

# Circle of Grace

## Safe Environment Training Grade 4 - Lesson Plan Philosophy

### *What is a Circle of Grace?*

The Catholic Church teaches that God has created each of us as unique and special. Genesis 1:27 tells us that we are created “male and female in God’s image” and that God saw this as “very good.” In that goodness, we are meant to respect ourselves and everyone else as persons created and loved by God.

Adults assist children to recognize God’s love by helping them to understand that each of us lives and moves in a *Circle of Grace*. You can imagine your own *Circle of Grace* by putting your arms above your head then circle down in front of your body including side to side. This circle, front to back, holds who you are in your body and through your senses. It holds your very essence in mind, heart, soul, and sexuality.

### *Why is it important to help our children understand the Circle of Grace?*

God intends our relationships in life to be experiences of divine love. Respectful, nurturing, loving relationships increase our understanding of our own value and help us to love others. It is never too early to help children understand how very special they are and how relationships in life are called to be sacred. Understanding this can help them to protect the special person they are and to be respectful of others.

Adults, as they strive to provide a safe and protective environment, hold the responsibility to help children understand and respect their own dignity and that of others. A truly safe and protective environment is one where children recognize when they are safe or unsafe and know how to bring their concerns, fears, and uncertainties to the trusted adults in their lives.

### *How is the Circle of Grace Program different from other protection programs?*

According to research, one in four girls and one in seven boys will be sexually abused by age eighteen.<sup>1</sup> Many protection programs focus on “stranger danger,” however, up to ninety percent of the time the perpetrator is a relative, family friend or other person known to the child/young person. *Circle of Grace* goes beyond just protection by helping children understand the sacredness of who they are and how to seek help through their relationships with trusted adults.

### *Goal of the Circle of Grace Program - Grades K-12*

The goal of the *Circle of Grace* program is to educate and empower children and young people to actively participate in a safe environment for themselves and others.

### *Objectives of the Circle of Grace Program - Grades K-12*

- Children/Young People will understand they are created by God and live in the love of the Father, Son, and Holy Spirit.
- Children/Young People will be able to describe the *Circle of Grace* which God gives each of us.
- Children/Young People will be able to identify, discern and maintain appropriate physical, emotional, spiritual, and sexual boundaries.
- Children/Young People will be able to identify all types of boundary violations.
- Children/Young People will demonstrate how to take action if any boundary is threatened or violated.

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<sup>1</sup> [www.usccb.org](http://www.usccb.org), or <http://nccanch.acf.hhs.gov>

## *Grade 4 Leader Guidelines*

- A **Leader** is defined as clergy, administrator, director of religious education/formation, teacher, or catechist who has been trained to teach the *Circle of Grace* Program.
- Every leader should read the Philosophy, Goals and Key Concepts to better understand and prepare to teach the *Circle of Grace*. The Key Concepts review the essence of the curriculum, that God is always present in our *Circle of Grace* because He desires an intimate relationship with His children.
- The time frame may vary depending on size of class, age of children, amount of discussion, etc.
- Vocabularies with definitions are intended for the leader. The explanation of vocabulary should be integrated within the context of the lessons to assist the children in their understanding of the *Circle of Grace* Program. The depth of the children's understanding will depend upon their age and developmental stage. A master vocabulary list of the *Circle of Grace* Program is included in all lesson plans. The pertinent vocabulary is listed in each lesson.
- If possible, it is always "best practice" to have two adults in the room during the lesson due to the sensitive nature of the material.
- Ongoing reinforcement of the concepts is encouraged throughout the year. Hopefully, the language of *Circle of Grace* will become a part of a positive culture of respect, care, and faith that will help protect our children and help them to know what to do when they feel unsafe.
- Your Administrator or Religious Education Director will be sending out a letter to all parents regarding *Circle of Grace*. Lesson specific parent information should be handed out as directed. The Parent Packet is included in the Program. Every parish/school is encouraged to provide parent education opportunities both to inform parents about the *Circle of Grace* program and to foster greater communication in families.
- Evaluations for each grade are to be completed and returned to the School Administrator or the Director of Religious Education/Formation. The evaluations will be used to complete the Summary Evaluation that is used for ongoing improvement of the program and for the audit records.

# Summary of the Key Concepts of “Circle of Grace”



## **God gives each of us a Circle of Grace (see below) where He is always “Present”:**

*Raise your hands above your head, then bring your outstretched arms slowly down.*

*Extend your arms in front of you and then behind you embrace all of the space around you  
slowly reach down to your feet.*

*Knowing that God is in this space with you. This is your Circle of Grace; you are in it.*

## **God is “Present” because He desires a relationship with us.**

- God is with us when we are happy and sad. God does not cause bad things to happen to us. He loves us very much.
- God desires to help us when we are hurt, scared or confused (unsafe).
- Having faith may not take away all of life’s struggles. It is because of these struggles, God promised to always “be present”; providing guidance and comfort in our time of need.

## **God helps us know what belongs in our Circle of Grace**

- Our feelings help us know about ourselves and the world around us.
- God helps us know what belongs in our *Circle of Grace* by allowing us to experience peace, love or contentment when something or someone good comes into our *Circle of Grace*.

## **God helps us know what does not belong in our Circle of Grace**

- God desires to help us when we are hurt, scared or confused (unsafe).
- The Holy Spirit prompts (alerts) us that something does not belong in our *Circle of Grace* by giving us “a funny or uncomfortable feeling” that something is not safe. This feeling is there because God wants us to be safe.

## **God helps us know when to ask for help from someone we trust.**

- God gives us people in our lives to help us when we are troubled or struggling with a concern.
- God wants us to talk to trusted grownups about our worries, concerns or “funny/ uncomfortable feelings” so they can help us be safe and take the right action.

# Circle of Grace Vocabulary

## Words introduced in Kindergarten

**Bullying:** Repeatedly being mean to someone on purpose

**Children of God:** All people are made and loved by God.

**Circle of Grace:** The love and goodness of God which always surrounds me and all others.

**Feelings:** Something I sense inside myself (e.g. angry, sad, happy, afraid, embarrassed, confused, excited, peaceful, etc.) which gives me information about others or myself.

**Grace:** The gift of God's goodness and love to help me live as his child.

**Holy:** Special because of a connection with God.

**Holy Spirit:** God present with and within me. The Holy Spirit helps me to remember that I belong to God. The Holy Spirit helps me to experience and live God's love.

**Respect:** Being kind to others and doing what's best for myself and others because I honor all people as Children of God.

**Safe:** I am safe when my body and my feelings are respected by me and by others.

**Safe Touch:** Touch that respects others and me.

**Secret:** A secret is something I know but do not tell.

**Safe Secret:** A secret is safe when it does not hurt others or me.

**Unsafe Secret:** A secret is unsafe when I think that someone, including me, might be hurt or get in trouble if I do not tell.

**Signal:** A sign that tells me something may be safe or unsafe. This may be internal or external.

**Stoplight:** A traffic light (red, yellow, green) that is a visual signal for keeping vehicles and people safe.

**Trust:** Being able to count on someone to help me to stay safe within my *Circle of Grace*.

**Trusted Adult:** A grown-up who helps me to stay safe in my *Circle of Grace* and to respect others within their *Circle of Grace*.

**Unsafe:** Anything that causes harm to myself or others.

**Unsafe Touch:** Touch that is disrespectful and hurts, scares, or makes me feel uncomfortable or confused.

## Words Introduced in First Grade

**Symbol:** A picture or object that stands for something else.

## Words Introduced in Second Grade

No new words.

## **Words Introduced in Third Grade**

**Boundary:** The borders or limits we need to keep ourselves safe within our *Circle of Grace*.

**Treasured:** We are so unique and precious that we could not be replaced in God's eyes.

**Violate:** To break a law, promise, or boundary.

## **Words Introduced in Fourth Grade**

### **Social Media/Networking**

**Blog:** An online journal. Personal stories or thoughts can be posted as in a personal journal. This is a public journal that anyone can access.

**Chat Room:** The name given to a place or page in a website or online service where people can chat with each other by typing messages which are displayed almost instantly on the screens of others who are in the chat room.

**Instant Messaging (IM):** Technology similar to that of chat rooms which notifies a user when a person is online allowing them to converse by exchanging text messages.

**Location Application:** An application (app) used in phones to find a location of a popular spot (restaurant, park etc.). People use the application to check in and it broadcasts the location to all of their friends.

**Micro Blogging:** This service allows users to give updates about what they are doing in less than 140 characters. In the near future, it may go to 280 characters.

**Photo Sharing App:** Captures, edits & shares photos, videos & messages with friends & family.

**Social Networking Service and Websites:** These services and websites are used to communicate with (a person) or search for information about (a person).

**Video Sharing Service:** This service allows users to watch videos posted by others and to upload videos of their own.

**Mobile Video App:** Allows you to send videos and pictures, both of which will disappear after about 10 seconds of a person viewing them. You can view them after the 10 seconds if you did a screen shot.

### **Other Terms**

**Cyber Bullying:** Use of the internet, cell phone or other electronic device to send or post texts or images intended to hurt or embarrass another person.

**E-mail:** Electronic mail. Sending/ receiving a type written message from one screen to another.

**Flaming:** Sending a deliberately confrontational message to others on the internet.

**Inappropriate Material:** Pictures or words on the internet that makes one feel uncomfortable, scared, or that intentionally degrades a human person.

**Netiquette:** Courteous, honest, and polite behavior practiced on the internet.

**Personal Contact Information:** Information that allows an individual to be contacted or located in the physical world, i.e. a telephone number or an address.

**Phishing:** An identity theft scam in which criminals send out spam that imitates the look and language of legitimate correspondence from e-commerce sites. The fake

messages generally link to websites that are similarly faked to look like the sites of respected companies. On the sites, users are directed to enter their personal information for authentication or confirmation purposes. The information, when submitted, goes to the thieves not to the “spoofed” company.

**Pop Up:** A term for unsolicited advertising that appears as its own browser window.

**Predator:** Someone who uses the internet or other means to obtain personal information about others with the intent to do harm.

**Smart Phone:** Is a mobile phone that offers advanced features like the internet, a camera and applications such as games and special interest information.

**Texting:** Sending a short text (typed) message and/or photo between cell phones or other handheld devices.

**Webcam:** A front facing video camera that attaches to a computer or is built into laptop.

### **Words Introduced in Fifth Grade**

**Media:** Mass communication formats (music, TV, magazines, movies, videos, internet, computer games, books, advertisements, news, newspapers, radio, etc.) which provide education, information, entertainment, and advertising.

**Inappropriate Media:** Images, words that are spoken or written, that make one feel uncomfortable or scared. This type of media is disrespectful to people and would be something your parent/trusted adult would not approve.

### **Words Introduced in Sixth Grade**

**Admiration:** A feeling of high regard or sense of awe.

**Dream:** A hope or aspiration which we imagine will become real.

**Empathy:** The ability to understand the feelings of another person.

**Healthy:** That which is sound and good for you in mind, body, and spirit.

**Relationship:** An authentic connection with God or others.

**Response:** Something said or done as a reaction or answer.

**Talent:** A special God-given ability or gift.

**Value:** A principle standard or quality considered desirable.

**Violation:** A break or infringement of another person’s rights.

### **Words Introduced in Seventh Grade**

**Bullying:** Any deliberate aggressive behaviors (physical, verbal or social) by a person or group with the intent to inflict harm on or make fun of another person.

**Bystander:** Someone who witnesses the bullying. They can have a negative or positive influence on the bullying behavior.

**Cyber Bullying:** The use of the internet, cell phones or other electronic devices to send or post texts or images intended to hurt or embarrass another person.

**Disrespect:** Treating with rudeness, insult, or lack of respect.

## **Words Introduced in Eighth Grade**

**Conscience:** The gift from God that helps us to know the difference between right and wrong.

**Modesty:** The virtue that respects, honors, and protects privacy: the quality of avoiding extremes of emotion, action, dress, and language. Modesty respects my boundaries and the boundaries of others.

**Morality:** The way we put our beliefs into action for good.

**Sexuality:** Everything that makes us female or male. This includes feelings, attitudes, values, relationships, and ideas.

## **Words introduced in Middle School Alternate Lessons**

**Stress:** A state of mental/emotional strain resulting from adverse or demanding circumstances

**Pressure:** Typically applied from an external source (peers, teachers, family, etc.) in a demand for high performance or healthy/unhealthy behavior,

## **Words Introduced in Ninth Grade**

**Exploit:** To take unfair advantage of someone/some situation in order to get some benefit.

**Forced Isolation:** When someone forces/pressures another to be separated from others in order to gain control.

**Secrecy:** The condition of being hidden or concealed. The habit or practice of keeping secrets or maintaining privacy or concealment.

**Sexting:** Sexually explicit images or text messages sent by way of a phone. There may be legal consequences if one or both persons involved are minors.

**Unequal Power:** When one person has more power in a relationship. This can be in the area of age, size, position, resources, status or knowledge.

## **Words Introduced in Tenth Grade**

**Boundary:** A border or limit that helps keep us safe and separate from another person or entity. Boundaries help define relationships. They are either concrete (physical/visual/audio) or abstract (emotions/beliefs/internal guidelines/rules).

**Circle of Virtue:** Our response to the invitation of God's grace by cultivating goodness and virtue in our lives.

## **Words Introduced in Eleventh Grade**

**Freely Chosen Violations:** Every person is responsible for those violations they freely choose and know are wrong. We should never blame or accuse persons who are victims of abuse and manipulated or exploited in unequal relationships.

**Moral Responsibility:** As we grow into mature adults, we must take greater responsibility for protecting ourselves and others from violations of God's plan for our spiritual, sexual, and moral lives.

**Offender**: Someone who exhibits behaviors for the sole purpose of putting another person in a vulnerable position to be exploited/abused.

**Survivor**: A person who not only lives through but thrives despite abuse, affliction, or adversity.

**Victim**: A person who has suffered injury/harm (physical or emotional) by forces beyond his or her control and not of his or her personal responsibility.

## **Words Introduced in Twelfth Grade**

No new words.

## **Words Introduced in the High School Alternate Lessons**

### **Human Trafficking: Modern Day Slavery**

**Human Trafficking**: Slavery in the form of *forced labor* or *sex trafficking* in which the victim is under 18 years of age, or is compelled by force, fraud or coercion, respectively, to provide labor or services, or to engage in a commercial sex act. There is no requirement that the victim be transported or travel across a *national* border.

**Coercion**: Threatening physical or non-physical harm (psychological or financial) against someone in order to manipulate them into doing something they do not want to do or would not normally do.

### **Modesty: A thing of the Past or Not?**

**Humility**: Understanding of the truth of God and who we truly are; made in His image.

### **What is Your Motto?**

**Motto/Theme**: A maxim adopted as a guide to one's conduct. This motto can be derived from our Catholic or popular culture

### **Tech Savvy or Tech Safe?**

**Sexting**: Sexually explicit images or texts sent by way of the phone. There may be legal consequences if one or both persons involved are minors.

**Pornography**: 1: The depiction of erotic behavior (pictures or writing) intended to cause sexual excitement. 2: material (as books or a photograph) that depicts erotic behavior and is intended to cause sexual excitement 3: the depiction of acts in a sensational manner so as to arouse a quick intense emotional reaction, *Merriam Webster*



# Lesson

## Internet Smart = Safety

Sometimes children reveal personal information or details about incidents that, in order to respect confidentiality, need to be handled outside of the classroom. If this happens, tell the child, "Thank you for sharing that, \_\_\_\_\_. That sounds really important. I will talk to you about that later" (at the end of class, at the break, as soon as humanly possible, etc.) When this happens, be sure you talk to the child at your first opportunity and alert the administration. Remember that you are the responsible reporter in cases of suspected abuse.

### **This lesson complements the following Catholic teachings:**

- Jesus' life as a model for our own
- God calls us to be responsible for our actions
- Understand the importance of serving others as Jesus did
- God teaches us to lead a healthy life and make good choices
- Human life is sacred and must be respected
- Responsible relationships are based on love, honesty, and respect
- We are called to respect the human body as sacred life
- Our conscience helps us to know what is right and to what we believe is right
- God calls us to be responsible for our own actions

### **Lesson Goal**

Children will come to understand the concept of a *Circle of Grace* in relation to the use of the internet on computers, phones etc.

### **Lesson Objectives**

#### **Children will be able to:**

1. Understand the difference between a safe secret and an unsafe secret.
2. Recognize and define vocabulary that relate to the internet.
3. List positive uses of the internet.
4. Review and describe their personal *Circle of Grace*.
5. Identify the different technology devices that offer internet availability.
6. Identify behaviors that would be appropriate in relation to a child's *Circle of Grace* when using the internet.
7. Identify boundaries when using the internet.
8. Formulate an action plan for safe use/safe exit of the internet.

## Vocabulary

### Review (Vocabulary from prior grade)

1. **Boundary:** The borders or limits we need to keep ourselves safe within our *Circle of Grace*.
2. **Circle of Grace:** The love and goodness of God which always surrounds me and all others.
3. **Safe Secret:** A secret is safe when it does not hurt oneself or others.
4. **Unsafe Secret:** A secret is unsafe when one thinks that someone, including oneself, might be hurt or get in trouble if one does not tell.
5. **Trust:** Being able to count on someone to help one to stay safe within one's *Circle of Grace*. Trust will also include to be safe from one's *Circle of Grace* to another person's *Circle of Grace*.
6. **Trusted Adult:** A grown-up who helps one to stay safe in their *Circle of Grace* and to respect others within their *Circle of Grace*.

### New for Leaders

*The below general social networking definitions are for the leaders to know and use at their discretion. Specific business/companies are not named due to copyright statutes. You can use the specific names when teaching the lesson. You need to be 13 years old for most social networking sites. So the students are probably aware of them but should not be using them.*

**Social Media/ Networking** (Is a broad word for any online tool that enables users to interact with thousands of other users. Below are some of the more popular sites)

7. **Blog:** An online journal. Personal stories or thoughts can be posted as in a personal journal. This is a public journal that anyone can access.
8. **Chat Room:** The name given to a place or page in a website or online service where people can chat with each other by typing messages which are displayed almost instantly on the screens of others who are in the chat room.
9. **Instant Messaging (IM):** Technology similar to that of chat rooms which notifies a user when a person is online allowing them to converse by exchanging text messages.
10. **Location Application:** An application used in phones to find a location of a popular spot (restaurant, park etc.). People use the application to check in and it broadcast the location to all of their friends.
11. **Micro Blogging:** This service allows users to give updates about what they are doing in less than 140 characters.
12. **Photo Sharing App:** Captures, edit & share photos, videos & messages with friends & family.
13. **Social Networking Service and Websites:** These services and websites are used to communicate with (a person) or search for information about (a person)
14. **Video Sharing Service:** This service allows users to watch videos posted by others and to upload videos of their own.
15. **Mobile Video App:** Allows you to send videos and pictures, both which will disappear after about 10 seconds of a person viewing them. You can view them after the 10 seconds if you did a screen shot.

**New for Students** *Feel free to add age appropriate new terminology as it changes frequently.*

1. **Cyber Bullying**: Use of the internet, cell phone or other electronic devices to send or post texts or images intended to hurt or embarrass another person.
2. **E-mail**: Electronic mail. Sending/ receiving a type written message from one screen to another.
3. **Flaming**: Sending a deliberately confrontational message to others on the internet.
4. **Inappropriate Material**: Pictures or words on the internet that make one feel uncomfortable scared, or that intentionally degrade a human person
5. **Netiquette**: Courteous, honest, and polite behavior practiced on the internet.
6. **Personal Contact Information**: Information that allows an individual to be contacted or located in the physical world, i.e. a telephone number or an address.
7. **Phishing**: An identity theft scam in which criminals send out spam that imitates the look and language of legitimate correspondence from e-commerce sites. The messages generally link to websites that are similarly faked to look like the sites of the respected companies. On the sites, users are directed to enter their personal information for authentication or confirmation purposes. The information, when submitted, goes to the thieves not to the “spoofed” company.
8. **Pop Up**: A term for unsolicited advertising that appears as its own browser window.
9. **Predator**: Someone who uses the internet or other means to obtain personal information about others with the intent to do harm.
10. **Smart Phone**: A mobile phone that offers advanced features like the internet, camera and applications such as games, and special interest information.
11. **Texting**: Sending a short text (typed) message and /or photo between cell phones or other handheld devices.
12. **Webcam**: A front facing video camera that attaches to a computer or is built into the laptop.

### **Materials Needed:**

1. Two Internet Smart Worksheets for each child (see the end of Grade 4 Lesson)
2. Chart paper or marking board for listing uses of the internet
3. Chairs/String
4. Parent Information Sheet

## Opening Prayer

Leader calls class to prayer by asking children to join in the Sign of the Cross.  
Then say together,

**Holy Spirit, show us the way,  
Be with us in all we think, do, and say. Amen.**

*It is important to begin the lesson by explaining that God does not want or cause bad things to happen. There will be children who may have already experienced unsafe or hurtful situations. It is important to reinforce it is not their fault. We want our children to understand that God is with them and for them even when they are hurting or sad.*

## Lesson Activities

### Getting Started

Review Circle of Grace concepts:

1. We are all made in the image and likeness of God and therefore we are sacred and holy, deserving of great respect.
2. Jesus told us that he would always love us and His Spirit would always be with us. If we are always in His presence, we are always in a special, holy place. We call that place our *Circle of Grace*.
3. If we remember that we are in a *Circle of Grace*, that God is there with us and we are surrounded by His love, we will remember to behave with special respect for ourselves and for others. God is with us because he desires a close relationship with each of us.
4. Leader to reinforce the children's understanding of the difference between a safe secret and an unsafe secret (see Vocabulary). It is important to point out that safe secrets many times are told eventually like surprises (birthday or Christmas gifts). A secret is not safe if someone tells you never to tell it especially to a trusted adult.

### Activity

The topic of this activity is the use of the internet. Have children make a list of positive and negative uses of the internet. Think about the analogy of how the use of a hammer can be used to build things( positive) or destroy things (negative). This may be a good analogy for the children. Examples of positive and negative aspects of the internet are listed below:

POSITIVE	NEGATIVE
Communication	Damage someone's reputation by texting a lie
Information	Steal someone's identity
Entertainment	View inappropriate sites

### Discussion – Children's Rules and Guidelines for Internet Safety

Present and discuss the following (copy of these rules and guidelines are at the end of the lesson for the children to take home to their parents):

**BE SMART:** ( Never forget your internet safety rules with any electronic device or in any location!!)

- Never give out personal information such as your address, telephone number, parents' names and phone numbers, or where you go to school or grade level.
- Never assume someone is who they say they are. They are not "friends" if you have never met them in person.
- Treat everyone that you encounter online as a stranger using the same rules for dealing with strangers online as you would for strangers you see on the street.
- Never agree to meet someone that introduced themselves on the internet without a parent's or trusted adult's approval.
- Never send a picture or anything else to someone who requests it.
- Tell a trusted adult if someone sends you a picture or message that makes you uncomfortable or you know your parents would not approve.
- If you come across information on the internet that makes you feel uncomfortable, tell a trusted adult immediately.
- Never respond to any messages or send any messages that are mean, threatening, or make anyone feel uncomfortable. Go tell a trusted adult immediately.
- Follow the rules established by your parents for computer, phone and internet usage.
- Never download or install software or do anything that could jeopardize a family's privacy. If it happens by accident, go tell a trusted adult immediately.
- Other than your parents, do not share your internet password with anyone and change it regularly.

## **Discussion – Identify and maintain appropriate internet boundaries**

List examples and discuss how one would know if there is a violation of boundaries.

Leader, make sure the following points are covered. The goal is to start to develop an internal sense of conscience about appropriate Internet boundaries.

Some suggested points to review:

- If you feel unsure or unsafe, you are probably not “safe” in what you are doing.
- You are not safe if someone tells you to keep your communication with them a secret.
- It is important that you are comfortable with a trusted adult seeing what you are writing/doing on the computer/tablet/gaming system or cell phone.
- Could you say face to face to a person what you wrote about the person on the internet?
- Sending messages that intentionally harm or embarrass another person is not respecting their *Circle of Grace* and is considered cyberbullying.
- Sometimes we are tempted to lie on the internet; doing so may increase our tendency to lie in real life and is disrespectful of our *Circle of Grace*.
- Your *Circle of Grace* boundaries should not be crossed when you use the internet. This is to keep you safe and respect others’ *Circle of Grace*.

## **Activity – Telephone Game**

This activity is to help the children understand how stories or conversations on the Internet may occur and not be totally accurate or true.

Suggested Instructions:

1. Seat 6-8 children in a circle with backs to each other sitting so that the story can be heard by one person at a time.
2. Leader makes up a story with 3-4 details (e.g. soccer game, sleepover, school activity).

Possible stories:

- a. Three friends are going to go to a movie on Friday afternoon after school. They decide to go to the theater at the mall. One of their moms goes with them. At the movie they have popcorn and a soda. It is a funny movie that lasts two hours. After the movie they go out for pizza.
- b. The Saints had a soccer game on Saturday morning. They were playing the Knights. The game was played at Tranquility Park. The teams were playing for first place in the league. The final score was 3-2 in favor of the Knights.
- c. An author came to visit our school. The author writes mystery stories. The author has written ten stories and had six of them published. The author lives in Montana on a ranch. He has three horses and a dog.

3. *The leader has a ball of string that is stretched throughout all of the children (each child is able to touch part of the string).*
4. *Leader tells the story to the first child and surrenders to that child the tail of the string (that child now has the tail and the string that was between the leader and the first child).*
5. *That child moves to another child in the circle and hands off the stretched string and retells the story as heard from the leader.*
6. *The story is retold until all in the circle have a turn.*
7. *The final person repeats the story as they recall it. That child now has all of the string in a ball or wad.*
8. *Discuss if the story is the same as when the story was first told or if details changed as the story was passed on.*
9. *The string may be replaced with Talking Sticks (Native American story telling) or cards or any other suitable objects for the children to surrender to each other as the story is passed along.*

### **Activity**- Internet Smart Worksheet

1. *Hand out two Internet Smart Worksheets to the children (see the end of the Grade 4 Lesson.)*
2. *Have the children complete one in class and be ready to discuss. Tell them this worksheet will not be collected. The second worksheet is to be completed with their parents and returned with the parent's signature.*
3. *The leader reviews each scenerio with the class and ask the following questions:*
  - How hard was it to know how you would act in each scenerio?
  - Do you think some of the scenerios seem to make you choose between your friends and doing the right thing?
  - Can you give me some other difficult situations?

### **Action Plan**

*Pass out the Parent Information Sheet*

*After reviewing the following information have the children write both of the action plans on the Parent Information Sheet.*

*Instruct the children to take the Parent Information Sheet home.*

**Scenario A:** You are unsure or feel unsafe while viewing something or interacting with someone while using the computer or other technical device (ie: phone, tablet, gaming system etc) and you know your parents would not approve.

#### **Action Plan**

1. Do not exit the site.
2. Find a trusted adult and show them what you are concerned about.
3. Review how you got to this point on the computer.
4. Have an adult help you exit the site.

**Scenario B:** You are unsure or feel unsafe when you are asked by someone to view something on the computer/technical device (ie: phone, tablet, gaming system etc). It makes you uncomfortable and you know your parents would not approve.

**Action Plan**

1. Walk away from the computer.
2. Tell a trusted adult.

**Closing Prayer**

**Thank you, God,  
for always being with me in my Circle of Grace.  
Thank you for the gift of the Holy Spirit  
who helps me know what is good.  
Thank you for giving me people who care about me  
and want me to be safe.  
Amen.**



## How Internet *Smart* Are You? Worksheet

It is important to be *Internet Smart* when you are online. Your parents and trusted adults can give you guidelines on how to use the internet/technology safely. Remember if you are uncomfortable with what you are doing or viewing in your *Circle of Grace*, it is probably NOT safe.

Put “Y” for yes you agree, and “N” for no you don’t agree or “U” for unsure next to the below statements. Your answer should reflect how you would respond to the situation. It is smart to be truthful. So put “U” if you do not know what you would do or say. This way your parents/ trusted adults can help you figure out the best response for that situation.

- \_\_\_\_\_ Your friend has been texting someone she met on the internet. She said her internet friend is 13 years old. Now the internet friend wants your friend to share her address. She does not know what to do since she has not told her parents about the texting. You tell her the smart thing to do is not to tell her parents because then they will take her phone away. You tell her maybe she could meet her internet friend somewhere instead of giving out her address.
- \_\_\_\_\_ You are on the internet and you see a “Pop Up” that has inappropriate images and words that make you uncomfortable. You leave the computer and go find your parent or trusted adult.
- \_\_\_\_\_ You see one of the older kids at school taking photos of your classmates coming out of gym class. You know no one is allowed to take pictures with a phone during school without permission. It makes you uncomfortable but you do not want the older kid to be mad at you so you do not tell anyone including your teacher or parents.
- \_\_\_\_\_ You were sent several e-mails/texts saying hurtful things about one of your classmates. You notice that he has been out sick the last couple of days. You are worried about him so you talk to your parents or trusted adult about your concern.
- \_\_\_\_\_ Your friend tells you that if you don’t want your parents to see what you are doing on the computer, just minimize the screen when they enter the room. Although you are nervous about disagreeing with your friend, you tell him/her that you do not want to view images or seek information that would not be ok with your parents or trusted adults. Their trust in you is important.

# *Parent Information Sheet*

## Children's Rules and Guidelines for Internet Safety

- Never give out personal information such as your address, telephone number, parents' names and phone numbers, or where you go to school or grade level.
- Never assume someone is who they say they are. They are not "friends" if you have never met them in person.
- Treat everyone that you encounter online as a stranger, using the same rules for dealing with strangers online as you would for strangers you see on the street.
- Never agree to meet someone that introduced themselves on the internet without a parent's or trusted adult's approval.
- Never send a picture or anything else to someone who requests it.
- Tell a trusted adult if someone sends you a picture or message that makes you uncomfortable or you know your parents would not approve.
- If you come across information on the internet that makes you feel uncomfortable, tell a trusted adult immediately.
- Never respond to any messages or send any messages that are mean, threatening, or make anyone feel uncomfortable. Go tell a trusted adult immediately.
- Follow the rules established by your parents for computer, phone and internet usage.
- Never download or install software or do anything that could jeopardize a family's privacy. If you do this accidentally, go tell a trusted adult immediately.
- Other than your parents, do not share your internet password with anyone and change it regularly.

Action Plan A: \_\_\_\_\_  
\_\_\_\_\_

Action Plan B: \_\_\_\_\_  
\_\_\_\_\_

## Grade 4 Evaluation

Date \_\_\_\_\_

Parish/School \_\_\_\_\_ City \_\_\_\_\_

Leader \_\_\_\_\_ Number of children in class \_\_\_\_\_

Each grade's curriculum was designed to meet the overall program objectives.

Please check if each of the objectives of the *Circle of Grace* Program were met.

1. YES \_\_\_\_ NO \_\_\_\_ Children understand they are created by God and live in the love of the Father, Son, and Holy Spirit.
2. YES \_\_\_\_ NO \_\_\_\_ Children will be able to describe the *Circle of Grace* that God gives each of us.
3. YES \_\_\_\_ NO \_\_\_\_ Children will be able to identify and maintain appropriate boundaries.
4. YES \_\_\_\_ NO \_\_\_\_ Children can identify types of boundary violations.
5. YES \_\_\_\_ NO \_\_\_\_ Children can demonstrate how to take action if a boundary is threatened or violated.

*Please list what worked well and any resources that you would like to share (use back if necessary).*

*Please list any suggestions that would improve lessons (use back if necessary).*

**Return to your School Administrator or Director of Religious Education.**