

# *Circle of Grace*

*Safe Environment Training*

*Puzzles: Recognizing the Big Picture of God's Love for Us*  
*Grade 5-8 Alternate Retreat*

## *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 5-8 Retreat Leader Guidelines*

- **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* 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 retreat is designed for four hours ( half a day).
- 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. A master vocabulary list of the *Circle of Grace* Curriculum is in the administrator/director section. The pertinent vocabulary is listed in each lesson.
- If possible, it is always “best practice” to have two adults in the room during the retreat 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 young people and help them to know what to do when they feel unsafe.
- Your School Administrator, Religious Education Director, or Youth Minister Director will be sending out a letter to all parents regarding *Circle of Grace*. Retreat 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 people in our lives to help us when we are troubled or struggling with a concern.
- God wants us to talk to trusted adults about our worries, concerns or “uncomfortable feelings” so they can help us be safe and take the right action.

# *Circle of Grace*

## *Sample Retreat Schedule*

### **Circle of Grace: *An Introduction and Welcome to Our Retreat* (20 minutes)**

- Opening Prayer
- Retreat Welcome & Introductions
  - **Optional Activity:** Have young people brainstorm Retreat Rules
- Activity - Wonderfully Made Talent Show

### **Break (5 minutes)**

### **Part One: *Circle of Grace-Pieces of the Puzzle* (45 minutes)**

- Opening Prayer
- Getting Started/Review
- Lesson Development
- Activity
- Closing Prayer

### **Break (5 minutes)**

### **Part Two: *Safe Relationships-Putting the Puzzle Together* (45 minutes)**

- Opening Prayer
- Getting Started/Review
- Lesson Development
  - Presentation
  - Activity
- Closing Prayer

### **Break/Snack Time (20 minutes)**

### **Part Three: *Boundaries-Every Piece has Its Border* (45 minutes)**

- Opening Prayer
- Getting Started
- Lesson Development
  - Discussion
  - Review
  - Scenarios

- Review
- Closing Prayer

### **Break (5 minutes)**

### **Part Four: *“Don’t be DUPED”-When Something Doesn’t Fit* (45 minutes)**

- Opening Prayer
- Getting Started
- Lesson Development
  - Introduction
  - DUPED Presentation
- Review/Activity
- Closing Prayer (will be the close of the retreat)

# Materials Needed

## Part 1

1. Pens, pencils, colored pencils, crayons, or markers
2. Scissors
3. Tape or glue
4. *Circle of Grace* Logo (see the end of the retreat)
5. "Summary of the Key Concepts of the *Circle of Grace*" handout for each student (see the front of the retreat)
6. Blank puzzle pieces (see the end of the retreat)
7. Magazines (provided or approved by leader)
8. Activity Handout for each young person (see the end of the retreat)
9. Opening and Closing Prayer Handout (see the end of the retreat)
10. Optional Opening Prayer (see the end of the retreat)

## Part 2

1. Completed puzzle pieces from the previous lesson (**save these decorated and signed puzzle pieces for Part 4**).
2. Whiteboard or chalkboard
3. Dry erase markers in a variety of bright colors and one black marker or colored chalk
4. Optional Feeling Faces Chart (see the end of the retreat)
5. Opening and Closing Prayer Handout (see the end of the retreat)
6. Optional Extended Opening and Closing Prayer (see the end of the retreat)
7. Parent Letter (see the end of the retreat)

## Part 3

1. Safe and Unsafe Handout for each young person (see the end of the retreat)
2. Optional Feeling Faces Chart (see the end of the retreat)
3. Guidelines for Protecting Boundaries Handout for each young person (see the end of the retreat)
4. Opening and Closing Prayer Handout

## Part 4

1. Whiteboard or chalkboard
2. Decorated and signed Puzzle Pieces created in Part 2
3. Opening and Closing Prayer Handout
4. Don't be DUPED Safety Plan for each student (see the end of the retreat)
5. Optional background music
6. Parent Letter (see the end of the retreat)

# Circle of Grace

## *Puzzle: Recognizing the Big Picture of God's Love for Us Retreat*

### *An Introduction and Welcome*

#### Opening Prayer

*Gather the young people together in the meeting space. Let them know that before we begin, we are going to invite our advocate, the Holy Spirit, to be with us throughout our retreat. We will learn more about the Holy Spirit as our Advocate in Lesson One.*

**“Come, Holy Spirit. We ask that you help us to recognize your presence throughout this retreat today. Be with us as we open our hearts and minds to God’s love for us. Help us to recognize the unique gifts that He has blessed us with. Fill us with the courage to embrace what is in store for us today, that we may grow closer in community and in faith, and in awareness of our Circle of Grace. Amen.”**

#### Retreat Welcome & Introduction

- Welcome everyone to the retreat. Be sure to introduce yourself and the other members of the retreat leadership team. Assure the young people that this is a safe place, and that they are encouraged to ask questions, share their thoughts, and participate throughout the day.
- If the retreat is being held in a place that is not as familiar to the young people, be sure you share important information such as where the restrooms and water fountains are, what to do in case of a fire or severe weather, and inform everyone of any rules that the facility has that they should be aware of (ex: where they are and are not allowed, where they can and cannot have food or beverages, etc.).
- Go over any rules and expectations for the retreat. **Option:** *Open the floor to the students. What are some rules that they feel everyone should follow throughout the retreat? Consider having a white board or large poster board where students can write their “Retreat Rules.” Examples of rules could include: Respecting others, no use of technology such as cell phones or ear buds, following the leader’s instructions, etc.*

- Students often feel more at ease if they know what to expect. Give a brief overview of what their retreat experience will entail. Let them know that the retreat is made-up of four sessions, with each session including the lesson/topic for discussion, activities, and of course, prayer. There will also be breaks planned throughout the day.

**Activity** - *Wonderfully Made Talent Show* Over the course of the day, young people will be reminded of how they are wonderfully made, and how God has blessed each of them with different gifts or talents. Invite 4-6 volunteers to come to the front of the room and demonstrate a talent or special skill that they have (ex: perform a dance move or a silly human trick, tell a joke, sing a verse of a song, etc.). Volunteers can all be youth participants or consider including a few members of the adult leadership team to participate. It is important to make sure that 1.) all the volunteers are comfortable performing and 2.) the talents that they share are appropriate.

**Break** Dismiss participants for a 5-minute break (this may be lengthened, depending on the size and needs of the group). Remind students that it is important to be back in the meeting space at the designated return time, ready to begin.



# Part 1

## Circle of Grace

### Pieces of the Puzzle

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 come to a deeper understanding of their *Circle of Grace*.

#### Lesson Objectives

Young people will be able to:

1. Understand that God's presence is within us and around us creating our unique *Circle of Grace*
2. Identify gifts and talents that make each person unique
3. Appreciate that God gave these gifts and talents to everyone
4. Understand that every person has a special place in God's creation

#### Vocabulary

1. **Admiration:** A feeling of high regard or sense of awe.
2. **Children of God:** All people are made and loved by God.
3. **Circle of Grace:** The love and goodness of God that always surrounds me and all others.
4. **Dream:** A hope or aspiration that we imagine will become real.
5. **Grace:** The gift of God's goodness and love to help me live as his child.
6. **Holy:** Special because of a connection with God.

7. **Holy Spirit:** God present with and within me in a special way. The Holy Spirit helps me to remember that I belong to God. The Holy Spirit helps me to experience and live God's love.
8. **Respect:** Being kind to others and doing what's best for myself and others because I honor all people as Children of God.
9. **Symbol:** A picture or object that stands for something else.
10. **Talent:** A special God-given ability or gift.
11. **Trust:** Being able to count on someone to help me to stay safe within my *Circle of Grace*.
12. **Value:** A principle, standard, or quality considered desirable.

## Materials Needed

11. Pens, pencils, colored pencils, crayons, or markers
12. Scissors
13. Tape or glue
14. *Circle of Grace* Logo (see the end of retreat)
15. "Summary of the Key Concepts of the *Circle of Grace*" handout for each student (see the front of the retreat)
16. Blank puzzle pieces (see the end of retreat)
17. Magazines (provided or approved by leader)
18. Activity Handout for each young person (see the end of retreat)
19. Closing Prayer Handout (see the end of retreat)
20. Optional Opening Prayer (see the end of retreat)

## Opening Prayer

*How you arrange the young people depends on the size of your group. Invite them to sit or stand with sufficient space between them. Ask them to quiet themselves and recognize God's presence in them.*

Please close your eyes as I read to you from the Gospel of John, words that Jesus spoke to his disciples. (*John 14:15-18 from the New American Bible*)

**If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth, which the world cannot accept, because it neither sees nor knows it. But you know it, because it remains with you, and will be in you. I will not leave you orphans; I will come to you.**

God did send an Advocate, the Spirit of truth whom we usually call the Holy Spirit. Notice how the Holy Spirit is with you and in your *Circle of Grace* as you end this prayer. Close your eyes and think of a time when God was present working in your life. Spend a few minutes thinking about this. When you are finished and your prayer has ended, you may open your eyes.

Optional:

*Allow 30-60 seconds for reflection. When most of the young people have opened their eyes, ask the following question. Allow a few of them to share if they wish. You may choose to talk about a time when you knew God was very present for you. If possible, allow the young people to share first.*

Would anyone like to talk about a time when you knew God was with you?

*(Optional extended prayer - see end of the retreat lesson)*

## Getting Started

**Review** *(Distribute and review the "Summary of Key Concepts of Circle of Grace" handout, located in front of retreat)*

1. *Opening:*

It is important that we understand our *Circle of Grace*. We listened to Scripture tell us of Jesus' promise to come to us, that the Holy Spirit of God would dwell within us and be with us.

We use our arms to help imagine just how close God is to us at all times.

2. Ask the young people if they remember the "Sensing our Circle of Grace" exercise, and if they would like to volunteer to demonstrate it for everyone. The leader should demonstrate it alongside the volunteers to increase their comfort level. *Note: This may be a fun way for more extroverted young people to stay engaged and help start the lesson on an energetic note.*

*"Sensing our Circle of Grace" exercise:*

*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.*

3. Jesus told us that he would always love us and always be with us. If God is always with us, we are always in a special, holy place. That place is our *Circle of Grace*. This is the place the Holy Spirit is with us and within us. God is with us because He desires a close relationship with us.
4. *Reinforce the following concepts:*
- We are in a *Circle of Grace* with God and surrounded by God's love. We will behave with respect for ourselves and for others.
  - We are sacred, holy, and unique because God has created each of us in His image and likeness.

## Lesson Development

### Presentation – The Puzzle that is You

- Each of us is a special and unique person with our own *Circle of Grace*. Have you ever worked a jigsaw puzzle? In a way, the Kingdom of God is like a whole puzzle, and each of us is a unique piece of that puzzle that God has created in His image.
- Each of us is unique, not like anyone else who has ever lived. Our piece of the puzzle will not fit just anywhere. We are not interchangeable.
- Our shape and design are created by God to be one of a kind. There is no other person in the world like you. No one else can ever take your place in the Kingdom of God.
- Jigsaw puzzle pieces are cut and don't change. We are not like that.
- God created us with a dream in mind, and we get to help with the dream. It is as if we are puzzle pieces that have to cooperate for us to be fully who God wants us to be.
- One way we cooperate is to know what our gifts and talents are and to use them as God intended.
- It is important that we respect and value who we are and who others are.

### Activity

1. Everyone will take a puzzle piece and make it into something that will help the rest of us understand more about who you are. You can draw on it; make a collage using pictures, etc. Decorate your puzzle piece with those things that say something about the real you. Then cut out the puzzle piece and write your name on the back.
2. Before you begin, ask yourself the questions from the handout and write out your responses (*copy of handout at end of the retreat lesson*):
  - **What are some things that people have told you that you are good at?** God often lets you see your gifts and talents through other people.
  - **Who do you admire? What qualities in them would you like to develop in yourself?** This is God's way of helping you recognize qualities you would like to imitate.
  - **What are some things that you enjoy doing? Do you like art or writing? Do you take care of animals or the environment?** Using your special gifts brings pleasure to you and to God.
  - **What are your hopes and dreams for yourself?** What would you like to be or to do? Our hopes and dreams are special gifts that God uses to help us understand God's dream for us.
  - **What are some special things about your personality?** Are you patient or kind? Do you have a great smile, or are you always ready to help out? Are you funny? Do you notice when others are hurting?

*When the young people are finished, collect the puzzle pieces to save for use in lesson 2.*

**Closing Prayer**<sup>2</sup> *(see the end of the retreat lesson)*

**Leader:** But now, thus says the LORD, who created you, O Jacob, and formed you, O Israel: Fear not, for I have redeemed you; I have called you by name: you are mine.

**Response:** Eternal God, we bear your name, your imprint.

**Leader:** For I am the LORD, your God, the Holy One of Israel, your savior.

**Response:** You have impressed your Son, your likeness, on us and we are yours.

**Leader:** Because you are precious in my eyes and glorious, and because I love you.

**Response:** We ask you that we may mirror your life in us and reflect your grace in all our human relationships as Christ our brother did in serving this world today and every day, forever and ever.

**All:** Amen.

**Break** *Dismiss participants for a 5-minute break (this may be lengthened, depending on the size and needs of the group). Remind students that this time is for visiting the restroom, refilling their water bottles or getting a drink, and to stretch their legs a bit before the next session begins. Also remind them of the previously mentioned retreat rules and rules of the facility, and that it is important to be back in the meeting space at the designated return time, ready to begin*

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<sup>2</sup> Isaiah 43:1-4 with adaptation from Van Breeman, Peter SJ, The God Who Won't Let Go. Notre Dame, IN: Ave Maria Press, 2001.

## Part 2

# Safe Relationships

## Putting the Puzzle Together

*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 be better able to identify, form, and maintain healthy relationships.

### **Lesson Objectives**

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

1. Understand that we are all inherently precious and worthy of respect because we are created in God's image.
2. Identify and articulate elements of healthy relationships.
3. Apply positive behaviors in relationships with God, self, and others.

### **Vocabulary**

1. **Empathy:** The ability to understand the feelings of another person.
2. **Feelings:** Something I sense inside myself (e.g. angry, sad, happy, afraid, embarrassed, confused, excited, peaceful, etc.) that gives me information about others or myself.
3. **Healthy:** That which is sound and good for you in mind, body, and spirit.

4. **Holy Spirit**: God present with and within me in a special way. The Holy Spirit helps me to remember that I belong to God. The Holy Spirit helps me to experience and live God's love.
5. **Relationship**: An authentic connection with God or others.
6. **Respect**: Being kind to others and doing what's best for myself and others because I honor all people as Children of God.
7. **Response**: Something said or done as a reaction or answer.
8. **Safe**: I am safe when my body and my feelings are respected by me and by others.
9. **Safe Touch**: Touch that respects me and others.
10. **Signal**: A sign that tells me something may be safe or unsafe. This may be internal or external.
11. **Trust**: Being able to count on someone to help me to stay safe within my *Circle of Grace*.
12. **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*.
13. **Unsafe**: Anything that causes harm to myself or others.
14. **Unsafe touch**: Touch that is disrespectful and hurts, scares, or makes me feel uncomfortable or confused.

## Materials Needed

8. Completed puzzle pieces from the previous lesson (**save these decorated and signed puzzle pieces for Part 4**).
9. Whiteboard or chalkboard
10. Dry erase markers in a variety of bright colors and one black marker or colored chalk
11. Optional Feeling Faces Chart (see the end of retreat)
12. Opening and Closing Prayer Handout (see the end of retreat)
13. Optional Extended Opening and Closing Prayer (see the end of retreat)
14. Parent Letter (see the end of retreat)

## Opening Prayer

(This prayer is based on Genesis 1 and 2.)

*Give each young person their own puzzle piece from Lesson 1 and a prayer handout. Have the young people stand in a circle. Invite them to take turns reading the “days”. Explain to the young people that they will be bringing their own puzzle piece to the center of the prayer circle and connecting it with the other pieces.*

We are going to pray with the creation story. This prayer is a creative version of Genesis 1 and 2. Later in the prayer, you will be asked to bring your puzzle piece to the center of the circle. It may not work out that your piece will be with your friend’s or someone you even know well. This is how it is in life. We are called to be next to people we don’t know or sometimes even like. We will talk more about this later. For now, just place your puzzle in the most obvious place.

**In the beginning, when God created the heavens and the earth,**

**On the first day...**

God said, “Let there be light,” and there was light. God saw how good the light was. God separated the light from the darkness. God called the light day, and the darkness he called night.

**On the second day...**

God said, “Let there be a dome in the middle of the waters to separate one body of water from the other.” God made the dome, and it separated the water above the dome from the water below it. God called the dome the sky.

**On the third day...**

God said, “Let the water under the sky be gathered into a single basin, so that dry land may appear.” God called the dry land the earth, and the basin of the water he called the sea. The earth brought forth every kind of plant that bears seed and every kind of fruit tree on earth that bears fruit with its seed in it. God saw how good it was.

**On the fourth day...**

God made the two great lights, the greater one to govern the day, the lesser one to govern the night; and he made the stars. God set them in the dome of the sky, to shed light upon the earth, to govern the day and the night, and to separate the light from the darkness. God saw how good it was.



**On the fifth day...**

God created the great sea monsters and all kinds of swimming creatures with which the water teems, and all kinds of winged birds. God saw how good it was, and God blessed them, saying, "Be fertile, multiply, and fill the water of the seas; and let the birds multiply on the earth."

**On the sixth day...**

God made all kinds of wild animals, all kinds of cattle, and all kinds of creeping things of the earth. God saw how good it was. Then God said, "Let us make man in our image, after our likeness." God formed a human being out of the clay of the ground and blew into His nostrils the breath of life creating a living being. God created man in his image; in the divine image He created him; male and female He created them. God looked at everything that was made, and found it very good. Thus the heavens and the earth and their entire array were completed.

**On the seventh day...**

God was finished with the work and rested. So God blessed the seventh day and made it holy.

*Pause, indicating that the following is not in the biblical version.*

**Then on the day called today ...**

God desired to share His full presence with all He had created, so He fashioned a multitude of children and named them.

*At this point, have the young people say their full names as they bring up their puzzle piece and put it together with the pieces to form a whole.*

God sees the goodness in each of us and continues to bless us and create good in us. He wants us to live in God's presence and love, our *Circle of Grace*. God entrusts us with His grace so that we might help in God's work of caring for others and ourselves, filled with the love of the Father, the Son, and the Holy Spirit.

Amen.

## Getting Started

*Now that the puzzle pieces have been placed together as a whole, begin a conversation with the young people while remaining gathered around the puzzle.*

*Briefly review:*

- *How they form a whole that is interesting and colorful.*
- *Have them look at how each piece adds something special. Without any one piece there would be a hole - something missing. Each piece represents one of them.*
- *Emphasize how the whole puzzle represents our community and our world. Each young person is a special, interesting part of that community and world. Each young person adds something that the rest of us need.*
- *The puzzle piece that each young person created is a symbol of themselves. These symbols deserve respect. How do we show respect for them?*

*Have the young people brainstorm ideas. Possible responses include:*

- *Don't laugh at what someone else puts on their puzzle piece.*
- *Don't destroy or damage the puzzle.*
- *Do not take pictures of others' puzzle pieces.*
- *Admire how others have decorated their puzzle piece even though it is different than yours.*
- *Touch them only with respect.*
- *How do we show this same respect for each other?*

*Summary comments:*

- *Notice that the pieces fit together. As we begin to discover where we fit in the world, we make authentic connections with others called relationships.*
- *Healthy relationships are those in which the *Circle of Grace* of ourselves and others is respected.*
- *We feel honored and valuable as Children of God. These relationships help us to be safe and to be the person God desires us to be.*

## Lesson Development

*Present the following:*

- We all have many relationships. We have relationships with our parents, our brothers, and sisters. Who are some of the other people that we have relationships with?

*Allow the young people to respond. Possible responses include leaders, friends, teachers, coaches, doctors, bus driver, other relatives, classmates, etc.*

- How can we tell when a relationship is safe? What is it like to have your *Circle of Grace* respected and valued?

*These are questions to ask the young people to think about but do not require a response.*

- God has given us signals to help us know when we are safe, valued, and respected. They are called feelings and are one of the ways the Holy Spirit helps us.

### **Activity**

**Note:** *If the group is larger in size, consider doing this activity as small groups with a catechist/group leader making a chart on a large piece of poster board or chart paper*

*Leader will make a chart on the board entitled "Actions and Words". Allow the young people to name actions and words that are safe and belong in their Circle of Grace by responding to the following:*

- Think of relationships that are good for you and the other person.
- What is it like to be respected?
- What do people do or say when they respect me?
- What kinds of things do I do and say when I respect someone else?

*After the list is compiled, ask the young people to talk about how these actions and/or words might make them feel. (May use optional labeled feeling chart. (See the end of the retreat.)*

Can you see the connection between the way people treat you and how you feel? Our feelings are signals from God about what is going on inside us. They are neither good nor bad. Feelings give us information about ourselves and our world. We should pay attention to them, name them, and talk to God about them.

Would everyone respond the same way to the same action? Probably not. Why? Perhaps it is because we are all different. But one thing we have in common is that God gave us the ability to decide how we will respond. We can ask the Holy Spirit to help us know how to respond in a way that keeps us safe and also respects others. We cannot control how others act and talk but we can decide how we are going to act, in person or using technology.

## Closing prayer

Lord,  
teach us to have loving and respectful relationships,  
ones in which we feel safe and valued.

Guide us to treat ourselves and others with respect,  
honoring all of our *Circle of Grace*.

Help us to model your unconditional love,  
realizing we need to value everyone,  
even those we do not like or who are different from us.

Enlighten us to know that God has created each of us  
to be an important piece of His puzzle,  
His creation of life.

Give us courage and desire to build healthy relationships  
prompt us to value others as Children of God  
lead all to participate in His masterpiece,  
the glorious Kingdom of God.

**Amen.**

*Optional extended closing prayer (see the end of the retreat)*

**Break/Snack** Dismiss participants for a 15-minute break. Remind students that this time is for visiting the restroom, refilling their water bottles or getting a drink, and to stretch their legs a bit before the next session begins. Also remind them of the previously mentioned retreat rules and rules of the facility, and that it is important to be back in the meeting space at the designated return time, ready to begin. **Suggested:** Consider offering snacks during this time. Be aware of any allergies or dietary needs of the young people before serving food. If space allows, it would also be ideal to have fun activities for youth to engage in over break, such as yard games, basketballs, frisbees, hacky sacks, card games, etc.

# Part 3

## Boundaries

### Every Piece has Its Border

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 be better able to distinguish between healthy and unhealthy relationships.

#### Lesson Objectives

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

1. Recognize safe and unsafe situations in a person’s *Circle of Grace*.
2. Acknowledge and respect the boundaries surrounding their own *Circle of Grace* and those of others.
3. Identify actions or words that violate one’s *Circle of Grace*.

#### Vocabulary

1. **Boundary:** The borders or limits we need to keep ourselves safe within our *Circle of Grace*.
2. **Feelings:** Something I sense inside myself (e.g., angry, sad, happy, afraid, embarrassed, confused, excited, peaceful, etc.) that gives me information about others or myself.
3. **Safe:** I am safe when my body and my feelings are respected by me and by others.
4. **Secret:** 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.

5. **Signal:** A sign that tells me something may be safe or unsafe. This may be internal or external.
6. **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*.
7. **Violation:** A break or infringement of another person's rights.

## Materials Needed

5. Safe and Unsafe Handout for each young person (see the end of the retreat)
6. Optional Feeling Faces Chart (see the end of the retreat)
7. Guidelines for Protecting Boundaries Handout for each young person (see the end of the retreat)

## Opening Prayer

This session we will be doing a quiet prayer. This is a prayer between you and Jesus. Put down anything that is in your hands and sit in a way that will be comfortable for a while. Close your eyes and imagine that you are in a place where you would feel very safe. (*Pause*)

During our last session, we talked about feelings and how feelings can be signals from God to help us understand more about what is going on in our lives. It is important that we pay attention to these feelings because they can help us know when we are safe and when we are not. They can help us know when we have been respected or hurt. And they can help us know who is trustworthy. Take a moment and notice what you are feeling like inside right now. Don't try to change how you feel - just notice. Maybe there is excitement . . . worry . . . anger . . . happiness . . . sadness - or something that is hard to name.

You may find more than one feeling happening at the same time. You may even have feelings that are confusing. Just hold these feelings as valuable signals about what is going on within you right now. Imagine that your hands are gently holding them.

Now imagine that Jesus is walking up to you. He is here to help you hold these feelings and know how to deal with them. He puts his hands under yours very gently. He looks at you, and you know deep in your heart that he really cares about you and wants what is best for you. In the silence of your heart, let yourself share with him whatever you would like to say about these feelings. And then listen to what he says to you in return. We will have a few minutes of quiet so everyone can share their thoughts and feelings with Jesus.

*Pause for several minutes.*

When you are ready, open your eyes and we will begin our lesson.

*Optional: the leader may choose to share something about her/his own experience of prayer. For example, the leader may share that they were worried about a situation in their life. They could talk about what it was like to let Jesus help them to deal with this feeling of worry. This should be short and not too personal. The situation should not be described. The leader is modeling for the young people how to pray about feelings.*

## **Getting Started**

Today, we will be talking about the boundaries of our *Circle of Grace*. As we begin to understand our *Circle of Grace* as something real that surrounds us always, we begin to realize that there are some things we can do to protect our *Circle of Grace* and those of others. Jesus gives us some very important guidelines about how we can form and keep our relationships safe and healthy. He says simply to love God above all things and to love our neighbor as ourselves.

## **Lesson Development**

### **Discussion**

*Provide for each young person:*

- A copy of the SAFE and UNSAFE handout (see the end of the retreat). Ask them to fold it in half and make a tent.
- Guidelines for Protecting Boundaries Handout

#### **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. God is with them even during difficult times.*

### **Review**

*Present the following:*

- Today we are going to talk about some specific situations.
- Each of you has a sheet of paper with SAFE on one half and UNSAFE on the other. Fold it in half and make a tent.
- When I read the scenario, place your tent on your desk/table with your answer facing me.
- Talking about these situations will help you know in the future what kinds of situations might violate your *Circle of Grace* or that of another person.

*The purpose of this activity is to help young people identify situations that might violate the boundary of their Circle of Grace. These scenarios may be used as a time to review the young person's sacredness as taught by previous lessons.*

The leader reads each scenario and allows the young people to respond. Notice how the young people respond. Pay close attention to their responses, especially noticing any young person who consistently responds incorrectly. This is not to be addressed in the class but may be a “red flag” that the young person is in an unsafe situation. Consult with the Director of Religious Education or the Principal if you become aware of such a situation.

**NOTE:** If the group is larger in size, consider doing this activity as small groups with a catechist/group leader

**Scenarios** *Select at least five scenarios to assure youth’s discernment of unsafe situations.*

1. An older student in your school/religious education program comments about how you are dressed that day while looking at you in a way that makes you uncomfortable. The student asks to take a picture of you with his cell phone. Is this safe or unsafe? *Pause.*

This situation is unsafe. What is unsafe here?

- An older student talks about things that make you feel uncomfortable.
- Differences in age and status influence your response.

What would need to change to make this situation safe? *(Brainstorm ideas with the young people to address the unsafe circumstances listed above.)*

2. One of the popular church leaders in your parish invites you to a special meeting or trip. The adult leader gives you a permission slip to take to your parents but tells you not to tell other adult leaders in the church because she wants this to be your special time together. Is this safe or unsafe? *Pause.*

This situation is confusing and unsafe. What is unsafe here?

- The adult in this scenario attempts to get the young person to keep a secret from parents or other respected adults. When in a situation like this, you should let your parents and other trusted adults know that this adult leader is telling you to keep a secret from them. Then your parents and other adults who care about you have more information about the situation and can better keep you safe.
- The adult is planning private activities with a young person.

What would need to change to make this situation safe? *(Brainstorm ideas with the young people to address the unsafe circumstances listed above.)*

3. You are the first one in your family to get home after school. Your adult neighbor, whom you have known since kindergarten, often waves at you and calls on the phone to check on you. One day you hear a funny noise in the house when you are alone. You call your neighbor to ask for help. The neighbor says he and his wife will be over and tells you to call your parents and let them know what is going on. Is this situation safe or unsafe?

*Pause.*

This situation is safe. Why is it safe?

- It is important to identify trusted adults who are respectful of your *Circle of Grace* and their own.



- Two adults are coming over and parents are aware of the situation.
  - The adult told the young person to notify parents. He did not try to keep it a secret.
4. An instructor at your school invites you and a friend to go to a movie on Friday night. The instructor offers to take you and bring you home. He says he will pay for the movie and the refreshments. Is the situation safe or unsafe? *Pause.*

This situation may be confusing. But it is not safe.

- An adult may lure young people into his company with gifts or special information. What would need to change to make this situation safe? (*Brainstorm ideas with the young people to address the unsafe circumstances listed above.*)
5. One of your coaches thinks you can make the select team if you work a little harder on some skills. The coach offers to stay late and work one on one with you to help improve skills after everyone else has gone home. *Pause.*

This situation is unsafe. What is unsafe here?

- An adult arranges to be with a young person alone.
- Does it matter if the coach is a male or female? Why or why not?

What would need to change to make this situation safe? (*Brainstorm ideas with the young people to address the unsafe circumstances listed above.*)

6. During a sleepover, your friend begins a game of “Truth or Dare” and dares you to remove your shirt or your pants while dancing for a social media video. Your friend tells you it will be okay because the video will not be saved and will automatically disappear after a short period of time. You decide to keep all of your clothes on and instead just perform silly dance moves. Is this safe or unsafe? *Pause.*

This situation is confusing but unsafe. What is unsafe here?

- Removing clothing is not an appropriate request or action.
- The young person was pressured into doing something that was unsafe instead of saying, “No,” and leaving.
- Social media posts are widely distributed to millions of unknown persons or can be intercepted by a third party. They can be viewed and manipulated without young person’s knowledge or permission. Some applications also share locations of the user, putting them at risk.
- Once something is shared online, it can be out there forever regardless of a claim that images will be deleted after a certain length of time.

What would need to change to make this situation safe? (*Brainstorm ideas with the young people to address the unsafe circumstances listed above.*)

7. Your best friend confides in you that she tried some beer at a party she attended last week. She says it made her laugh then made her sick. She says it was not a great experience, but she asks you to keep it secret from your parents and hers. *Pause.* This situation is not safe. What is unsafe here?

- A young person is asked to keep a secret from an adult.
- The friend is put at risk for future problems.
- The person who provided the alcohol is protected.

What would need to change to make this situation safe? (*Brainstorm ideas with the young people to address the unsafe circumstances listed above.*)

8. After sports practice ends, your coaches and teammates head out, leaving you alone. Your ride has not shown up yet. A coach and an assistant from another team, who you do not know, approach you. They ask if you are okay and offer to wait with you. They ask for your parents' names and number so they can call them and find out who will be coming to get you and when they will be arriving. Is this situation safe or unsafe? *Pause.* This situation may be confusing but is safe. What is safe about this situation?
- Two adults are now with you, so you are not alone.
  - Your parents have been notified and are aware of the situation.
  - Would it have been safe to stay alone after practice? Why or why not?
9. You stay overnight at a friend's house. After his/her parent's go to bed, your friend starts to sneak out to go to another friend's house where there is a party going on. Your friend expects you to go. You don't want to go. You tell your friend that you feel sick and want to call your parents to come and get you. Is this situation safe or unsafe? *Pause.* This situation is unsafe but the young person's response is safe. Why?
- The young person has listened to his/her feelings (instincts) that tell him/her not to go to the party.
  - The young person states his/her need to call parents.
- What would need to change to make this situation safe? (*Brainstorm ideas with the young people to address the unsafe circumstances listed above.*)

10. You are watching TV with your cousin who is in high school. She decides to stream a movie that is R rated. All the adults are upstairs visiting. The movie you are watching features people who are dressed with very little on. They are dancing in a suggestive manner by themselves and with other people. You know your parents would disapprove but you continue to watch it. She then snuggles up to you and said isn't this cool? Is this situation safe or unsafe? *Pause.* This situation is unsafe. What is unsafe here?
- Watching shows that feature people being disrespectful to their own *Circle of Grace* does not help you to respect and protect yours and those of others.
  - It is important to know what boundaries you should set for yourself regarding what you watch, read, listen to, etc., when you are alone in order to protect your *Circle of Grace*.
  - When you routinely view images that are inappropriate, you become desensitized to what is safe and unsafe.
- What would need to change to make this situation safe? (*Brainstorm ideas with the young people to address the unsafe circumstances listed above.*)

## Review

- Review the “Guidelines for Protecting Boundaries” Handout.
- We have been using puzzle pieces as symbols for ourselves. We have seen the unique designs that have made each piece special just as each of us is special.
- When we join with other pieces to create a pattern, just as when we join with other people to form healthy relationships, we can see how we all fit into God’s plan as the puzzle would not be complete without your piece. God’s plan would not be complete without you.
- By forming and respecting healthy relationships we are following the example of Jesus who came to Earth to be one of us. He modeled healthy relationships and became the essential piece of God’s plan for salvation.
- Today, we have learned some very important ways to protect our own boundaries and those of others.
- No one has the right to violate our boundaries.
- Just as we have a right to protect our boundaries, we also have a responsibility to protect the boundaries of others.
- By protecting our boundaries and those of others, we keep ourselves and others *Circle of Grace* safe, living more fully in the grace which God gives us.

## **Closing Prayer**

Each night when you go to bed, it’s a great idea to think back over your day and name the feelings of the day and tell Jesus. Remember that Jesus is with us in good times and bad. It may take a while to learn to listen. Sometimes we think prayer is all about us talking. But if we listen, we will eventually notice that God is responding - though not necessarily in the way we might expect.

Close your eyes and think about tonight when you go to bed.

What will you share with Jesus about your day? What will you ask Him?

*PAUSE:*

We ask for patience and openness to truly hear His response.

In Jesus’ name we pray.

Amen.

**Break** *Dismiss participants for a 5-minute break (this may be lengthened, depending on the size and needs of the group). Remind students that it is important to be back in the meeting space at the designated return time, ready to begin.*

## Part 4

# “Don’t be DUPED” Safety Plan When Something Doesn’t Fit

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 be better able to safeguard their *Circle of Grace* from violations.

### **Lesson Objectives**

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

1. Assess threats to their own *Circle of Grace* and those of others
2. Comprehend that as a precious young person of God they are authorized to defend the integrity of their *Circle of Grace* from all violations
3. Know how to seek help when something unsafe threatens their Circle of Grace

## Vocabulary

1. **Trust:** Being able to count on someone to help me to stay safe within my *Circle of Grace*.
2. **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*.

## Materials Needed

7. Whiteboard or chalkboard
8. Decorated and signed Puzzle Pieces created in Part 2
9. Don't be DUPED Safety Plan for each student (at the end of the retreat)
10. Optional background music

## Opening Prayer

*Invite young people into their preferred prayer posture, sitting in a circle on the floor or standing at their desks/tables.*

Now it is time to quiet ourselves and call to mind the presence of the *Circle of Grace* that surrounds us at all times. Let us invite the Holy Spirit to be present in our hearts. As the Spirit fills us we are filled with a sense of peace and trust. We know that we are in a place that is safe – a place where we can ask for help. Please listen as I read the following passage from the gospel of Luke 11:9-13.

And I tell you, ask and you will receive; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened. What father among you would hand his son a snake when he asks for a fish? Or hand him a scorpion when he asks for an egg? If you then, who are wicked, know how to give good gifts to your children, how much more will the Father in heaven give the Holy Spirit to those who ask him?<sup>3</sup>

*The Leader continues:*

So as Jesus instructs us, we bring our petitions to the Lord.

Please respond, **“Come, Holy Spirit.”**

When we try to find our special place in God’s plan...

**Come, Holy Spirit.**

When we are feeling grateful for the gifts and talents that make us special...

**Come, Holy Spirit.**

When we celebrate the things that make us different...

**Come, Holy Spirit.**

When we enter into relationships...

**Come, Holy Spirit.**

When we experience feelings that make us feel confused...

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<sup>3</sup> New American Bible.

**Come, Holy Spirit.**

When we need someone to listen and understand...

**Come, Holy Spirit.**

For all of the intentions that we hold in the silence of our hearts...

**Come, Holy Spirit.**

**Amen.**

## Getting Started

*Ask the following questions to review prior lessons:*

- What are some of the unsafe situations that we talked about in the last lesson?
- What unsafe relationships might even be dangerous?

All unsafe relationships have the potential to become dangerous. Anytime a person is in a relationship where the other does not respect the *Circle of Grace*, it is a time when hurt and damage may occur. Unsafe relationships are particularly hurtful and dangerous when there is abuse.

- Do you think most young people tell an adult when something unsafe happens to them?

No, they don't tell, especially when the situation involves a family member. Many times, unsafe situations happen when there are no witnesses. Sometimes young people are afraid that they will not be believed if they do tell someone. However, young people who are in confusing or unsafe situations should always tell a trusted adult.

## Lesson Development

### Introduction

1. Last time, we began to realize that there are some things that we can do to protect our *Circle of Grace* and those of others. We learned about how to identify situations that were safe and unsafe. Today we will learn some additional tools that we can practice to stay safe. (*Distribute the Don't be Duped" handout*)
2. *Write on the board:*
  - D-Discern**
  - U-Understand**
  - P-Protect**
  - E-Execute you Plan**

**Discussion-** There will be times when you in an uncomfortable situation or being bullied that a safety plan is needed. We will be discussing the plan and the acronym DUPE. Each letter reminds you of important steps that you need to take to be safe in your Circle of Grace. Remember, you are never too old to understand and respect your and others Circle of Grace. God is always that close to us and wanting to help us.

*Present the following:*

**1. 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?

**2. 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?

**3. 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 one is left alone with a not well-known adult.
- 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:*

It is important to be able to identify our Trusted Adults. Trusted adults want what is best for you; they want your Circle of Grace to be respected. Take a moment and think of three people besides your parents who you can trust.

- Do these people respect your *Circle of Grace*?
- Do they respect their own *Circle of Grace*?
- Do they respect the *Circle of Grace* of other people that you know?
- As you decide who you want to be your trusted adults, you should be cautious of persons:
  - who enjoy having kids, rather than adults, as friends
  - who tell you it's OK to disobey the rules of parents or leaders
  - who give you gifts that make you feel uncomfortable
  - who plan "private" activities for you or other groups of young people
  - who ask you to keep secrets.

## **Review Activity** "Don't be Duped" Safety Plan Discussion

Divide into small groups and discuss the following:

- Have you and/or a friend ever thought a person was cool, but then observed behavior and comments that made you unsure?



- Have you and/or a friend ever hung out with others when the group decided to do something that you knew was wrong?
- Have you or a friend communicated to someone through an app/internet who is asking embarrassing questions?
- Have you and/or a friend had someone you met through an app/internet ask you to meet them?
- Have you and/or your friend been asked to keep a secret from your family?
- Name some examples of Trusted Adults.
- What qualities make them Trusted Adults?

## Closing Prayer

1. *Distribute puzzle pieces. Ask the young people to remain silent during this prayer time.*

*Background music could be played.*

- In these lessons we have talked about how each of us is unique and special. We decorated our puzzle pieces to reflect our gifts and talents that make us just who we are. We learned that we are in relationships with other people and that our puzzle pieces fit together to form a pattern. We also learned about unsafe situations that do not belong in our *Circle of Grace*; they don't fit into our puzzle.
- Your puzzle piece is a symbol of you along with some of your gifts and talents within your *Circle of Grace*.
- Hold this symbol of who you are gently in your hands. Please close your eyes again as I read to you from the Gospel of John words that Jesus spoke to his disciples. (*John 14:15-18 from the New American Bible*)

If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth, which the world cannot accept, because it neither sees nor knows it. But you know it, because it remains with you, and will be in you. I will not leave you orphans; I will come to you.

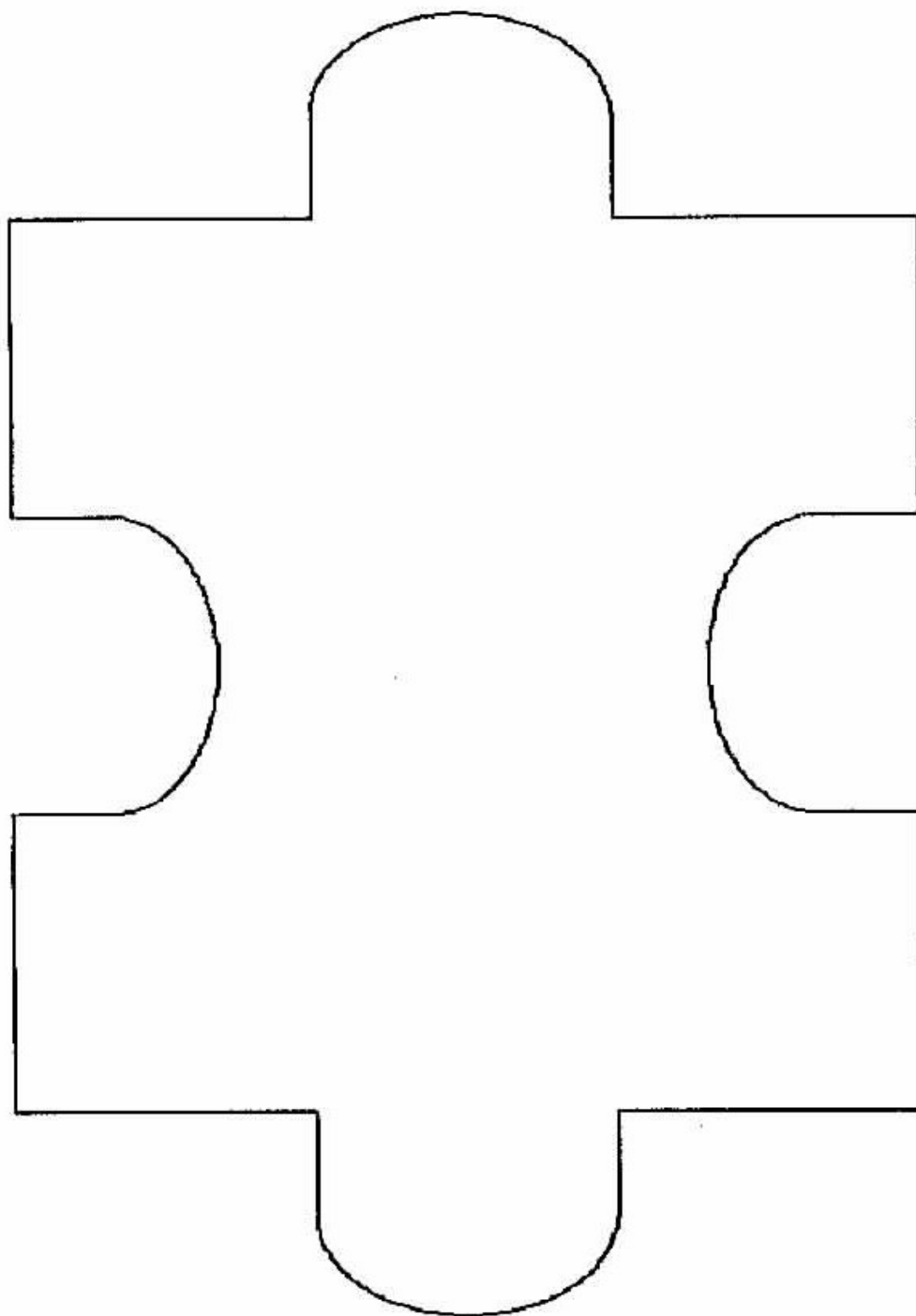
God did send an Advocate, a Helper, whom we call the Holy Spirit. Notice how the Holy Spirit is with you and in your *Circle of Grace* as you end this prayer. Think of how God is present working in your life. Spend a few minutes thinking about this. When you are finished and your prayer has ended, you may open your eyes.

2. *Gently end the background music (if used) and invite the young people to open their eyes. Instruct them to take home the "Don't be Duped" Safety Plan Handout to share with their parents and their Puzzle Piece Art to remind them of the Circle of Grace lessons.*





# *Puzzle Piece*



# *Activity Handout*

1. **What are some things people have told you that you are good at?** God often lets you see your gifts and talents through other people.
2. **Who do you admire? What qualities in them would you like to develop in yourself?** This is God's way of helping you recognize qualities you would like to imitate.
3. **What are some things that you enjoy doing? Do you like art or writing? Do you take care of animals or the environment?** Using your special gifts brings pleasure to you and to God.
4. **What are your hopes and dreams for yourself?** What would you like to be or to do? Our hopes and dreams are special gifts that God uses to help us understand God's dream for us.
5. **What are some special things about your personality?** Are you patient or kind? Do you have a great smile, or are you always ready to help out? Are you funny? Do you notice when others are hurting

## PART 1

### Opening Prayer

*How you arrange the young people depends on the size of your group. Invite them to sit or stand with sufficient space between them. Ask them to quiet themselves and recognize God's presence in them.*

Please close your eyes as I read to you from the Gospel of John, words that Jesus spoke to his disciples. (*John 14:15-18 from the New American Bible*)

**If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth, which the world cannot accept, because it neither sees nor knows it. But you know it, because it remains with you, and will be in you. I will not leave you orphans; I will come to you.**

God did send an Advocate, the Spirit of truth whom we usually call the Holy Spirit. Notice how the Holy Spirit is with you and in your *Circle of Grace* as you end this prayer. Close your eyes and think of a time when God was present working in your life. Spend a few minutes thinking about this. When you are finished and your prayer has ended, you may open your eyes.

### Closing Prayer

**Leader:** But now, thus says the LORD, who created you, O Jacob, and formed you, O Israel: Fear not, for I have redeemed you; I have called you by name: you are mine.

**Response:** Eternal God, we bear your name, your imprint.

**Leader:** For I am the LORD, your God, the Holy One of Israel, your savior.

**Response:** You have impressed your Son, your likeness, on us and we are yours.

**Leader:** Because you are precious in my eyes and glorious, and because I love you.

**Response:** We ask you that we may mirror your life in us and reflect your grace in all our human relationships as Christ our brother did in serving this world today and every day, forever and ever.

**All:** Amen.

## PART 2

### **Opening Prayer** *(This prayer is based on Genesis 1 and 2.)*

*Give each young person their own puzzle piece from Lesson 1 and a prayer handout. Have the young people stand in a circle. Invite them to take turns reading the “days”. Explain to the young people that they will be bringing their own puzzle piece to the center of the prayer circle and connecting it with the other pieces.*

We are going to pray with the creation story. This prayer is a creative version of Genesis 1 and 2. Later in the prayer, you will be asked to bring your puzzle piece to the center of the circle. It may not work out that your piece will be with your friend’s or someone you even know well. This is how it is in life. We are called to be next to people we don’t know or sometimes even like. We will talk more about this later. For now, just place your puzzle in the most obvious place.

**In the beginning, when God created the heavens and the earth,**

**On the first day...**

God said, “Let there be light,” and there was light. God saw how good the light was. God separated the light from the darkness. God called the light day, and the darkness he called night.

**On the second day...**

God said, “Let there be a dome in the middle of the waters to separate one body of water from the other.” God made the dome, and it separated the water above the dome from the water below it. God called the dome the sky.

**On the third day...**

God said, “Let the water under the sky be gathered into a single basin, so that dry land may appear.” God called the dry land the earth, and the basin of the water he called the sea. The earth brought forth every kind of plant that bears seed and every kind of fruit tree on earth that bears fruit with its seed in it. God saw how good it was.

**On the fourth day...**

God made the two great lights, the greater one to govern the day, the lesser one to govern the night; and he made the stars. God set them in the dome of the sky, to shed light upon the earth, to govern the day and the night, and to separate the light from the darkness. God saw how good it was.

**On the fifth day...**

God created the great sea monsters and all kinds of swimming creatures with which the water teems, and all kinds of winged birds. God saw how good it was, and God blessed them, saying, "Be fertile, multiply, and fill the water of the seas; and let the birds multiply on the earth."

**On the sixth day...**

God made all kinds of wild animals, all kinds of cattle, and all kinds of creeping things of the earth. God saw how good it was. Then God said, "Let us make man in our image, after our likeness." God formed a human being out of the clay of the ground and blew into His nostrils the breath of life creating a living being. God created man in his image; in the divine image He created him; male and female He created them. God looked at everything that was made, and found it very good. Thus the heavens and the earth and their entire array were completed.

**On the seventh day...**

God was finished with the work and rested. So God blessed the seventh day and made it holy.

*Pause, indicating that the following is not in the biblical version.*

**Then on the day called today ...**

God desired to share His full presence with all He had created, so He fashioned a multitude of children and named them.

*At this point, have the young people say their full names as they bring up their puzzle piece and put it together with the pieces to form a whole.*

God sees the goodness in each of us and continues to bless us and create good in us. He wants us to live in God's presence and love, our *Circle of Grace*. God entrusts us with His grace so that we might help in God's work of caring for others and ourselves, filled with the love of the Father, the Son, and the Holy Spirit.

Amen.



## PART 2

### Closing prayer

Lord,  
teach us to have loving and respectful relationships,  
ones in which we feel safe and valued.

Guide us to treat ourselves and others with respect,  
honoring all of our *Circle of Grace*.

Help us to model your unconditional love,  
realizing we need to value everyone,  
even those we do not like or who are different from us.

Enlighten us to know that God has created each of us  
to be an important piece of His puzzle,  
His creation of life.

Give us courage and desire to build healthy relationships  
prompt us to value others as Children of God  
lead all to participate in His masterpiece,  
the glorious Kingdom of God.

Amen.

## PART 3

### Opening Prayer

This session we will be doing a quiet prayer. This is a prayer between you and Jesus. Put down anything that is in your hands and sit in a way that will be comfortable for a while. Close your eyes and imagine that you are in a place where you would feel very safe. (*Pause*)

During our last session, we talked about feelings and how feelings can be signals from God to help us understand more about what is going on in our lives. It is important that we pay attention to these feelings because they can help us know when we are safe and when we are not. They can help us know when we have been respected or hurt. And they can help us know who is trustworthy. Take a moment and notice what you are feeling like inside right now. Don't try to change how you feel - just notice. Maybe there is excitement . . . worry . . . anger . . . happiness . . . sadness - or something that is hard to name.

You may find more than one feeling happening at the same time. You may even have feelings that are confusing. Just hold these feelings as valuable signals about what is going on within you right now. Imagine that your hands are gently holding them.

Now imagine that Jesus is walking up to you. He is here to help you hold these feelings and know how to deal with them. He puts his hands under yours very gently. He looks at you, and you know deep in your heart that he really cares about you and wants what is best for you. In the silence of your heart, let yourself share with him whatever you would like to say about these feelings. And then listen to what he says to you in return. We will have a few minutes of quiet so everyone can share their thoughts and feelings with Jesus.

*Pause for several minutes.*

### Closing Prayer

Each night when you go to bed, it's a great idea to think back over your day and name the feelings of the day and tell Jesus. Remember that Jesus is with us in good times and bad. It may take a while to learn to listen. Sometimes we think prayer is all about us talking. But if we listen, we will eventually notice that God is responding - though not necessarily in the way we might expect.

Close your eyes and think about tonight when you go to bed.

What will you share with Jesus about your day? What will you ask Him?

*PAUSE:*

We ask for patience and openness to truly hear His response.

In Jesus' name we pray. Amen.

## PART 4

### Opening Prayer

*Invite young people into their preferred prayer posture, sitting in a circle on the floor or standing at their desks/tables.*

Now it is time to quiet ourselves and call to mind the presence of the *Circle of Grace* that surrounds us at all times. Let us invite the Holy Spirit to be present in our hearts. As the Spirit fills us we are filled with a sense of peace and trust. We know that we are in a place that is safe – a place where we can ask for help. Please listen as I read the following passage from the gospel of Luke 11:9-13.

And I tell you, ask and you will receive; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened. What father among you would hand his son a snake when he asks for a fish? Or hand him a scorpion when he asks for an egg? If you then, who are wicked, know how to give good gifts to your children, how much more will the Father in heaven give the Holy Spirit to those who ask him?<sup>4</sup>

*The Leader continues:*

So as Jesus instructs us, we bring our petitions to the Lord.

Please respond, **“Come, Holy Spirit.”**

When we try to find our special place in God’s plan...

**Come, Holy Spirit.**

When we are feeling grateful for the gifts and talents that make us special...

**Come, Holy Spirit.**

When we celebrate the things that make us different...

**Come, Holy Spirit.**

When we enter into relationships...

**Come, Holy Spirit.**

When we experience feelings that make us feel confused...

**Come, Holy Spirit.**

When we need someone to listen and understand...

**Come, Holy Spirit.**

For all of the intentions that we hold in the silence of our hearts...

**Come, Holy Spirit.**

**Amen.**

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<sup>4</sup> New American Bible.

## **Optional Extended Opening Prayer**

*How you arrange the young people depends on the size of your group. Invite the young people to sit or stand with sufficient space to allow for movement. Demonstrate the movements before the prayer begins to facilitate the flow of the prayer. Leaders may wish to play background instrumental music.*

*Invite the young people to be aware of God's presence by closing their eyes and breathing slowly. Encourage them by speaking in a clear voice allowing silence of five seconds between breathing instructions.*

Inhale slowly through your nose. Feel the air come into your body and fill your lungs. Exhale slowly through your mouth. Feel your breath leave to make room for fresh air to enter your body. Inhale slowly again through your nose. Exhale slowly again through your mouth. As you continue breathing slowly: raise your hands above your head and then bring your arms slowly down, keeping them outstretched extend your arms in front of you and then behind you embracing all of the space around you knowing that God is in this space with you. Then slowly reach down to your feet. This is your *Circle of Grace*. You are in it. As you continue to breathe slowly, be seated.

Please close your eyes again as I read to you from the Gospel of John words that Jesus spoke to his disciples. (John 14: 15-18)

If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth, which the world cannot accept, because it neither sees nor knows it. But you know it, because it remains with you, and will be in you. I will not leave you orphans; I will come to you.

God did send an Advocate, the Spirit of truth whom we usually call the Holy Spirit. Notice how the Holy Spirit is with you and in your *Circle of Grace* as you end this prayer. Think of a time when God was present working in your life. Spend a few minutes thinking about this. When you are finished and your prayer has ended, you may open your eyes.

*Allow 30-60 seconds for reflection. When most of the young people have opened their eyes, ask the following question. Allow a few of them to share if they wish. You may choose to talk about a time when you knew God was very present for you. If possible, allow the young people to share first.*

**Would anyone like to talk about a time when you knew God was with you?**

## Optional Extended Opening Prayer

(This prayer is based on Genesis 1 and 2.)

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*At this point, have the young people say their full names as they bring up their puzzle piece and put it together with the pieces to form a whole.*

God sees the goodness in each of us and continues to bless us and create good in us. He wants us to live in God's presence and love, our *Circle of Grace*. God entrusts us with His grace so that we might help in God's work of caring for others and ourselves, filled with the love of the Father, the Son, and the Holy Spirit.

Amen.

## Optional Extended Closing Prayer

*Option: If there are two adults present, you may choose to alternate the lines that are after the pause.*

*Leader reads slowly...*

Sit in your chair, upright but comfortable, with your back supported. Let your body relax with your feet on the floor in front of you and your hands at rest on your thighs or joined in your lap. Close your eyes. Concentrate all your attention on the physical feeling of breathing in and breathing out.

Now just notice the sounds that you can hear, sounds far away. Just hear them, don't even try to name them. Notice fainter sounds and then sounds that are nearer. Just listen. Become aware of the sound of your own heartbeat. It is your own rhythm of life. Notice the sound of silence in your place of prayer, the silence within yourself. Listen for a few minutes.

Now let your attention focus on what you can feel in your body. You start at your feet and work upwards, letting your attention dwell perhaps only for a few seconds on whatever part of the body you can feel, shifting attention from one part of the body to the other. Your attention is on what you are feeling, not on thoughts about feeling.

*Pause for 15-30 seconds and then continue with this prayer (reading slowly).*

**Relationships... How do we expect to be treated? How does it feel to be safe, valued, and respected?**

As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ.

**How do I treat others in ways that respect their *Circle of Grace*? How do I keep my own *Circle of Grace* safe?**

For in one Spirit we were all baptized into one body, whether Jews or Greeks, slaves or free persons, and we were all given to drink of one Spirit.

**Sometimes we do not realize we need to value everyone. Sometimes we think that we do not need some people in our world.**

Now the body is not a single part, but many. If a foot should say, "Because I am not a hand I do not belong to the body," it does not for this reason belong any less to the body.

**Some people are afraid of those who are different, come from a different country, have a different religion, look different. Why are we afraid of differences? Why are we afraid to be different?**

Or if an ear should say, "Because I am not an eye I do not belong to the body," it does not for this reason belong any less to the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be?

**But God has created each of us to be an important piece of His puzzle.**

But as it is, God placed the parts, each one of them, in the body as he intended. If they were all one part, where would the body be? But as it is, there are many parts, yet one body.

**We can complete His puzzle. We can build healthy relationships. We can use words and actions that tell others that their unique puzzle piece, the special person they are, is valued.**

The eye cannot say to the hand, "I do not need you," nor again the head to the feet, "I do not need you." Indeed, the parts of the body that seem to be weaker are all the more necessary, and those parts of the body that we consider less honorable we surround with greater honor, and our less presentable parts are treated with greater propriety, whereas our more presentable parts do not need this.

**What are some of the differences people have?**

But God has so constructed the body as to give greater honor to a part that is without it, so that there may be no division in the body, but that the parts may have the same concern for one another. If one part suffers, all the parts suffer with it; if one part is honored, all the parts share its joy.

**Why should we have friends that are different than ourselves?**

Now you are Christ's body, and individually parts of it. Some people God has designated in the church to be, first, apostles; second, prophets; third, leaders; then, mighty deeds; then, gifts of healing, assistance, administration, and varieties of tongues. Are all apostles? Are all prophets? Are all leaders? Do all work mighty deeds? Do all have gifts of healing? Do all speak in tongues? Do all interpret? Strive eagerly for the greatest spiritual gifts. But I shall show you a still more excellent way. 1 Cor. 12:12-31



As we reflect on what we have just heard, bring your attention back to group, remembering what we have heard. Begin to hear the sounds in this room, and focus your attention not on your own heartbeat, but on the heartbeat of others. Listen to the hearts of others. Move from concentrating on your own breathing to the breath of God's Spirit within all of us. Focus your attention on those around you as we remember how God made each of us unique but knowing that together we form a completed puzzle.

Slowly open your eyes. Notice everyone around you, and quietly thank God for creating them as a valued piece of the puzzle that is the body of Christ.

*Optional: End with the song "If we are the body" by Casting Crowns or other appropriate song.*

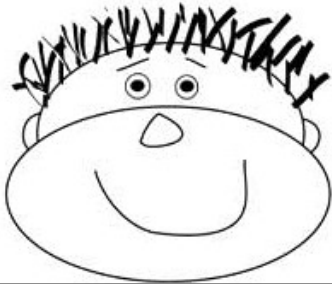
# Feeling Faces Chart



**Embarrassed**



**Frustrated**



**Happy**



**Lonely**



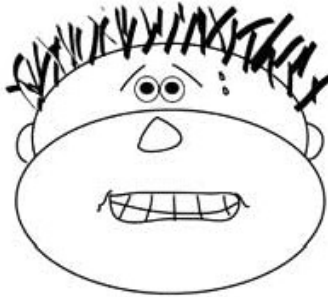
**Loved**



**Mad**



**Sad**



**Nervous**



**Proud**



**Relaxed**



**Scared**



**Stressed**

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SAFE

UNSAFE

## Guidelines for Protecting Boundaries Handout

### **Ask Yourself:**

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?

### **Guidelines:**

1. Do not reveal personal information on the internet. That includes full names, school, grade, address, phone, sports teams, church groups, etc. Those who want to exploit young people will try to identify potential victims by learning about their activities and schedule patterns.
2. Let a trusted adult know anytime you feel bullied. Know how to respond to bullies, whether in an internet chat room, at school, or in another setting.
3. Understand that comments which devalue or criticize others for their physical attributes, race, religion, economic status, etc., are not appropriate.
4. Avoid situations, which involve alcohol, drugs, and smoking, or other risk taking behavior.
5. Be cautious about situations in which you are alone with an adult.

*Your parents have received more information about activities that are unsafe and may be potentially dangerous. I encourage you to talk with them about these situations that you might encounter.*

# 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 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 to 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 a not well-known adult.
- 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*.

*Circle of Grace*  
*Parent Letter*  
*Puzzles: Recognizing the Big Picture*  
*of God's Love for Us*  
*Grade 5-8 Retreat*

Dear Parent,

*Circle of Grace* is a faith-based safety curriculum used by your arch/diocese.

Today your child attended a *Circle of Grace* retreat. Through a variety of prayer experiences and activities, youth were made to understand how God's love for us is with us wherever we go and can help us recognize situations as safe or unsafe.

The objectives of this lesson follow.

1. Understand that we are all inherently precious and worthy of respect because we are created in God's image.
2. Identify and articulate elements of healthy relationships.
3. Apply positive behaviors in relationships with God, self, and others.
4. Recognize safe and unsafe situations in a person's *Circle of Grace*.
5. Assess threats to their own *Circle of Grace* and those of others
6. Comprehend that as a precious young person of God they are authorized to defend the integrity of their *Circle of Grace* from all violations
7. Know how to seek help when something unsafe threatens their Circle of Grace

We also went over the "Don't be DUPED" Safety Plan, using the acronym DUPE to help identify a situation as safe or unsafe and to recognize steps that can be taken to protect themselves and ask for help when needed. Each letter reminds youth of important steps that need to be taken to be safe in their Circle of Grace. Please talk with your child about the acronym and what they have learned to keep themselves safe.

*D-Discern*

*U-Understand*

*P-Protect*

*E-Execute your Plan*

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



## Grade 5-8 Retreat 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 whether the objectives of the *Circle of Grace* Program were met.

1. YES \_\_\_\_\_ NO \_\_\_\_\_ Young People understand they are created by God and live in the love of the Father, Son, and Holy Spirit.
2. YES \_\_\_\_\_ NO \_\_\_\_\_ Young People will be able to describe the *Circle of Grace* which God gives each of us.
3. YES \_\_\_\_\_ NO \_\_\_\_\_ Young People will be able to identify and maintain appropriate boundaries.
4. YES \_\_\_\_\_ NO \_\_\_\_\_ Young People can identify types of boundary violations.
5. YES \_\_\_\_\_ NO \_\_\_\_\_ Young People 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, Director of Religious Education, or Director of Youth Ministry.**