Circle of Grace
Tech Savvy or Tech Safe?
High School Alternate Lesson

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:

· Church teaching revealed in the Creed that applies to our daily lives

· Human relationships are intended to be experiences of Divine Love

· Personal covenant with God

· Live responsibly as fully initiated members of the Church

· Discipleship is our call to holiness

· The relationship between the love of God our love of self and our love of others

· The image of God is in ourselves and others

Lesson Objective
Young People will be able to:
1. Identify and understand why internet/technology safety is important.
2. Recognize the key ways one can be deceived by an internet/ technological interaction.
3. Recognize ways internet/ technological interactions or internet sites can damage ones relationship with God, self and others
4. Understand the connection between technological/internet activity and your *Circle of Grace*
5. Recognize the need for healthy boundaries, when involved in technological/ internet activity.
6. Recognize ways youth are pressured to participate in questionable technological/ internet activity.
7. Know appropriate responses when one is confronted with inappropriate interactions or violations.

Materials Needed
1. Tech Savvy or Tech Safe? Quiz for each student (see the end of the lesson).
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.

2. Leader answer guide to the Tech Savvy or Tech Safe IQ quiz for each student (see the end of the lesson)
3. Cultivating Virtue and Blocking Virtue diagrams for each student
4. Whiteboard or chalkboard
5. Props for skits

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Opening Prayer:

God,

We ask for Your guidance and a little more:

guidance in relationships,

guidance in decisions,

guidance in love,

and guidance in worshiping You.

Amen.

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Getting Started

Most American youth are tech savvy but are they tech safe? Today we are going to talk about being savvy and safe with technology and its many tools. These electronic tools include phones, tablets, internet games and computers. Many people use their phones or computes to go to social networking sites, blogs, micro blogs, to play games and to send messages, photos, or texts. Some of these tools use the internet and some don't. All of these tools can help people feel connected or disconnected from the world around them. Sometimes these human connections reflect the love of God and neighbor and sometimes they do not.

Make a list of all the above tools mentioned above (phones, notepads, internet games, computers and any other ones the group identifies) on the board. Ask youth to brainstorm all the reasons they use these tools. List the responses under the appropriate tool, example: communication could be listed under all the tools. Getting information, entertainment, escape, or boredom may be only listed on some. Now have the youth identify positive (P) and negative (N) activities under each reason. Examples:

· ***Communication***: *P - texting a friend who just lost their grandparent, N - texting a vulgar statement to unpopular classmate (bullying)*

· ***Entertainment***: *P - playing a word game on your tablet/phone, N - playing a violent and sexually explicit internet game with anonymous players*

· ***Boredom/Escape****: P - You search the internet for information regarding your favorite hobby (movies, sports, cooking), N - You start chatting on a social network site with someone you have never met. You go to a questionable site and discover pornography.*

Summarize: It is important to recognize the positive and negative ways one can use technology. Recognizing the positive ways to use technology can assist one in using the tools more

appropriately in the future. Recognizing the negative ways technology can be used help us avoid potential harm or problems in the future.

Opening Activity: Tech Savvy or Tech Safe?
Option 1 - Pass out the quiz to each student. Have the youth do the quiz individually and then go to the large group discussion section.
Option 2 - Pass out the quiz to each student. Divide the class into several groups. Have the groups discuss the questions on the quiz then go to the large group discussion section.

Large Group Discussion:
Were you surprised by any of the statistics on the quiz? Why might one communicate something using technology that they would not say in person?
Allow for a few responses. Write them on the board.
Let's discuss the questions on the quiz.
The answer guide to the quiz is at the end of the lesson. Discuss each question. Prompt the youth to identify the correct answer and key concepts related to each question. After the discussion proceed to the review.

Review
It is important that young people understand the relationship between the Circle of Virtue and the *Circle of Grace*. The *Circle of Grace* is always present and never leaves us. Our Circle of Virtue is our positive response to our *Circle of Grace* and can change due to our free will. When we participate in negative behaviors we damage our ability to fully participate in God's grace and stunt the development of virtue in our lives.
Distribute to each student a copy of the Cultivating Virtue and Blocking Virtue Diagram found at the end of the lesson. Write the definitions below on the board.
Circle of Grace: The love and goodness of God that always surrounds us.
Circle of Virtue: Our response to the invitation of God's grace by cultivating goodness and virtue in our lives.
Cyber Bullying: The use of the internet, cell phones or other electronic devices to send or post texts or images intended to hurt or embarrass another person.
Sexting: Sexually explicit images or text sent by way of the phone. There may be legal consequences if one or both persons involved are minors.
Pornography: 1:The depiction of erotic behavior (pictures or writing) intended to cause sexual excitement. 2: material (as books or a photograph) that depicts erotic behavior and is intended to cause sexual excitement 3: the depiction of acts in a sensational manner so as to arouse a quick intense emotional reaction, *Merriam Webster.*
So what do these concepts really mean and how do they really connect to our relationship with God?

Activity
1. Divide the youth into two groups.
2. Give each group one of the diagrams (Cultivating Virtue and Blocking Virtue).

3. Instruct them to develop a skit to reflect aspects of the diagram. Advise the Blocking Virtue group to portray the inappropriate behavior generally and not include any specific inappropriate words or actions. They are encouraged to add additional blocking behaviors to the blank arrows. Below are a few examples. Youth may come up with other examples.

·   *Example 1: A teen decides to leave a party at a friend's house because the group is posting cruel messages on a classmate's social network page.*

·   *Example 2: A teen has been going to inappropriate websites. Lately, he has been distant from friends and family and uninterested in normal activities. When his parents or friends ask what is wrong he gets angry or acts like he doesn't care. Deep down, he thinks he may have a problem but is embarrassed to talk about his secret online behavior.*

4. Provide them with props for the skits.
5. Each group performs their skit for the class.
Summarize: *Ask the following questions:*
1. How can posting a cruel message (a negative/blocking behavior) damage our relationships with others? With God?
2. Which virtue(s) would help you walk away from a bad situation like posting cruel messages?
3. How did going to inappropriate websites (a negative/blocking behavior) damage the young man's relationship with his family? With his friends? With God?
4. Which virtue(s) would help you avoid seeking out inappropriate websites?
5. Which virtue(s) would enable you to ask a parent or friend for help if you were finding it difficult to stop going to inappropriate websites?
6. Do you think these situations happen in real life?
7. What are safe ways to resist participating in technological behaviors that can block God's grace
Allow time for various responses then post some of their responses on the board.

Final Discussion -
1. Where or to whom can a teen go to for help if he/she is feeling pressure to participate in technological behaviors that violate his/her personal boundaries?
2. Where or to whom can a teen go for help if he/she is feeling pressure to participate in technological behaviors which violate another's personal boundaries?
Allow time for various responses then post some of their responses on the board. Summarize and add to their responses with the following recommendations.

·   Listen to your gut, it is the Holy Spirit prompting you that something is wrong. Learn to recognize the settings and interactions that can get you into uncomfortable situations.
Listen to what your loved ones are telling you. God works through others to lead and protect us.

·   When someone pressures you, try to take yourself out of the situation.

·   You can free yourself from unhealthy relationships by seeking help from a trusted adult.

·   Tell someone who can help you. Talk to someone you trust – parent, professional, counselor, or other trusted adult.

Closing Prayer:
God help me slow down
and be present to Your everlasting love.
Help me have REAL conversations with You
that guide and heal my brokenness.
Cultivate in my heart Your truth
and help me respond to Your Grace.
Give me courage to reject the lie
that you are a "distant" God.
Bless me with the gift of discernment,
knowing Your compassion and love is not relative
but eternal.
Your greatest desire from me
is my sincere "yes".
Amen

Tech Savvy or Tech Safe Quiz?

Complete the following questions. Be prepared to discuss them in the large group.

1. Being "tech savvy" automatically means one is always safe when using technology.

True False

2. An article in 2009 Journal of Adolescent Health states that 96% of teens interviewed had internet access and 55.4 % reported they had visited a sexually explicit website.

True False

3. According to a study cited in the *Washington Post*, more than 5 million teenagers view internet pornography on a regular basis.

True False

4. Define Objectification:

5. A 2010 Iowa State University study of more than 130,000 subjects worldwide, found that exposure to violent video games does not have an significant effect on aggression or a person's ability to empathize.

True False

6. Define Cyber Bullying:

7. 71% of teen girls and 67% of teen boys who have sent or posted sexually suggestive content say they have sent or posted this content to a boyfriend/girlfriend.

True False

8. 24% of all teens have been exposed to teen cyber abuse, such as being a victim, witness, or offender of cyber abuse.

True False

9. What does popular culture say about pornography?

10. List 5 ways youth are pressured to participate in unsafe online or electronic activity:

Tech Savvy or Tech Safe?

Answer Guide for Leaders

1. Being "tech savvy" automatically means one is always safe when using technology.

False, being savvy does not mean someone is safe. Safety comes when one has the desire and ability to discern what is moral and good. Example: One may be the best at navigating the internet and installing new applications but believe the new
person they met on the internet is who they say they are.

1. An article in 2009 Journal of Adolescent Health states that 96% of teens interviewed had internet access
and 55.4 % reported they had visited a sexually explicit website.

True

2. According to a study cited in the **Washington Post,** more than 5 million teenagers view internet
pornography on a regular basis.

False, the study cites 11 million teens view internet pornography. Encourage a discussion on how this behavior may affect their views on sexuality and intimacy in marriage

3. Define Objectification: *An attitude in which women are objects rated by size, shape, and harmony of body parts. Can women objectify men? Objectifying women/men leads to emotional unavailability and dissatisfaction. Discuss why this is not consistent with "being made in God's Image".*

4. A 2010 Iowa State University study of more than 130,000 subjects worldwide, found that exposure to violent video games does not have an significant effect on aggression or a person's ability to empathize. *False, the study concludes that exposure to violent video games results in more aggressive, less empathetic youths. Why do you think this behavior contributes to youth being less empathetic?*

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

6. 71% of teen girls and 67% of teen boys who have sent or posted sexually suggestive content say they have sent or posted this content to a boyfriend/girlfriend.

True. Why do you think one would participate in this behavior that is degrading to who they really are?

7. 24% of all teens have been exposed to teen cyber abuse, such as being a victim, witness, or offender of cyber abuse.
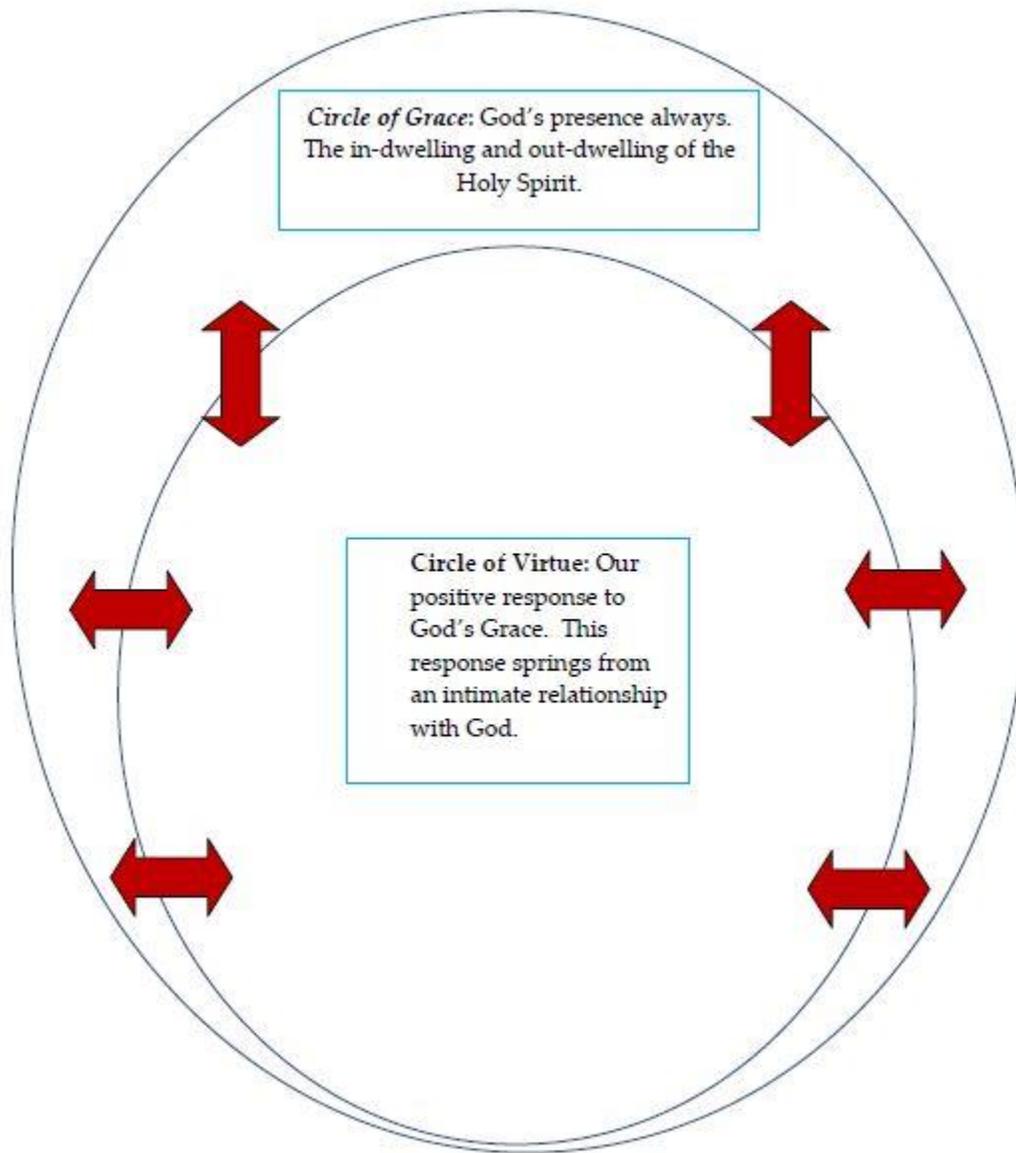
False, fifty percent of all teens have been exposed to teen cyber abuse, such being a victim, witness, or offender of cyber abuse. Why is this percentage so high? What are safe ways to act/intervene in this destructive behavior?
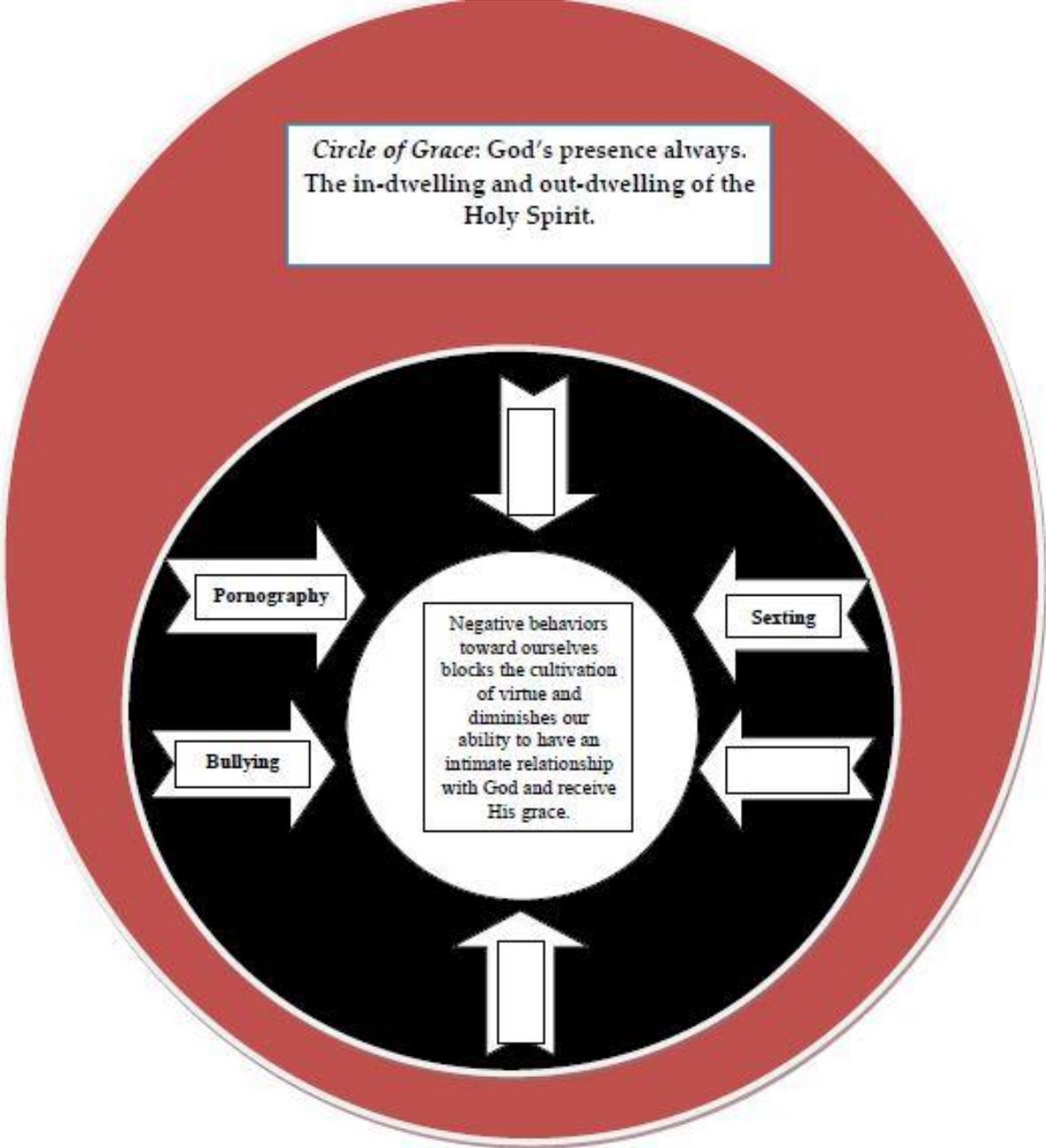
8. What does popular culture say about pornography?

Encourage them to identify subtle (i.e.: T.V. shows, advertizing) and the obvious (pornography website) ways that popular culture promotes a disrespectful and degrading view of sexuality and the human person.

9. List 5 ways youth are pressured to participate in unsafe online or electronic activity:

Cultivating Virtue Diagram

Circle of Grace: God's presence always. The in-dwelling and out-dwelling of the Holy Spirit.

Circle of Virtue: Our positive response to God's Grace. This response springs from an intimate relationship with God.

Blocking Virtue Diagram

Circle of Grace: God's presence always. The in-dwelling and out-dwelling of the Holy Spirit.

Pornography

Sexting

Bullying

Negative behaviors toward ourselves blocks the cultivation of virtue and diminishes our ability to have an intimate relationship with God and receive His grace.

Opening Prayer
God,
We ask for Your guidance and a little more:
guidance in relationships,
guidance in decisions,
guidance in love,
and guidance in worshiping You.
Amen

Closing Prayer:
God help me slow down
and be present to Your everlasting love.
Help me have REAL conversations with You
that guide and heal my brokenness.
Cultivate in my heart Your truth,
and help me respond to Your Grace.
Give me courage to reject the lie
that You are a "distant" God.
Bless me with the gift of discernment,
knowing Your compassion and love is not relative
but eternal.
Your greatest desire from me
is my sincere "yes".
Amen