **Activity:**
 - The Good Friend (Skit based on the story of the Good Samaritan)
 - Five students will act out a provided scenario.
 - While the students are preparing to present the skit, the remaining students will work at creating a list of the qualities of a good friend.

Lesson Two

In lesson two the students will review that their bodies are temples of the Holy Spirit and define healthy relationships. They will also learn how to identify and respond to boundaries and abuse. They will learn the definition of a boundary and the three types of boundaries—physical, emotional and behavioral. They will also learn examples of boundary violations and how to respond and know what to do if someone tries to violate them. They will learn the definition of abuse which includes physical, emotional, and sexual abuse and who could be an abuser. They will be given examples of how to tell their parents or a trusted adult if they or someone they know is being abused in order for the abuse stops. They will be asked to think of 3 trusted adults they could tell if someone was violating them or someone else. The students will also learn about having boundaries when using technology and social media.

- **Activity:**
 - Recognizing Boundary Violations
 - As a large group or in small groups, read the teens scenarios
 - *Options if doing in a large group*
 - Hand out red and green pieces of paper and tell the students to hold up the red paper if it is a boundary violation and the green paper if it is an okay behavior
 - Have the students stand up and walk to one side of the room if it is a boundary violation, and the other side of the room if it is an okay behavior

For each scenario ask:

- Is this a boundary violation?
- If yes, what could you do about it?

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What parents can do to reinforce the messages received in the 6th grade “Created in God’s Image” educational session

First, talk to your kids about their physical, emotional, and behavioral boundaries. Find out what they learned in the program.

Physical boundaries are defined by:	Emotional boundaries are defined by:	Behavioral boundaries are defined by:
<ul style="list-style-type: none">▪ Who can touch you▪ How much they can touch you▪ Where they can touch you	<ul style="list-style-type: none">▪ How close you feel to a person▪ How much time you spend with a person▪ What information you share with a person	<ul style="list-style-type: none">▪ What you will do▪ What you won’t do

Second, pay attention to someone who crosses a child’s physical, emotional or behavioral boundaries.

Physical boundary violations mean touching too much or touching in ways most adults would not touch a child. Some examples are:

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| <ul style="list-style-type: none">• Roughhousing or wrestling• Accidentally touching inappropriately | <ul style="list-style-type: none">• Tickling• Too many hugs, hugs with too much body contact, or unwanted hugs |
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Emotional boundary violations mean treating the relationship with a child as if it were a romantic or intimate adult relationship. Some examples:

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| <ul style="list-style-type: none">• Spending too much time with a minor• Contacting the youth too much• Getting involved in too many of the child’s activities | <ul style="list-style-type: none">• E-mailing too much• Acting too possessive |
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Behavioral boundary violations mean involving a child in activities that his or her parents would not allow the child to do. Some examples are:

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| <ul style="list-style-type: none">• Ridiculing the beliefs of a minor’s parents• Allowing a minor to look at pornography• Asking a minor to keep secrets from his or her parents• Allowing a minor to do things against the wishes of parents | <ul style="list-style-type: none">• Offering a minor cigarettes, alcohol, or drugs• Allowing a minor to visit inappropriate websites• Giving a minor gifts without the parents’ permission |
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Third, be aware that fears about being in trouble or disappointing parents can keep kids from telling. Let your child know they can tell you anything and you will always love them.

Can I get more information about the prevention of child abuse?

The Diocese of Phoenix provides Safe Environment Training for all within the Diocese, including parents. The initial foundation safe environment training class is called “Protecting God’s Children for Adults.” A schedule of classes (free of charge) is posted on the diocesan website:

www.safeenvironmenttraining.org/classes.php

What should I do if I learn of abuse or potential abuse?

The most important thing you can do if a child discloses abuse is to listen carefully and reassure the child that he or she did the right thing in coming forward. Let the child know that you will do whatever you can to keep him or her safe. If they have disclosed abuse, immediately contact law enforcement and the Department of Child Safety. If an adult has violated their boundaries, immediately contact the supervisor of the program.