MADE IN HIS IMAGE

Safe Environment Curriculum
Grade 12

Diocese of Steubenville
MADE IN HIS IMAGE
A SAFE ENVIRONMENT CURRICULUM

INTRODUCTION AND OVERVIEW

MADE IN HIS IMAGE is focused on the fundamental belief that each person is made in the Image of God and therefore deserves to be respected. The curriculum is rooted in a Catholic understanding of the human person (including human sexuality) as taught by the Magisterium. Educators using these materials must form themselves according to the principles taught by the Church.¹

MADE IN HIS IMAGE proceeds from the conviction that parents are key to the safety of children and youth. When children are younger, parents are called to take on a very active role in providing a safe environment for their children, in discerning risks involved in any given situation or relationship, and in assisting their children in discerning the various challenges they are presented with as they grow and develop. As children mature and proceed into adolescents the role of parents, although different, is still essential. While attempting to offer insights and information to adolescents, MADE IN HIS IMAGE also seeks to promote the sacred relationship between parents and their children, encouraging both parents and children to develop, maintain and deepen communication between them. MADE IN HIS IMAGE is intended to supplement the education provided by parents, and to assist parents in their task of educating and protecting the children entrusted to their care.

MADE IN HIS IMAGE follows a set pattern and strategy:

1. Information for Parents

Each lesson is proceeded by a letter sent home to the parents.² Intending to respect their role as primary educators and protectors of their children, this letter informs parents about the topics being addressed, providing the scope of the content covered, and offering them the opportunity to withhold their children from this instruction if they so wish. Explaining that classroom activities are only intended to serve as a supplement to the primary education in this area that takes place at home,³ the letter also serves as an invitation to parents to embrace their role as primary educators and protectors of their children by providing additional information and resources that they can use to instruct their children, and engage them in dialogue in this delicate area.

¹ See Guiding Principles from Church Documents for Addressing Sexuality and Sexual Abuse from the Diocese of Steubenville Safe Environment Program.
² “It is clear that the assistance of others must be given first and foremost to parents rather than to their children” (The Truth and Meaning of Human Sexuality, 145).
³ See Guiding Principles from Church Documents, 48.
2. Prayer and Catechesis

Each lesson begins with prayer which is followed by a catechetical lesson that seeks to instill in the students a greater sense of God’s love for them, and the inviolable dignity that each and every person enjoys since they are made in the image of God. MADE IN HIS IMAGE is, in essence, a catechesis on the Church’s vision of human dignity with very practical implications about the choices that we make.

3. Moral Formation

Each lesson seeks to assist students in understanding the importance of making good choices, as well as the consequences that follow from the decisions that we make. Students learn the basic concept that virtuous living leads to freedom whereas sin leads to unhappiness.

4. Safety Information

Following the discussion on making choices, and flowing from it, students engage in activities that seek to instill basic safety guidelines in them. They are encouraged to make choices that protect their safety and the safety of others, and to reach out for help when they have experienced abusive behavior or feel unsafe.

5. Health Friendships and Relationships (Grades 4 – 12)

Formation in healthy friendships and relationships is an integral component of MADE IN HIS IMAGE. Students explore the difference between healthy and unhealthy relationships in order to become aware of negative (and possibly harmful) influences in their lives, and to promote healthy relationships that will assist them in living according to God’s design.

6. Communication

Each lesson concludes with a reflection on the role of parents. Students are challenged to see their parents as gifts from God, and to recognize that they play a vital role in keeping them safe and helping them to become who God has created them to be. Students are encouraged to work to develop and maintain open lines of communication with their parents.

MADE IN HIS IMAGE was written and illustrated by Joseph and Christine Schmidt.

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4 "In accomplishing her mission the Church has the duty and the right to take care of the moral education of the baptised" (Educational Guidance in Human Love, 108).

5 "Children, adolescents and young people should be taught how to enter into healthy relationships with God, with their parents, their brothers and sisters, with their companions of the same or the opposite sex, and with adults." (The Truth and Meaning of Human Sexuality, 53).
Ten action steps for keeping teens safe.

1. **Spend time** with your son or daughter; develop open and honest lines of communication.

   Many argue that the greatest defense against abuse is the healthy relationship between parent and child itself. This not only applies to children; it also applies to teens as well. Information is not enough. Teens need the ongoing guidance of their parents to assimilate and apply the information they have learned, as well as to process and deal with the various situations they will encounter in their lives.

2. **Teach** them that they are loved by God, have infinite value, and they deserve to be respected. Model respect in the way you speak and act. Visibly live out your faith.

   The greatest gift you can give your son or daughter is a healthy relationship with God, rooted in the firm conviction that He loves them unconditionally. Nothing will sustain them more through the trials of life. It’s important to talk to them about God’s love. And it’s even more important for them to witness your own faith by how you live. So, go to Mass, receive the Sacraments, and practice Catholic morality. You should be able to say to your teenagers: follow my example!  

3. Be clear about your expectations for their behavior. Communicate safety rules and moral rules that you want them to follow.

   Don’t simply rely on safety programs or classroom lessons. Parents need to clearly articulate the expectations they have for their teens. Explain to your son or daughter the choices that you want them to make and why. Help them to see that following the moral rules of the Church will help them to preserve their safety and avoid many of the pitfalls and heartaches that young people suffer in our culture.

4. Use “teachable moments” to reinforce and apply safety rules.

   Life is full of opportunities to teach about health, safety and morality. Take passing opportunities to challenge your son or daughter to apply your safety rules. Present them with different scenarios and ask them what choices they would make. They may complain about this, but it will help them to assimilate these important lessons.

5. **Talk** to your son or daughter about the choices they face day to day. Offer them guidance as they try to make various decisions. Help them to process their thoughts and feelings.

   As much as they don’t want to admit it, teens need their parents. You may think they are not listening to you, but your guidance plays a tremendous role in your teen’s self-image, and in the choices they make. It's especially important to offer your guidance in love, patience and respect.

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6 Living your faith is not only good for your soul, it’s also has many other positive benefits. Research studies have shown an astonishing number of positive effects of religious practice. Visit www.marri.us and search for “religious practice” to learn more.
6. **Listen** to your teenager. **Pay attention** to their behaviors and attitudes. Be vigilant about anything suspicious that might point to a problem.

   Abuse and unhealthy behaviors often stay hidden for quite some time. For example, in the vast majority of sexual abuse cases, the sexual offender is not a stranger, but rather someone who is known to the victim and the victim’s family. And whether the offender is a family friend, a relative, a teacher, or some other person, they often will try many tactics (including lies, manipulation, and force) to keep the abuse secret. Parents need to be vigilant.

7. Be **involved** in your teen’s life. Know their teachers, coaches, and other adults that work with them. Know their friends. Know where they spend their time. Be vigilant and cautious about the people in their lives, without being paranoid or overbearing.

   Let’s face it: teenagers often will make foolish mistakes. They will put themselves in situations where they can get hurt. And they can often be deceived by people that want to manipulate, use and hurt them. When it comes to safety, there is no substitute for the careful vigilance of loving parents.

8. Be vigilant with your teen’s **media use**. Be sure they know safety rules for using the internet, texting, social networking, playing video games, etc.

   The tools, devices, and services for media use have increased dramatically in recent years. While this is positive in many ways, these new methods of getting connected also pose many new threats, especially for youth. Statistics about exposure to pornography, outright sexual solicitation and cyberbullying demonstrate the need to be vigilant. The reality is that the **internet is the biggest threat facing your son or daughter right now** – and the access they have to the internet is staggering. Parents need to be educated and vigilant when it comes to internet safety.

   The good news is that **great resources are available for parents. Netsmartz.org** is an excellent source to become familiar with the risks associated with various media devices and sources, as well as the steps parents can take to ensure the safety of their children.

   One danger that is often overlooked by parents is **video games**. Video and computer games are everywhere. Many of them involve innocent entertainment and learning. But a great number (and more than you might think) involve extremely graphic displays of violence and sexuality. In many of the most popular games the players are often encouraged (and even rewarded in the game) for brutal displays of violence, even sexual violence. Parents are strongly encouraged to learn about the dangers of video games and monitor their teen’s exposure to them. **Plugged In** ([www.pluggedin.com](http://www.pluggedin.com)) is an excellent source for reviews from a Christian perspective of a great variety of games, movies, music and more.

9. Don’t be afraid to **ask for help** when you need it! Teach your son or daughter that it’s okay to ask for help.

10. Don’t forget to **pray!**

    Pray alone. Pray with your spouse. And be sure to **pray together as a family**! Ask the Lord to protect your son or daughter. Ask Him to strengthen your faith and the faith of your family. Ask Him to teach you to be a good parent, and to make your marriage and family healthy and holy. **Don't underestimate the power of God's grace!**

    Keep in mind: **“The family that prays together stays together.”** (Fr. Patrick Payten)
THEME:
"We are made in the very image of God, the image of Love. We are called by God to enjoy the fullness of life, making choices that preserve our well-being and show respect for others. Having been made for community, God calls us to form healthy relationships with others, and to cherish the people He puts in our lives, especially our parents."

1. PRAYER: Our Father

2. CATECHESIS: God and Us

Objectives

- The students will recognize that they should be treated with love and respect because they are made in the very image of God.
- The students will come to a deeper understanding of God’s love for them.

Every person, from the first moment of his life in the womb, has an inviolable dignity, because from all eternity God willed, loved, created, and redeemed that person and destined him for eternal happiness. If human dignity were based solely on the successes and accomplishments of individuals, then those who are weak, sick, or helpless would have no dignity. Christians believe that human dignity is, in the first place, the result of God’s respect for us. He looks at every person and loves him as though he were the only creature in the world. (YOUCAT, #280)

Teaching the Lesson (NOTE: The text printed in bold can be read to the students.)

- The Scriptures are full of beautiful messages of God’s love and concern for us. One of the most moving books in the Bible is the First Letter of St. John. We’re going to explore some of the passages from this beautiful letter.

⇒ ACTIVITY: FROM THE HEART OF CHRIST – SEE PAGE 12 (See page 20 for a time saving answer key!)

- Distribute the activity page and have the students complete it working as individuals or as pairs. Once they have finished (or after a sufficient amount of time has passed) go over the page together.
- Right at the outset of this letter, John focuses in on Christ.
- You can almost imagine John the Apostle speaking these words to a crowd of first century people. He KNEW Jesus personally. He HEARD the words of Jesus with his own ears. He SAW first-hand the amazing miracles that Jesus performed. He WITNESSED the death of Christ as he stood at the foot of the Cross. And he EXPERIENCED the glory of Jesus risen from the dead!
John’s ENTIRE LIFE was changed by his experience of Jesus. Jesus became the absolute center and focus of John’s life – just like all the Apostles.

And so he proclaims to the people of that time – and to us right here and now – that Jesus is the only true source of life, meaning and happiness!

It’s through Jesus that we learn the full extent of God’s love for us. It’s through Jesus that we become children of God! It’s through Jesus that we receive the invitation to experience the fullness of LIFE!

DISCUSSION: IMAGE OF GOD

In telling us of God’s love for us, the Bible teaches us that we are made in the image of God. I know that you’ve heard this many times over the years.

Challenge the students to think of the consequences of this belief by asking them: What difference does it make that we are made in the image of God? How does this truth affect these things:

- The unborn
- The elderly
- The disabled
- People that are different from us in other ways
- Abuse
- Pornography
- Sexual activity outside of marriage

Conclude the discussion by making several statements: The fact is that this belief – this truth – has profound and lasting effects. If you are made in the image of God, if you are loved by the Almighty Creator and Ruler of the Universe, then I had better treat you well, and you had better treat each other well.

3. MORAL FORMATION: Making Good Choices

Objectives

✅ The students will recognize that we should always act in ways pleasing to God.
✅ The students will discover that we need to do what is right in order to be happy.
✅ The students will name some virtues that they should practice.

Teaching the Lesson (NOTE: The text printed in bold can be read to the students.)

- Since we are made in God’s image we should be respected by others, and treat others with respect.
- Being made in the image of God also means that we need to act according to our dignity. We need to act in ways pleasing to God, imitating His goodness and love.
- This is the only way we can become who God has called us to be, and enjoy the happiness that He promised.
ACTIVITY: HOW SHOULD WE LIVE? – SEE PAGE 13 (See page 21 for a time-saving answer key!)

☐ Distribute the activity page and have the students complete it working as individuals or as pairs. Once they have finished (or after a sufficient amount of time has passed) go over the page together.

DISCUSSION: MORALITY

☐ Once the students have completed the assignment, try to engage them to think about the purpose of morality. Ask them: What would life be like if we all lived like this?
☐ Some answers might offer insightful answers to this question; others might simply say that life would be boring. Challenge the students to recognize:
  - God didn’t create us so that we can survive. He created us to enjoy the FULLNESS of life!
  - Living life to the full means enjoying the deepest of realities: love. God has called us to be in loving relationships with other people and, most importantly, to be in a loving relationship with Him.
  - Why does call us to be moral? Because we need to respect, honor and love Him, and we need to respect, honor and love other people. And, since we are made in the very image of God, we have to be true to who we are.
  - The ultimate measure of morality for Christians is Jesus. We should strive to live so that all of our thoughts, words, actions and choices reflect and imitate those of Jesus, the perfect example of love.

SAFETY INFORMATION: Promoting Safe Choices

Objectives

- The students will recognize that making good choices helps to keep them safe – physically, emotionally and spiritually.
- The students will review basic safety rules.

Teaching the Lesson (NOTE: The text printed in bold can be read to the students.)

☐ Your safety and well-being are very important to me, the parish (or school) and certainly to your parents. I want to give you some information that will help keep you safe.

HANDOUT: CALLED TO GREATNESS – SEE PAGE 15

☐ Read and discuss the handout with the students.
☐ OPTIONAL: Require the students to read the handout and be ready for a quiz on it.
☐ OPTIONAL: Show the video “6 Degrees of Information.” Description from the website: “Five teens find out how much information an Internet researcher is able to find out about them online.” Stream it or download it here: http://www.netsmartz.org/RealLifeStories/6DegreesOfInformation
5. RELATIONSHIPS: Promoting healthy friendships and relationships

Objectives

- The students will recognize that God made them to be in relationship with other people.
- The students will reflect on the influences that other people have on their lives, helping them to follow God and be happy or hurting them and leading them into sin.
- The students will identify some of the qualities of healthy friendships and relationships.

Teaching the Lesson (NOTE: The text printed in bold can be read to the students.)

- God made us in His Image. He made us to be in relationships with other people: parents, family, friends, etc.
- The people in our lives can help us to follow God and be happy. But they can also hurt us and lead us into sin.
- It’s important to understand the difference between healthy friendships and unhealthy ones, so that we can be more aware of the influences in our lives.

⇒ ACTIVITY: RELATIONSHIP QUIZ – SEE PAGE 17

- Distribute the activity page and have the students complete it working as individuals. Once they have finished (or after a sufficient amount of time has passed) go over the page together.

⇒ DISCUSSION: HEALTHY VS. UNHEALTHY RELATIONSHIPS

- Use the activity as an opportunity to help the students reflect on the qualities of healthy and unhealthy relationships. Make comments as you discuss each questions, and ask the students their opinion about each of the questions.
- Conclude the discussion by challenging the students:
  - Just like no one is perfect, no relationship is perfect either.
  - Sometimes we do things or say things that are wrong and sinful. But we should always try to act in ways that are respectful, and we should expect other people to treat us with respect.
  - We should surround ourselves with people that will help us to love God, love our neighbor, and love ourselves.
6. COMMUNICATION: Fostering Communication with Parents and Guardians

**Objectives**

- The students will recognize that God gave them their parents (or guardians) to love them, teach them and keep them safe.
- The students will recognize the importance of strengthening their relationship with their parents or guardians by talking to them about the things that happen to them on a day to day basis.
- The students will realize the importance of telling their parents if anything happens to them that makes them feel uncomfortable or scared.
- The students will identify ways to improve or maintain open lines of communication with their parents.

“A fool despises a parent’s instructions.”
(Proverbs 15:5)

**Teaching the Lesson** (NOTE: The text printed in **bold** can be read to the students.)

- Friendships and relationships are very important. But there is another relationship in your life that probably doesn’t get a lot of attention: your relationship with your parents or guardians.
- Maybe you have a great relationship with your mom and dad already.
- Or maybe you struggle. Maybe you feel like they don’t understand you, or even try to understand you!
- Whatever your situation is, your relationship with your mom and dad is extremely important. They have, and will continue, to affect you in countless ways.
- An open and honest relationship with your parents will be a great asset to you as you continue through High School and into adulthood.
- Talk to them about what’s happening in your life.
- It’s extremely important for you to talk to them when you are faced with situations where you feel unsafe, scared, worried, and unsure. They can guide you to make good and healthy decisions in your life, and they can help you to be safe.

⇒ ACTIVITY: LOOKING AHEAD – SEE PAGE 18

7. **REVIEW**

- Read the theme for the lesson to the students.
- Review the key points of each section.
- Have the students complete the STUDENT EVALUATION: WHAT DID YOU THINK? – SEE PAGE 19. Gaining their feedback will 1) help you to make your lessons more effective by identifying areas that need to be improved, and 2) help to identity other issues that need to be addressed. It may also be an opportunity for students to discretely identify themselves as needing some sort of assistance or counseling. **If you suspect that a particular student needs individual attention/counseling, be sure to bring it to the attention of your supervisors!**
8. ADDITIONAL RESOURCES

☐ HANDOUT: DON’T SETTLE FOR LESS – SEE PAGE 23

☐ NETSMARZT
  o The National Center for Missing and Exploited Children has produced an excellent resource for internet and media safety: www.netsmartz.org. A variety of FREE resources are provided for students, parents and educators.

☐ START TALKING! Building a Drug Free Future
  o A new effort is underway across Ohio to prevent drug abuse. The Catholic Bishops of Ohio issued a statement about the initiative. “Start Talking is a program designed by the state of Ohio to help equip families and communities to clearly communicate the important message of drug prevention,” the Bishops said. “We support this critical initiative and we encourage Ohioans to visit www.starttalking.ohio.gov for details.”
  o Among the resources available is an email newsletter for educators. Their website explains: “Teachers are powerful influencers in their students’ lives. What is shared in the classroom can positively impact a child’s decision not to use alcohol, tobacco, marijuana or other drugs. Teachers have an incredible opportunity to guide students toward making healthy, drug-free lifestyle choices. That is why Drug Free Action Alliance created TEACHable Moments, which are specially designed tips for educators, sent out via email twice monthly for FREE. They contain news that teachers can use to get those critical prevention talks started in the classroom.” Learn more at www.starttalking.ohio.gov/SchoolLeaders.aspx
FROM THE HEART OF CHRIST

DIRECTIONS: The First Letter of St. John offers some beautiful insights into the mystery of God’s love for us, and our calling as followers of Christ. To complete the verses below find the missing word hidden to the right. (HINT: Each missing word is listed on the SAME LINE as the blank space.)

What was from the ____________________, what we have ____________, what we ________ with our eyes, what we ________ upon and ____________ with our hands concerns the Word of ________ - for the life was made ____________; we have seen it and ______________ to it and proclaim to you the eternal ___________ that was with the ________; and was made visible to _____ - what ______ have seen and heard we proclaim now to __________, so that you too may have fellowship with _____; for our fellowship is with the ___________ and with his ________, Jesus Christ. We are __________ this so that our ______ may be complete.

See what ______ the Father has bestowed on us that we may be called the ___________ of God. Yet so we _______. The reason the ________ does not know us is that it did not know ________, ________, we are God’s children now; what we shall be has not yet been ___________. We do ________ that when it is revealed we shall be ________ him, for we shall ________ him as he is. Everyone who has this ________ based on him makes himself ________, as he is pure.

Beloved, let us ________ one another, because love is of _____; ________ who loves is begotten by God and ________ God. Whoever is ________ love does not know God, for God is ________.

In this way the love of God was revealed to _____. God _______ his only Son into the world so that we might have ________ through him. We have come to ________ and to ________ in the love God has for us. God is love, and whoever ____________ in love remains in God and God in ________.

(DSDGSOZBEGINNINGSUMLSSETSLEWP WADTSIEPKLHESDHEAROHCSELELDL HSQDSENLSEAEKMCMLXWESXKMET LHDWEISILEAMEMUSYBSLOOKEDETER TOUCHEDENINGTSUMLSSETSLEWPILKWE TWHISLIFESLSEKMLALEADPLOPDSDK LEKMLALKEADVISABLEHSEAEKLMDES WADTSIEPKLHESTESTIFYJSLAMEDXC LIFEUMSLSETLEWPILKWEWSETIPKLSHPT TSEIPKLHSHDGSOZBEGCVOKILIFATHER DGSOZBEGUSPDWDAQDGSOZBEGLMI ENLSAEKMCMLXWESXKMETWESMPL DNINGTSMULSETLEWPILKWELOYOUMR USMULSETLEWPILKWEIPKLSHTLIP FATHERENLSAEKMCMLXWESXKMETI WADTSIEPKLHESTESOONMLSETLEW LDEAMLSICWRITINGBMLIOPOMLSETS HIPMJODYDINGTSMULSETLEWPILKWEI)

(1 John 1:1-4; 3:1-3; 4:7-9,16)
HOW SHOULD WE LIVE?

Over the past several years, you’ve probably learned many things about making good choices, and about the good qualities (or virtues) that you should practice. The statements below define or refer to qualities and actions that we should all incorporate into our lives. Complete the puzzle below using the clues provided.

ACROSS
5. We should always treat other people with the utmost ________ because we are all made in the image of God.
6. It is important for us to _______ the Holy Spirit to bring His gifts and fruits into our daily lives.
8. This Fruit of the Holy Spirit helps us to be gentle in our words and actions, and so treat people with dignity and respect as children of God. It is sometimes called Gentleness.
9. This virtue helps us to do what is right even in the midst of difficulties or fear or ridicule.
15. This Fruit of the Holy Spirit enables us to endure the difficulties in life with calmness and acceptance, and to forgive people when they offend or hurt us. It is sometimes called long-suffering.

17. This Fruit of the Holy Spirit helps us to give of our energy and resources in order to help those in need.

20. It takes __________ on our part to be open to the Holy Spirit. We need to let go of our sinful, selfish desires and strive each day to live for God.

21. Love is about more than feelings. True love involves ________________. It is seeking what is truly best for others, and putting their needs before your own.

23. This virtue, grounded in the truth, helps us to recognize that we have received gifts and talents from God without arrogantly overestimating our abilities.

24. “A Catholic Christian is obliged to attend Holy ________ on all Sundays and holy days of obligation. Anyone who is really seeking Jesus’ friendship responds as often as possible to Jesus’ personal invitation to the feast. (YOUCAT, #219)

25. “Be kind and compassionate to one another, ______________ each other, just as in Christ God forgave you.” (Eph 4:32)

26. Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the ________, and the ________ will set you free.” (John 8:31-32)

27. This Fruit of the Spirit helps us to follow the two great commandments from Jesus: Love God above all things and love our neighbor as we love ourselves.

28. This is the ability to recognize the moral goodness or the moral evil of an action. In order to make accurate judgments, however, it must it must be formed by listening to God’s Word and the Church’s teachings, and by living according to God’s law.

DOWN

1. Anyone who seriously strives to be a follower of Christ must take advantage of this Sacrament to gain healing and strength.

2. This Fruit of the Holy Spirit of the Holy Spirit enables us to be compassionate toward other people and help them in their times of need.

3. This virtue challenges us to give each person what is due to them.

4. We should talk to God every day, spending time in ________________.

7. This Fruit of the Holy Spirit enables us to be committed to God and to those people in our lives we are called to love and serve, especially our families.

10. This Fruit of the Holy Spirit helps us to live holy lives as a true children of God.

11. Jesus taught us that good people will be known by their FRUITS, by the good that they do (see Matthew 7:15-20). When we open ourselves to the Holy Spirit, His grace will bear fruit in our lives.

12. “The ______________ you are seeking, the ______________ you have a right to enjoy, has a name and a face: it is Jesus of Nazareth.” (Pope Benedict XVI)

13. This Fruit of the Holy Spirit helps us to accept ourselves for who we are, without the need to impress everyone we meet. It also moves us to respect our bodies as Temples of the Holy Spirit, and to never dress or act in ways that will lead others to sinful thoughts or actions.

14. This Fruit of the Holy Spirit provides us with an inner calmness and contentment despite sufferings, worries or other difficulties that we may face in our life.

16. This Fruit of the Holy Spirit enables us to form healthy friendships grounded in love and mutual respect, and to use the gift of our sexuality according to God’s design. It demands that we strive to be pure in our thoughts about other people who are also children of God, and that we save sexual activity for marriage.

18. This Fruit of the Holy Spirit gives us the wisdom and strength we need to discipline ourselves, and keeps us from being dominated by sinful and selfish desires. It helps us to enjoy the good things in life in moderation, making choices that are physically and spiritually healthy.

19. This Fruit of the Holy Spirit is the deep happiness that comes from knowing that you are loved by God and are living according to His laws.

22. The life-long process of turning away from sin and becoming a faithful disciple of Christ is called ____________.
CALLED TO GREATNESS

Guidelines for teens for making choices that protect their safety and well-being

God has made you for greatness! Not an artificial or superficial greatness, like you find in commercials and movies. God has made you for true greatness – a greatness that comes from dignity, freedom and love.

But we live in a fallen world. Much of the media, entertainment, and consumer products presented to you offer a distorted view of what it means to be happy. And the sad reality is that some of the people in your life will seek to manipulate you for their own interests, either in small ways or in ways that can be abusive.

This is NOT God’s way! God has created you for love and freedom. The Lord wants you to experience the fullness of life. God wants you to know the deep joy of authentic love, lasting friendships and true self-worth.

The following guidelines are presented as an attempt to make you aware of dangers to your physical, emotional and spiritual well-being, and provide you with clear boundaries that will keep you safe.

Guidelines for Personal Safety

- Strive to make safe and healthy choices. Be polite to everyone without allowing others to take advantage of you or those around you. Be a model of respect and integrity.
- Always talk to your parents about where you are going and who you are with. Too many young people turn up missing because they failed to follow this simple rule.
- Avoid going places by yourself, such as walking to school, going to the mall, etc. You should be with at least one other person.
- No one should ever touch you in a way that feels uncomfortable or wrong. If someone ever does, tell them to STOP! Be assertive, and get away.
- Tell your parents no matter what if anyone touches you in a way that makes you feel uncomfortable. Even if someone threatens to hurt you or someone else, you need the help, support and guidance of your parents. If you parents don't believe you, talk to some other adult and keep talking until someone takes action!
- Always listen if a friend tells you they feel unsafe, depressed or have been victimized in any way. Take them seriously. Encourage them to seek help, and go with them to talk to their parents or another adult.
- Never feel obligated to keep a secret when it involves someone’s safety or wellbeing.
- Tell your parents, and an adult in authority, if anyone makes indecent, rude or suggestive comments about your body or bodily activities, or if anyone uses obscene gestures. This is called sexual harassment. It is illegal, immoral, and should not be tolerated.
- When you are at a party or some other event, never go off to a secluded area, especially with someone you just met. This places you in a dangerous situation – spiritually and physically.
- When you are at a party, never leave your drink unattended. This gives someone the opportunity to put alcohol or a knock out drug in your drink. Always finish or throw out your drink and get a new one in case someone put something in it when you weren’t looking.
Never use drugs or alcohol. Avoid any situation where drugs or alcohol are being abused. Apart from being illegal and immoral, these situations pose many dangers and risks.

Never drive with anyone who is texting, or anyone who is under the influence of drugs or alcohol. If you drive, don’t do this yourself.

If you are in a situation that makes you feel scared or unsafe, trust your instincts. Try to remove yourself from that situation as soon as possible.

Be cautious about adults (or teens who are much older than you) who seem to give you an undue amount of attention, or give you special gifts, routinely compliment you about your appearance, or single you out in other ways. This may be the beginnings of an unhealthy attachment or attempted abuse.

Don’t be afraid to ask for help when you feel unsafe or depressed. Never forget that you are loved by God and you can never lose your dignity as a child of God – no matter what you do, or what others do to you! There is always hope and healing with Jesus Christ!

Guidelines for Internet and Media Safety

Think before you text, email or post anything. Once something is sent electronically you can’t take it back, and you can’t always control what problems it may cause or where it may end up. Be aware of the unintended consequences of your media choices.

Keep in mind that people online are real people with real feelings. Don’t use the internet to post rude, cruel or obscene things about other people.

Talk to your parents about their expectations for the internet and media use.

Never take or send pictures of yourself or others that are sexy, indecent or immodest.

Avoid all forms of media and entertainment that glamorize sex and violence. The more people are exposed to these messages, the more they accept them. This causes people to lower their standards of conduct, makes it more difficult to enter into genuinely healthy relationships, and causes them to distance themselves from God.

Don’t give your passwords to anyone except your parents, not even your best friends. Having your password accessible to others makes you vulnerable to others using your accounts to hurt or embarrass you.

Set your social network settings to private. Only friend people that you actually know.

Never give out personal information that will allow people to identify you.

Never agree to meet anyone in person that you met online.

Never respond to any comments that are rude or obscene.

Talk to your parents about anything you encounter online that makes you feel uncomfortable, scared or dirty.

Don’t believe everything you read online, and don’t let yourself see everything there is to see online. A staggering number of sites on the internet actively seek to expose youth to inappropriate, dangerous and offensive information.

(NOTE: For more information about internet and media safety, visit www.netsmartz.org.)
RELATIONSHIP QUIZ

DIRECTIONS: Read the statements below, decide whether they are true or false, then write the corresponding letters in the numbered spaced at the bottom.

1. It’s okay for others to make fun of me and say cruel things about me as long as they tell me they are only joking later. (If TRUE put a V in the space below; if FALSE put an R in the space below.)

2. Friends should be quick to forgive and not hold grudges. (TRUE = E, FALSE = M.)

3. As long as they “don’t go all the way” sexual activity is harmless and fun for teens. (TRUE = D, FALSE = S.)

4. Even if my friends typically don’t follow God’s laws, and generally do a lot of things I know are wrong, it’s still a good idea of us to be close friends; after all, Jesus hung out with sinners. (TRUE = C, FALSE = P.)

5. In order to be humble I need to let others put me down. (TRUE = T, FALSE = E.)

6. I need to give in to some of the sexual favors my boyfriend/girlfriend wants in order not to be selfish. (TRUE = K, FALSE = C.)

7. It’s okay to put others down to make myself look better. (TRUE = Z, FALSE = T.)

8. People should encourage their friends to develop open lines of communication with their parents, and to talk to their parents about their problems. (TRUE = H, FALSE = A.)

9. A person can be popular and liked by lots of people, and still struggle with self-doubt and even self-hatred. (TRUE = O, FALSE = P.)

10. Jealousy over my time and attention can be a sign that a relationship is or may become abusive. (TRUE = N, FALSE = S.)

11. If we really love each other sex is okay before we are married. (TRUE = B, FALSE = E.)

12. It’s okay if my friends try to get me to do and say things I don’t believe are right. They just want me to loosen up. (TRUE = J, FALSE = S.)

13. If someone truly cares about someone, they will respect their boundaries. (TRUE = T, FALSE = N.)

14. I should never be afraid to ask for help when I’m confused or scared about something. (TRUE = Y, FALSE = G.)

Healthy friendships and relationships are based on __ __ __ __ __ ___ and __ __ __ __ __ __ __. 
LOOKING AHEAD

Your relationship with your parents has changed greatly over the years, and it is about to change again in a dramatic way as you enter adulthood. Although your relationship will change, your parents will probably still play a major role in your life. But what will it be like?

Take some time to think about your relationship with your parents in the next few years. What would you like it to look like? Describe your hopes below:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What are some positive changes you can make now in your relationship with your parents so as to work toward this goal?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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WHAT DID YOU THINK?

Your feedback is important! Help us to make these lessons as effective as possible. Complete the questions below.

Part 1: This part seeks to instill in the students a greater sense of God’s love for them, and the dignity that each and every person enjoys since they are made in the image of God. Activity: FROM THE HEART OF CHRIST

RATE YOUR EXPERIENCE:

1 2 3 4 5
Awesome! Good. I learned some Okay, Poor. Terrible.
I learned a lot. new things. I learned a little. I didn’t learn much. I didn’t get anything.

COMMENTS/SUGGESTIONS:

Part 2: This part seeks to assist students in understanding the importance of making good choices, as well as the consequences that follow from the decisions that we make. Activity: HOW SHOULD WE LIVE?

RATE YOUR EXPERIENCE:

1 2 3 4 5
Awesome! Good. I learned some Okay, Poor. Terrible.
I learned a lot. new things. I learned a little. I didn’t learn much. I didn’t get anything.

COMMENTS/SUGGESTIONS:

Part 3: This part provides safety information and encourages students to make safe choices, and to reach out for help when they have experienced abusive behavior or feel unsafe. Handout: CALLED TO GREATNESS

RATE YOUR EXPERIENCE:

1 2 3 4 5
Awesome! Good. I learned some Okay, Poor. Terrible.
I learned a lot. new things. I learned a little. I didn’t learn much. I didn’t get anything.

COMMENTS/SUGGESTIONS:

Part 4: This part seeks to help students recognize the difference between healthy and unhealthy relationships, and to work to develop relationships rooted in virtue and respect. Activity: RELATIONSHIP QUIZ

RATE YOUR EXPERIENCE:

1 2 3 4 5
Awesome! Good. I learned some Okay, Poor. Terrible.
I learned a lot. new things. I learned a little. I didn’t learn much. I didn’t get anything.

COMMENTS/SUGGESTIONS:

Part 5: This part challenges students to recognize the role their parents play in their safety and development, and encourages them to maintain open lines of communication with their parents. Activity: LOOKING AHEAD

RATE YOUR EXPERIENCE:

1 2 3 4 5
Awesome! Good. I learned some Okay, Poor. Terrible.
I learned a lot. new things. I learned a little. I didn’t learn much. I didn’t get anything.

COMMENTS/SUGGESTIONS:

What are some other issues you think should be covered?

NAME: ___________________________ (OPTIONAL)
FROM THE HEART OF CHRIST

DIRECTIONS: The First Letter of St. John offers some beautiful insights into the mystery of God's love for us, and our calling as followers of Christ. To complete the verses below find the missing word hidden to the right. (HINT: Each missing word is listed on the SAME LINE as the blank space.)

What was from the ________________,
what we have _____________,
what we have ___________ with our eyes,
what we __________ upon
and ___________ with our hands
concerns the Word of ________ -
for the life was made ___________;
we have seen it and ___________ to it
and proclaim to you the eternal ________
that was with the _________
and was made visible to _____ -
what _____ have seen and heard
we proclaim now to ________,
so that you too may have fellowship _________.
We are ________ this
so that our ________ may be complete.

See what ______ the Father has bestowed on us
that we may be called the ___________ of God.
Yet so we ______.
The reason the ______ does not know us
is that it did not know ______.
_________ we are God's children now;
what we shall be has not yet been _________.
We do ______ that when it is revealed
we shall be _______ him,
for we shall ______ him as he is.
Everyone who has this ______ based on him
makes himself _______ as he is pure.

Beloved, let us ______ one another,
because love is of ______;
_________ who loves
is begotten by God and ________ God.
Whoever is _______ love does not know God,
for God is _______.
In this way the love of God was revealed to _____:
God _______ his only Son into the world
so that we might have _______ through him.
We have come to _______
and to ___________ in the love God has for us.
God is love, and whoever ___________ in love
remains in God and God in _________.

(1 John 1:1-4; 3:1-3; 4:7-9,16)
HOW SHOULD WE LIVE?

Over the past several years, you’ve probably learned many things about making good choices, and about the good qualities (or virtues) that you should practice. The statements below define or refer to qualities and actions that we should all incorporate into our lives. Complete the puzzle below using the clues provided.

ACROSS
5. We should always treat other people with the utmost RESPECT because we are all made in the image of God.
6. It is important for us to ASK the Holy Spirit to bring His gifts and fruits into our daily lives.
8. This Fruit of the Holy Spirit helps us to be gentle in our words and actions, and so treat people with dignity and respect as children of God. It is sometimes called Gentleness. MILDNESS
9. This virtue helps us to do what is right even in the midst of difficulties or fear or ridicule. COURAGE
15. This Fruit of the Holy Spirit enables us to endure the difficulties in life with calmness and acceptance, and to forgive people when they offend or hurt us. It is sometimes called long-suffering. PATIENCE

17. This Fruit of the Holy Spirit helps us to give of our energy and resources in order to help those in need. GENEROSITY

20. It takes EFFORT on our part to be open to the Holy Spirit. We need to let go of our sinful, selfish desires and strive each day to live for God.

21. Love is about more than feelings. True love involves SACRIFICE. It is seeking what is truly best for others, and putting their needs before your own.

23. This virtue, grounded in the truth, helps us to recognize that we have received gifts and talents from God without arrogantly overestimating our abilities. HUMILITY

24. “A Catholic Christian is obliged to attend Holy MASS on all Sundays and holy days of obligation. Anyone who is really seeking Jesus’ friendship responds as often as possible to Jesus’ personal invitation to the feast. (YOUCAT, #219)

25. “Be kind and compassionate to one another, FORGIVING each other, just as in Christ God forgave you.” (Eph 4:32)

26. Jesus said, “If you hold to my teaching, you are really my disciples. Then you will know the TRUTH, and the TRUTH will set you free.” (John 8:31-32)

27. This Fruit of the Spirit helps us to follow the two great commandments from Jesus: Love God above all things and love our neighbor as we love ourselves. CHARITY

28. This is the ability to recognize the moral goodness or the moral evil of an action. In order to make accurate judgments, however, it must it be formed by listening to God’s Word and the Church’s teachings, and by living according to God’s law. CONSCIENCE

DOWN

1. Anyone who seriously strives to be a follower of Christ must take advantage of this Sacrament to gain healing and strength. CONFESSION

2. This Fruit of the Holy Spirit of the Holy Spirit enables us to be compassionate toward other people and help them in their times of need. KINDNESS

3. This virtue challenges us to give each person what is due to them. JUSTICE

4. We should talk to God every day, spending time in PRAYER.

7. This Fruit of the Spirit enables us to be committed to God and to those people in our lives we are called to love and serve, especially our families. FIDELITY

10. This Fruit of the Holy Spirit helps us to live holy lives as a true children of God. GOODNESS

11. Jesus taught us that good people will be known by their FRUITS, by the good that they do (see Matthew 7:15-20). When we open ourselves to the Holy Spirit, His grace will bear fruit in our lives.

12. “The HAPPINESS you are seeking, the HAPPINESS you have a right to enjoy, has a name and a face: it is Jesus of Nazareth.” (Pope Benedict XVI)

13. This Fruit of the Holy Spirit helps us to accept ourselves for who we are, without the need to impress everyone we meet. It also moves us to respect our bodies as Temples of the Holy Spirit, and to never dress or act in ways that will lead others to sinful thoughts or actions. MODESTY

14. This Fruit of the Holy Spirit provides us with an inner calmness and contentment despite sufferings, worries or other difficulties that we may face in our life. PEACE

16. This Fruit of the Holy Spirit enables us to form healthy friendships grounded in love and mutual respect, and to use the gift of our sexuality according to God’s design. It demands that we strive to be pure in our thoughts about other people who are also children of God, and that we save sexual activity for marriage. CHASTITY

18. This Fruit of the Holy Spirit gives us the wisdom and strength we need to discipline ourselves, and keeps us from being dominated by sinful and selfish desires. It helps us to enjoy the good things in life in moderation, making choices that are physically and spiritually healthy. SELF-CONTROL

19. This Fruit of the Holy Spirit is the deep happiness that comes from knowing that you are loved by God and are living according to His laws. JOY

22. The life-long process of turning away from sin and becoming a faithful disciple of Christ is called CONVERSION.
Do you want to ignore all this stuff and just have fun?

That's your choice. But what are you saying that with that "I like it when others use my body and don't care about me."

"I'm not ashamed that I lied to my parents and violated their trust."

"I don't really care about you; I'm just trying to have fun."

"I don't like myself, why should you like me?"

"They like me when I do what they want; but no one knows who I really am."

COMMITMENT

Are you willing to sacrifice for true love?

Believing that sex is sacred, I promise to God that I will save the gift of my sexuality from now until marriage. I choose to glorify God with my body and pursue a life of purity, trusting that the Lord is never outdone in generosity.

Signed ________________________

Date ___________

(Text of pledge from Jason Evert)

Print Resources

Pure Love by Jason Evert
Life on the Edge by Dr. James Dobson
Pure Manhood by Jason Evert
Pure Womanhood by Crystalina Evert

Online Resources

www.PureLoveClub.com
www.LifeTeen.com

*The model of God's love presented here is derived from Christopher West. See www.christopherwest.com for more!

MADE IN HIS IMAGE

A Safe Environment Curriculum from the Diocese of Steubenville

www.diosteub.org

Don’t settle for less than GOD wants to give you!

Reflections and practical guidelines for relationships and true happiness

Revised 2014
Some guidelines & advice for finding true happiness

Are you willing to sacrifice for True Love?

~ ❤ ~
Talk with Jesus
Jesus is the best fried you will ever have. He cares deeply about you, your relationships and your choices. Talk to Him about your life.

~ ❤ ~
Make your goal clear in your mind.
If you want to be pure you need to make that decision and commitment BEFORE you are faced with temptation. Once you are in a tempting situation it is not always easy to think clearly.

~ ❤ ~
ake a plan and set boundaries.
To preserve your purity you need a plan (I won't get into these situations...) and boundaries (I won't do these things...). You need to have this clear in your mind BEFORE you face temptation.

~ ❤ ~
Don’t mistake physical intimacy for real intimacy.
So many people do immoral things because they are looking for love. Real intimacy isn’t based on physical pleasure. Real intimacy is about sacrificial love and commitment.

~ ❤ ~
Make good choices & Avoid pitfalls.
Save all sexual acts for marriage. Avoid actions that can create the bonding of sex and/or lead you to sexual intercourse. No passionate kissing, kissing below the chin, or lying down together. Don’t touch each other in ways that are arousing. Save all these for marriage.

~ ❤ ~
Focus on friendship.
Use dating as a time to get to who people really are and to grow in your understanding of yourself. Physical affection needs to founded on friendship.

~ ❤ ~
Dress modestly.
(This is especially important for women because immodesty affects men much more than women.) Think about what you wear and what it says. Do you want to be remembered for your body or your personality, your humor, your kindness? Are your choices of clothing tempting others to lust? The people that are lured by immodest dress are not the ones who will respect and love you - they have other motives in mind.

~ ❤ ~
Stay away from alcohol and drugs.
These substances limit your ability to make good choices. Once you make the bad choice of using drugs or alcohol there is no limit to what you might do.

~ ❤ ~
Seek purity in all you do.
How can you be impure in every other area of your life and expect to be pure in dating? You must strive to be pure in all areas of your life: movies, video games, TV, conversations, recreation, etc.

~ ❤ ~
Know when to quit.
Don’t stay in a serious relationship with a person you know you cannot marry. If you carry on you are being dishonest with yourself and that person.