

# *Circle of Grace*

*Safe Environment Training*

*Saying No to Disrespect: Honoring Everyone's Circle of Grace*

*Grade 7 - 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 young people 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 young people 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 young people 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 young people understand and respect their own dignity and that of others. A truly safe and protective environment is one where young people 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 Curriculum different from other safety 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 young people understand the sacredness of who they are and how to seek help through their relationships with trusted adults.

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

The goal of the Circle of Grace curriculum 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 Curriculum- 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 7 Leader Guidelines*

- A **Leader** is defined as clergy (priest or deacon) school administrator, director of religious education/formation, teacher, catechist, or youth minister who has been trained to teach the Circle of Grace Curriculum.
- 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 for lessons may vary depending on size of class, age of young people, 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 young people in their understanding of the Circle of Grace Curriculum. The depth of the young people's understanding will depend upon their age and developmental stage. A master vocabulary list of the Circle of Grace Curriculum is included in the administration section. The pertinent vocabulary is listed in each lesson.
- Leader's instructions for each lesson are italicized. Non-italicized text needs to be presented by the leader to the students.
- 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.
- There are five alternative lessons plus a retreat available for grades 5-8 on the Circle of Grace Partner's website.
- 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 young people and help them to know what to do when they feel unsafe.
- Your School Administrator, Religious Education Director, or Youth Minister Director is sending out a letter to all parents regarding Circle of Grace. Lesson specific parent information should be handed out as directed. The parent information is included in the curriculum. Every parish/school is encouraged to provide parent education opportunities both to inform parents about the Circle of Grace curriculum 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 curriculum 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 several trusted adults, in addition to our parents, to talk to about our worries, concerns or “funny/ uncomfortable feelings” so they can help us be safe. If a parent or trusted adult is not available or unable to help us, God wants us to go to another trusted adult until we get the help needed to be safe.

# *Saying No to Disrespect: Honoring Everyone's Circle of Grace*

*Sometimes young people reveal personal information or details about incidents that, in order to respect confidentiality, need to be handled outside of the group environment. If this happens, tell the young person, "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 young person 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:**

- Belief in the works and presence of the Father, Son, and Holy Spirit
- Christian faith requires a relationship with God and others
- We are called to model our faith in our words and actions
- We are called to make moral decisions consistent with Catholic teaching
- Vocations are God's call to all
- We are all Children of God because of God's creation and covenants
- Individual and cultural differences are gifts from God that should be respected
- Responsible relationships are based on love, honesty, and respect
- Skills such as listening, self-disclosure, and compromise are necessary for faith filled communications with others

## **Lesson Goal**

Young People will understand respect and disrespect within the context of their *Circle of Grace*.

## **Lesson Objectives**

### **Young People will be able to:**

1. Recognize that everyone deserves respect as a person created and loved by God.
2. Recognize words and actions that are disrespectful as boundary violations.
3. Identify skills to resist disrespectful behavior and know how to use the "Don't Be Duped" safety plan.

*Special note to leaders: It is important to begin the lesson by explaining that God does not want or cause bad things to happen. There may be young people in every group who have already experienced unsafe or hurtful situations. Please be sensitive to this possibility. It is important to reinforce that it is not their fault. God is with them even during difficult times.*

## Vocabulary *(Students are not expected to memorize vocabulary)*

1. **Circle of Grace:** The love and goodness of God that always surrounds me and all others.
2. **Trust:** Being able to count on someone to help me to stay safe within my *Circle of Grace*.
3. **Respect:** Being kind to others and doing what is best for myself and others because I honor all people as Children of God.
4. **Disrespect:** Treating with rudeness, insult and lack of respect.
5. **Safe:** I am safe when my body and my feelings are respected by me and by others.
6. **Unsafe:** Anything that causes harm to me or others.
  - **Unsafe Touch:** Touch that is disrespectful and hurts, scares, or makes me feel uncomfortable or confused.
7. **Safe Secret:** A secret is safe when it does not hurt others or me.
8. **Unsafe Secret:** A secret is unsafe when I think that someone, including me, could be hurt or get in trouble if I do not tell. A secret is always unsafe if someone states you are not to tell your parents or trusted adults.
9. **Trusted Adult:** An adult who helps me to stay safe in my *Circle of Grace* and to respect others within their *Circle of Grace*
10. **Bullying:** Any deliberate aggressive behaviors (physical or verbal) by a person or group with the intent to inflict harm on another person.
11. **Cyber Bullying:** The use of the internet, cell phones or other electronic devices to send, post texts or images intended to hurt or embarrass another person.
12. **Bystander:** Someone who witnesses the bullying. They can have a negative or positive influence on the bullying behavior.

## Materials Needed

1. Summary of the Key Concepts of “Circle of Grace” (front of lesson)
2. Code of Conduct for Children and Youth for each student. (end of lesson)
3. Paper and markers
4. Parent Letter including “Don’t be Duped” safety plan and Code of Conduct (end of lesson)
5. Whiteboard/Blackboard.
6. Imagine Activity Worksheet (end of lesson)

## Opening Prayer

*Leader calls the young people to prayer by asking them to quiet themselves and join in the Sign of the Cross.*

Please listen quietly as I read from a letter that St. Paul wrote to the community at Philippi.

Rejoice in the Lord always. I shall say it again: rejoice! Your kindness should be known to all. The Lord is near. Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing what you have learned and received and heard and seen in me. Then the God of peace will be with you. *(Philippians 4:4-9 from the New American Bible)*

## Getting Started

Open the lesson with the following statements:

- Today we are going to review *Circle of Grace*, look at behaviors that are disrespectful/unsafe, and then see if we can find some ways to resist doing or saying things that we know will hurt others.
- We will also review the steps of our “Don’t Be Duped” safety plan when others say or do things that are unsafe/disrespectful of us or others.

## Lesson Development

### Vocabulary

1. Briefly discuss the vocabulary words.
2. Distribute the *IMAGINE Activity Worksheet* (end of the lesson.)
3. Have the youth work individually or in small groups to complete the *Worksheet*.
4. Allow time for sharing some scenarios in the large group.
5. Ask the following questions:
  - Was it hard to come up with scenarios?
  - Did you or someone you know experience something similar to the scenarios?

### Review

Review the *Summary of the Key Concepts of Circle of Grace Handout* (front of lesson) emphasizing the following statements.

- We have already learned about the *Circle of Grace*. Our *Circle of Grace* is the love and goodness of God which always surround us.
- God is with us and within us in a special way. The Holy Spirit helps us to remember that we belong to God; we are always in a special, holy place. God is present because He wants a relationship with us.
- If we can remember that we are in our *Circle of Grace*, with God and surrounded by his love, we will remember to behave with respect for ourselves and others.
- We listen to the prompting of the Holy Spirit to talk to a Trusted Adult when we are uncomfortable or feel unsafe.

### Discussion

Open discussion with the following.

- We don’t always act in ways that are respectful. Take just a minute and think of a time when someone your age was not respectful of your *Circle of Grace*. Did it make you feel unsafe?
- Now think of a time when you said or did something that was hurtful to someone your age. *Pause*. Did that make the person feel unsafe?
- These words and actions don’t belong in anyone’s *Circle of Grace*.

Continue discussion with the following.

- Together we are going to make a list of some of the disrespectful behaviors that include bullying.
- Write the words Bullying, Cyber Bullying and Bystander on the board. Discuss the definitions.
- *Have the children identify how a bystander could have negative or positive influence on bullying behavior. Be sure these behaviors are identified and discussed.*
  - I. Negative: Instigate, encourage, join in, passively accept.
  - II. Positive: Directly intervene by discouraging the bullying behavior, defending the victim or redirecting the situation away from the bullying, getting help by rallying support or reporting the behavior to a trusted adult.

*Have the young people brainstorm ideas of disrespectful behaviors/bullying as you list them on the board. Prompt as needed to include: Peer Pressure, Bullying, Excluding, Teasing, Purposefully Embarrassing, Gossiping, Being Dishonest, Being a False Friend.*

### **Activity**

*Divide the young people into small groups. Have each small group select one or two disrespectful behaviors. Have them make a chart listing ways to resist the pressure to participate in those behaviors and a listing of how to be a helpful bystander if one is witnessing bullying behavior. Have the youth role play resisting pressure and being a helpful bystander. Examples of resisting pressure are: “No, that doesn’t interest me,” or, “I have decided not to do that.” Examples of helpful bystanders are: Engaging the person being bullied in conversation like “Did you see that game last night? “It was great! Would you like to watch the next game at my house?” A group of you can sit with the person being bullied at the lunch table to discourage further bullying.*

*Share ideas in a large group. Write on the board the combined list of appropriate words or actions to resist pressure and be a positive bystander. Conclude discussion by summarizing the following:*

- Standing up for what is right sometimes means taking a risk.
- If no one laughs (joins in) you are taking the bully’s power away.
- You can stand up for another person’s *Circle of Grace* by not joining in.
- If you are the one being made fun of or disrespected, look around for the people who are not laughing. They are resisting the pressure to join in the disrespectful behaviors. They have qualities of someone who would be a good friend. They are respecting your *Circle of Grace*.
- Always report behaviors to a Trusted Adult if you think they are unsafe.

### **Activity - Code of Conduct for Children and Young People**

*Distribute the Code of Conduct to each student. Discuss the importance of giving their pledge so they will act consistent with the Catholic faith. Have the students take it home for the parents to sign and return to the leader. Students should receive a copy of the Code of Conduct after the leader signs it.*

## Discussion-

Review “Don’t Be Duped” Safety Plan. Highlight the ways it can help counter bullying.

### **“DON’T BE DUPED” SAFETY PLAN**

We want you to remember this safety plan by using the acronym DUPE.

1. *Write on the board*

*D- Discern*

*U- Understand*

*P- Protect*

*E- Execute your Plan*

*Read each question allowing a few moments for quiet reflection before discussing*

#### **The letter “D” stands for Discern**

- What prompting is the Holy Spirit giving you about this person or situation?
- Does this person or situation respect your Circle of Grace?
- What would your parents or others who love you say about this situation?
- What trusted adult can you talk to about the situation?

#### **The letter “U” stands for Understand**

- In every situation we need to remember that the Holy Spirit is always with us to help us stay safe.
- The Holy Spirit gives us feelings or instincts and we need to listen to them.
- Understanding a situation and our response to it requires us to listen to the Holy Spirit, our family and friends.
- Answering the following questions will help you understand if a relationship is healthy and belongs in our Circle of Grace
  1. How long have you known this person?
  2. Is your knowledge of this person face-to-face?
  3. How much do you know about this person?
  4. How have you verified what this person has told you about themselves?
  5. What do your feelings (instincts) tell you about this person or situation?
  6. How many things do you have in common with this person?
  7. Is the relationship respectful of your boundaries and the other person’s?
  8. Are you able to say, “No,” to this person?
  9. Does this person’s age or status influence your behavior in the relationship?
  10. Does this person ever ask you to keep secrets?
  11. Are people around you apprehensive/concerned about the relationship?

#### **The Letter P stands for Protect**

Part of protecting oneself in uncomfortable situations is to know the following 3 key areas that may make a situation or person unsafe. Someone may pressure you to do something that makes you uncomfortable. You feel confused because you admire them.



They are:

### **Unequal Power**

- Are they significantly older, more popular, or a bigger size than you?
- Are they in a position of authority?
- Do they have access to more resources such as money, knowledge, car etc. than you?
- Are you afraid of them?

### **Secrecy**

- Are they asking you to keep secrets from your parents, friends or other adults?
- Are they asking you to not tell about gifts, time together on line, in person or activities you do together?
- Do they say no one will understand your relationship?

### **Forced Isolation-**

- Do they get angry when you want to hang out with your friends?
- Are they angry if you don't answer your phone or text right away?
- Do you feel like they are trying to control you with their words and actions?

## **The letter "E" is for Execute your Plan**

- There are other things you can do to protect your *Circle of Grace* when your parents or trusted adults may not be around. Some of them are:
  1. Don't reveal personal information on the internet/social media. That includes full names, school, grade, address, phone number, sports teams, church groups, etc. Perpetrators try to identify young people by learning about their activities and schedule patterns. Be particularly cautious of social networking websites and personal blogs.
  2. Stay away or get away from situations that make you feel uncomfortable.
  3. Tactics may include saying, "No," walking away, calling a parent.
  4. Avoid unsafe situations, which involve alcohol, drugs, or smoking.
  5. Be cautious about situations in which you are left alone with an adult you don't know well.
- To protect your *Circle of Grace*, you need to tell trusted adults you need help.
- Notify your parents or another trusted adult whenever someone has violated your boundaries, such as manipulating/ controlling you or not respecting your *Circle of Grace* or someone else's *Circle of Grace*.

*Continue by saying:* Trusted adults want what is best for you; they want your Circle of Grace to be respected. Discuss with your parents the three other persons who you feel are trusted adults. Then let the trusted adults know you have chosen them. Share with them what Circle of Grace means to you and the safety plan, "Don't be Duped". Today is a good day to start those conversation

## **Closing Prayer**

*Call the young people to prayer by asking them to quietly reflect on disrespectful behaviors that they may have seen, received, or done to others. Remind them that as Catholics we have access to the healing grace of God through the Sacrament of Reconciliation. Invite them to listen as you pray, beginning with the Sign of the Cross:*

**With each new day, I am growing up, Lord.  
I want to be a person close to Your Heart.  
It's very hard I think,  
to make the choices You desire  
which are always best for me.  
Today's culture  
would have me think otherwise  
especially when it is about respecting others  
and standing up for what is right.  
I pray that You will help me and guide me.  
Let me share each day,  
my talents where they are needed,  
and, when You prompt me with Your Holy Spirit,  
let me have the courage to be generous and open  
to do what you want.  
Amen**

### **Optional Activity 1**

- 1- *Distribute paper and markers.*
- 2- *Instruct the students to make a "kindness" card using Circle of Grace language for someone who may need it. It can be your family, friends, or classmates.*

**Optional Activity 2** - *Divide the young people into small groups. The group's task is to educate the younger students (third and fourth grade) on bullying and how to respond in a positive way. This can be done using a skit, writing, drawing or collage. The class will vote on the group's best project/activity. The project/activity will be given to the principal/director of religious education.*

## Opening Prayer

Please listen quietly as I read from a letter that St. Paul wrote to the community at Philippi.

Rejoice in the Lord always. I shall say it again: rejoice! Your kindness should be known to all. The Lord is near. Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing what you have learned and received and heard and seen in me. Then the God of peace will be with you. (*Philippians 4:4-9 from the New American Bible*)

## Closing Prayer

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It's very hard I think,  
to make the choices You desire  
which are always best for me.  
Today's culture  
would have me think otherwise  
especially when it is about respecting others  
and standing up for what is right.  
I pray that You will help me and guide me.  
Let me share each day,  
my talents where they are needed,  
and, when You prompt me with Your Holy Spirit,  
let me have the courage to be generous and open  
to do what you want.  
Amen



## Code of Conduct for Children and Young People

I understand that I am created by God and live in the love of the Father, Son, and Holy Spirit.

I understand that God does not want or cause bad things to happen.

I understand that God is with me even when I am hurting or sad.

I understand the *Circle of Grace* that God gives me and others.

I understand that I can help stamp out “bullying” by not being a silent bystander.

I understand that speaking out and taking positive actions when bullying occurs makes a difference.

Because of this understanding when I interact with someone, either in person or when using technology such as texting and social media, I will strive to:

- Have my actions be safe and show respect toward myself and others.
- Have my words and actions represent the truth.
- Identify and maintain appropriate and healthy boundaries and relationships.
- Talk with my parents/trusted adult if I have concerns (bullying) or if there is a question that these boundaries are violated.

Student \_\_\_\_\_ Teacher (Initial) \_\_\_\_\_

Parent \_\_\_\_\_ Date \_\_\_\_\_

# IMAGINE

## Activity Worksheet

Imagine a bullying scenario that a middle school student might experience. Write one or two paragraphs using as many of the vocabulary words below as possible.

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

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

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

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

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

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

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

**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, could be hurt or get in trouble if I do not tell. A secret is always unsafe if someone states you are not to tell your parents or trusted adults.

**Trusted Adult**: An adult who helps me to stay safe in my *Circle of Grace* and to respect others within their *Circle of Grace*

## **“DON’T BE DUPED” SAFETY PLAN**

We want you to remember this safety plan by using the acronym DUPE.

2. *Write on the board*

*D- Discern*

*U- Understand*

*P- Protect*

*E- Execute your Plan*

*Read each question allowing a few moments for quiet reflection before discussing*

### **The letter “D” stands for Discern**

- What prompting is the Holy Spirit giving you about this person or situation?
- Does this person or situation respect your Circle of Grace?
- What would your parents or others who love you say about this situation?
- What trusted adult can you talk to about the situation?

### **The letter “U” stands for Understand**

- In every situation we need to remember that the Holy Spirit is always with us to help us stay safe.
- The Holy Spirit gives us feelings or instincts and we need to listen to them.
- Understanding a situation and our response to it requires us to listen to the Holy Spirit, our family and friends.
- Answering the following questions will help you understand if a relationship is healthy and belongs in our Circle of Grace
  12. How long have you known this person?
  13. Is your knowledge of this person face-to-face?
  14. How much do you know about this person?
  15. How have you verified what this person has told you about themselves?
  16. What do your feelings (instincts) tell you about this person or situation?
  17. How many things do you have in common with this person?
  18. Is the relationship respectful of your boundaries and the other person’s?
  19. Are you able to say, “No,” to this person?
  20. Does this person’s age or status influence your behavior in the relationship?
  21. Does this person ever ask you to keep secrets?
  22. Are people around you apprehensive/concerned about the relationship?

### **The Letter P stands for Protect**

Part of protecting oneself in uncomfortable situations is to know the following 3 key areas that may make a situation or person unsafe. Someone may pressure you to do something that makes you uncomfortable. You may feel confused because you admire them.

They are:

### **Unequal Power**

- Are they significantly older, more popular, or a bigger size than you?
- Are they in a position of authority?
- Do they have access to more resources such as money, knowledge, car etc. than you?
- Are you afraid of them?

### **Secrecy**

- Are they asking you to keep secrets from your parents, friends or other adults?
- Are they asking you to not tell about gifts, time together on line, in person or activities you do together?
- Do they say no one will understand your relationship?

### **Forced Isolation-**

- Do they get angry when you want to hang out with your friends?
- Are they angry if you don't answer your phone or text right away?
- Do you feel like they are trying to control you with their words and actions?

### **The letter "E" is for Execute your Plan**

- There are other things you can do to protect your *Circle of Grace* when your parents or trusted adults may not be around. Some of them are:
  1. Don't reveal personal information on the internet/social media. That includes full names, school, grade, address, phone number, sports teams, church groups, etc. Perpetrators try to identify young people by learning about their activities and schedule patterns. Be particularly cautious of social networking websites and personal blogs.
  2. Stay away or get away from situations that make you feel uncomfortable.
  3. Tactics may include saying, "No," walking away, calling a parent.
  4. Avoid unsafe situations, which involve alcohol, drugs, or smoking.
  5. Be cautious about situations in which you are left alone with an adult you don't know well.
- To protect your *Circle of Grace*, you need to tell trusted adults you need help.
- Notify your parents or another trusted adult whenever someone has violated your boundaries, such as manipulating/ controlling you or not respecting your *Circle of Grace* or someone else's *Circle of Grace*.

# Bullying Prevention Resources

**Stop Bullying Now**

**[www.stopbullying.gov](http://www.stopbullying.gov)**

**Pacer National Bullying Prevention Center**

**[www.pacer.org/bullying](http://www.pacer.org/bullying)**

**Netsmartz /Cyberbullying**

**[www.missingkids.org](http://www.missingkids.org)**

**Wired Safety**

**[www.wiredsafety.com](http://www.wiredsafety.com)**

**Connect Safely**

**[www.connectsafely.org](http://www.connectsafely.org)**

**Boys Town National Hotline**

**1-800-448-3000**

**[hotline@boystown.org](mailto:hotline@boystown.org)**

**USCCB Resources**

**[usccb.org/resources/cyp-safe-online](http://usccb.org/resources/cyp-safe-online)**

**<https://www.usccb.org/offices/child-and-youth-protection/children-safety-information-links>**



*Circle of Grace*  
*Parent Letter and Activities*  
*Saying No to Disrespect*  
*Honoring Everyone's Circle of Grace*  
*Grace 7 Lesson*

Dear Parent,

Circle of Grace is a faith-based safety curriculum. Today we presented the *Circle of Grace* Lesson “SAYING NO to Disrespect, Honoring Everyone’s *Circle of Grace*” to your child. The goal of the lesson was to help the youth understand and combat negative behavior especially bullying. Your child has received a *Circle of Grace* Code of Conduct contract. Please sign and review with your child. The signed contract should be returned to the teacher at the next class.

Attached is the “Don’t Be Duped” Safety Plan. Please review with your child and place it in a prominent place in your home.

Thank you for allowing us to be a partner in providing a safe environment for your child.

# Grade 7 Evaluation

Date \_\_\_\_\_

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

Leader \_\_\_\_\_ Number of young people 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 \_\_\_\_ Young People understand they are created by God and live
2. in the love of the Father, Son, and Holy Spirit.
3. YES \_\_\_\_ NO \_\_\_\_ Young People will be able to describe the *Circle of Grace* that
4. God gives each of us.
5. YES \_\_\_\_ NO \_\_\_\_ Young People will be able to identify and maintain
6. appropriate boundaries.
7. YES \_\_\_\_ NO \_\_\_\_ Young People can identify types of boundary violations.
8. YES \_\_\_\_ NO \_\_\_\_ Young People can demonstrate how to take action if a
9. 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, Director of Religious Education, or Director of Youth Ministry.