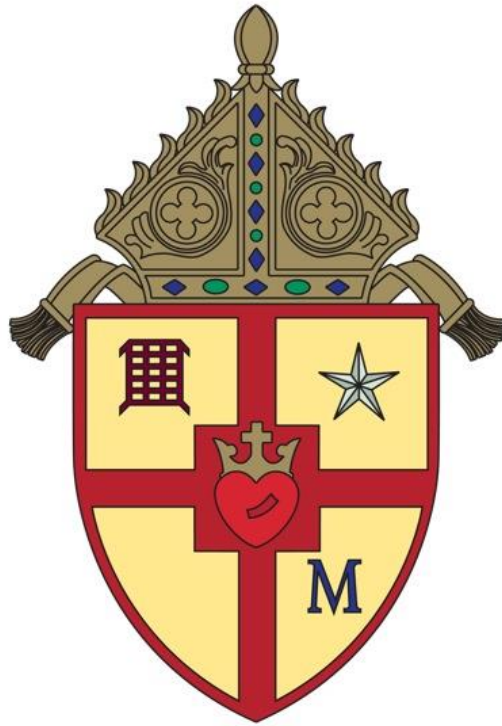


OUTLINE – Safe Environment Program Salt Lake / Amarillo

IV. COMMUNICATION

- K-3 Communication CONCEPT (primary level – outline)
III “God Gave Us Parents and Other Trusted Adults...” (Core)
V “Families: Places We Can Communicate” (Core)
VI “Secrets and Surprises” (Core)
Families Share Feelings
- 4-5 Communication CONCEPT (upper level – outline)
III “God Gave Us Parents and Other Trusted Adults...” (Core)
V “Families: Places We Can Communicate” (Core)
VI “Secrets and Surprises” (Core)
I Feel Statements
Find the Hidden Phrase
- 6-12 Communication CONCEPT (upper level – outline)
III “God Gave Us Parents and Other Trusted Adults...” (Core)
V “Families: Places We Can Communicate” (Core)
VI “Secrets and Surprises” (Core)
I Feel Statements

Roman Catholic Diocese of Amarillo



Safe Environment Training Program

Right Relationships Concept:

IV. Communication

Upper Level
Grades 4 – 12



Roman Catholic Diocese of Amarillo

The Catholic Diocese of Amarillo is committed to the protection of children and Young people.

HOW TO REPORT NON-CHURCH RELATED CHILD/SEXUAL ABUSE:

If you are a family member, a victim of abuse, or aware of abuse, please contact the following:

Children's Protective Services
1-800-252-5400

Your Local Law Enforcement Agency

HOW TO REPORT POSSIBLE CHURCH RELATED CHILD/SEXUAL ABUSE: If you are a family member, a victim of abuse, or aware of such abuse, contact:

Children's Protective Services
1-800-252-5400

Your Local Law Enforcement Agency

AND PLEASE CONTACT ONE OR MORE OF THE FOLLOWING:

Victim Assistance Coordinator
Sharyn Delgado
719 South Austin
Amarillo, TX 79106
Phone: (806) 671-4830
Fax: (806) 373-4662
E-mail: skdelgado@aol.com

Amarillo Diocese
Rev. John Valdez / Vicar of Clergy
806-358-2461 Monday-Friday
806-353-1016 Nights & Weekends

Mailing Address:
Safe Environment Office
Catholic Diocese of Amarillo
PO Box 5644
Amarillo, TX 79117-5644

IV. COMMUNICATION

Right Relationships provides children and young people with a foundation for understanding that human relationships are based on God's unconditional love for us and His desire for each of us to love one another.

All right relationships are fostered by good communication founded in mutual respect.

Good communication is usually learned in the family but as children grow older, they meet other adults they can trust.

Children and young people should not keep secrets from their parents or other trusted adults, especially if the secrets involve things that make them feel weird, uncomfortable, worried, or scared.

FOR ADDITIONAL INFORMATION:
Please see the Amarillo Diocese's Safe Environment Policy, Procedures, Programs, Right Relationships, and other related Safe Environment materials at:
www.amarillodiocese.org



Diocese of Amarillo

Safe Environment

Training Program

Phone: (806) 383-2243

www.amarillodiocese.org

IV. COMMUNICATION

Grades 4 – 12

LEARNING OBJECTIVES:

- To help students understand that God created people and wants them to have safe and loving relationships.
- To instill in students the realization that safe and loving relationships are fostered by good communication.
- To impress on the students that they should feel they can tell secrets to a trusted and caring adult, ideally but not always, a parent.
- To challenge the students to tell parents or other trusted adults if they are treated in a way that makes them feel unsafe, threatened, disrespected or pressured to do things they know they should not do or do not want to do.

OUTLINE:

1. Opening Prayer
2. God Made People to Need Each Other
3. **God Gave Us Parents and Other Trusted Adults to Care for Us (Core)**
4. **God Gave Humans Speech So We Can Communicate (Core)**
5. **Families: Places We Can Communicate (Core)**
6. **Secrets and Surprises (Core)**
7. Closing Prayer

MATERIALS NEEDED:

- Whiteboard, chalkboard and chalk or flip chart and markers
- Pens, pencils for class members

HANDOUTS:

- Grades 4 – 5: “I-feel Statements”
- Grades 6 – 12: “I-feel Statements”
- Grades 4 – 6: “Find the Hidden Phrase”

ACTIVITIES:

- “I-feel Statements”: pens or pencils
- “Find the Hidden Phrase”: pens or pencils



I. OPENING PRAYER:

In the + Name of the Father, and of the Son, and of the Holy Spirit, Amen.

“You formed my inmost being; you knit me in my mother’s womb.
I praise you, so wonderfully you made me; wonderful are your works, O Lord.” Amen.

In the + Name of the Father, and of the Son, and of the Holy Spirit, Amen.

II. GOD MADE PEOPLE TO NEED EACH OTHER

Discussion

- **Say:** “Give examples of our needs and how these needs are met by other people.”
- **Ask:** “Can a person survive alone in the world?”
- **Ask:** “How do other persons help us grow and flourish?”
- From this discussion, lead the students to understand that we all have needs that must be met by others and we establish relationships to help meet our needs and for us to meet the needs of others.

III. GOD GAVE US PARENTS AND OTHER TRUSTED ADULTS TO CARE FOR US (CORE)

Discussion

- **Say:** “God gave us parents and other adults we trust to care for us and keep us safe. If they do not know where we are, who we are with, what we are doing and how we are feeling, they will not be able to do the job God gave them to do.”
- **Say:** Sometimes we tire of their protectiveness but we need to keep in mind that adults have lived through adolescence already, sometimes safely, but sometimes with great pain and sometimes experiencing difficult consequences due to their choices. Because of their wisdom, gained through experience, adults may be able to see danger signs that we cannot see.”

IV. GOD GAVE HUMANS SPEECH SO WE CAN COMMUNICATE (CORE)

Discussion

- **Say:** “Most of God’s creatures communicate with each other in some way by the sounds they make or the way they act.
- Of all of God’s creatures, only human beings were given the gift of speech.
- We can talk to each other. We can tell each other if we are hurt and need help. We can communicate, not only with our family members, but with others as well.
- We communicate differently with our family members and with people we trust than we do with people outside our families and with people we don’t know”.
- **Say:** “God gave human beings the gift of speech which allows us to use words to share our needs and feelings. We also communicate with our behavior and our body language. When we want to show we are listening, we look at the person who is talking. We show that we hear them by nodding, repeating what they say, saying “uh huh”, or asking a question. We share our feelings through our facial expressions, our body posture, and how we move. The better we are at sharing our feelings, the easier it is for our parents and other adults we trust to care for us and keep us safe.”
- **Say:** “It is important to know how to express feelings while respecting the rights and feelings of others. Here are some suggestions to use when expressing feelings:
 - Try to calm down and reflect before communicating feelings.
 - Because there is a tendency to reciprocate the feelings that are expressed, yelling, screaming, or name calling usually heightens negative feelings rather than improving communication. Try to remain calm and focused on the issues that are contributing to your feeling uncomfortable, intimidated, or afraid and the behaviors that need to be changed to resolve these feelings.
 - Be aware of nonverbal communication as well as what is being said. Gestures and tone of voice may express as much, if not more, than the actual words that are used.”

Activities

Grades 4 - 5: “I-feel Statements”

Grades 6 – 12: “I-feel Statements”

- **Say:** “I-feel statements are one way to understand what is happening to us and to help us understand what our options are.”
- Give each student a copy of the “I-feel Statement” handout and ask them to complete the statements. Discuss.

- **Say:** Take responsibility for your own feelings and actions. Although you are not responsible for what others say or do, you are responsible for how you react. Try using “I feel” statements as a way of sharing your feelings respectfully.”

V. FAMILIES: PLACES WE CAN COMMUNICATE (CORE)

Discussion

- **Ask:** “Why Talk to your Parents?”
- **Say:** “All of the creatures God created mature at different rates. Some, at birth are completely independent and can fend for themselves. Others are not full mature for years. At birth, we humans are completely dependent upon our parents, families, and other adults for our care and protection. We do not reach physical, emotional, psychological, or mental maturity for many years. Because we are created to be social creatures, we benefit from relationships with others for all of our lives. God created us to be part of a family, a nuclear family, an extended family, a spiritual family. God gave us parents, families, and other trusted adults to protect us and be part of our lives.”
- **Say:** “As we get older, we may feel like we do not need our parents as much as we used to need them. That is true; we do not need them as we did when we were very young. But parents and other adults we trust, such as teachers, youth or scout leaders, coaches, or friend’s parents, continue to play important roles in our lives by helping to keep us safe and helping us grow. Parents and other trusted adults are vital in passing on to us our Catholic faith especially today when secularism is increasing its influence throughout our society.”
- **Say:** “Talk to your parents and other adults you trust. Keep them informed. Share your feelings and concerns with them, especially if you feel unsafe, threatened, disrespected or pressured to do things you know you should not do or do not want to do.”

VI. SECRETS AND SURPRISES (CORE)

Discussion

- **Ask:** “Who likes surprises?” Acceptable answers will vary. **Say:** “Most everyone enjoys a surprise.”
- **Ask:** “What is the difference between a surprise and a secret? After the students express their ideas, **say:** “A surprise is something good that we wait to share with someone later but a secret is something that we hide from others.”

- **Say:** “It’s good to share surprises with our families but we should never keep secrets from our parents or from other adults we trust about things that make us feel unsafe, threatened, disrespected or pressured to do things we know we should not do or do not want to do.”
- **Say:** “If someone does something to us or to someone else that makes us feel unsafe, threatened, disrespected or pressured to do things we know we should not do or do not want to do, we should continue telling trusted adults until one of them understands how we feel and does something to make us feel comfortable or safe.”
- **Say:** “God gave us adults we trust to love and care for us and to protect us from harm. We can share everything with them.”

Activity

Grades 4 – 6: “Find the Hidden Phrase”

- Hand out the “Find the Hidden Phrase” worksheet and have the students use the word bank to complete the sentences. Then, by copying the letters within the boxes, find the hidden message.

VII. CLOSING PRAYER

Pray a litany of thanks for all God’s people using the response: “**Bless them, we are grateful.**”

In the + Name of the Father, and of the Son, and of the Holy Spirit, Amen.

Father, your Spirit speaks to us through your Word to tell us how much you love us and want us to be happy. Please give us the courage to share our feelings with people we trust.

In the + Name of the Father, and of the Son, and of the Holy Spirit, Amen.



Diocese of Amarillo

Safe Environment

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IV. COMMUNICATION

Grades 4 – 5

I-Feel Statements

“I-feel” statements are one way to understand what is happening to me and to help me understand what my options are. Think of how you might feel in the following situations:

1) Many of your friends are going to play video games at one of their homes. No one has suggested that you go with them.

I feel _____

What do you think will happen:

if you invite yourself along? _____

if you don't invite yourself along? _____

How will you feel:

if you invite yourself along? _____

if you don't invite yourself along? _____

2) You see someone cheating on a test.

I feel _____

What do you think will happen:

if you report the cheating to your teacher? _____

if you don't report the cheating to your teacher? _____

How will you feel:

if you report the cheating? _____

if you don't report the cheating? _____

3) Although your best friend has not said anything to you, based on his/her behavior, you believe he/she may be taking his/her mother's prescription medicine as a way of dealing with a problem.

I feel _____

What do you think will happen:

if you tell a trusted adult about your suspicions? _____

if you don't tell a trusted adult about your suspicions? _____

How will you feel:

if you tell a trusted adult? _____

if you don't tell a trusted adult? _____

4) You and your friends ride your bikes through a neighbor's yard and damage some of their shrubs.

I feel _____

What do you think will happen:

if you tell your parents about the incident? _____

if you don't tell your parents about the incident? _____

How will you feel:

if you tell your parents? _____

if you don't tell your parents? _____

5) You notice bruises on your friend's arms. When you ask her what happened, she gives a vague and unconvincing reply and changes the topic. You think perhaps her father has grabbed her too roughly.

I feel _____

What do you think will happen:

if you tell a trusted adult your suspicions? _____

if you don't tell a trusted adult your suspicions? _____

How will you feel:

if you tell a trusted adult? _____

if you don't tell a trusted adult? _____

6) After you have been shopping with one of your friends, she shows you a CD you know she did not pay for.

I feel _____

What do you think will happen:

if you tell your friend she needs to return the CD or pay for it? _____

if you don't tell your friend she needs to return the CD or pay for it? _____

How will you feel:

if you tell your friend she needs to return the CD or pay for it? _____

if you don't tell your friend she needs to return the CD or pay for it?

7) Your friends invite you to a party. When you arrive, their parents are not home. Their older brother offers beer to the party-goers.

I feel _____

What do you think will happen:

if you tell your parents? _____

if you don't tell your parents? _____

How will you feel:

if you tell your parents? _____

if you don't tell your parents? _____

8) You know you are getting a "D" in Geography. Your teacher suggests that by giving you one-on-one tutoring at her place might improve your grade.

I feel _____

What do you think will happen:

if you tell your parents? _____

if you don't tell your parents? _____

How will you feel:

if you tell your parents? _____

if you don't tell your pastor? _____

9) Several weeks ago, your older sister "met" another teenager on-line and has been chatting with him daily ever since. She tells you they have arranged to meet in person.

I feel _____

What do you think will happen:

if you tell your parents? _____

if you don't tell your parents? _____

How will you feel:

if you tell your parents? _____

if you don't tell your parents? _____



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IV. COMMUNICATION

Grades 6 – 12

I-Feel Statements

“I-feel” statements are one way to understand what is happening to me and to help me understand what my options are. Think of how you might feel in the following situations:

- 1) Many of your friends are going out for pizza before going to the basketball game this Friday. No one has suggested that you go with them.**

I feel _____

What do you think will happen:

if you invite yourself along? _____

if you don't invite yourself along? _____

How will you feel:

if you invite yourself along? _____

if you don't invite yourself along? _____

Why do you think Jesus teaches us to include others? _____

- 2) You see your school's star quarterback cheating on an exam.**

I feel _____

What do you think will happen:

if you report the cheating to your teacher? _____

if you don't report the cheating to your teacher? _____

How will you feel:

if you report the cheating? _____

if you don't report the cheating? _____

If you don't feel cheating on a test is wrong, what are the consequences of cheating?

What about cheating on the job? On a team? On taxes? On your marriage?

3) Although your best friend has not said anything to you, based on his/her behavior, you believe he/she may be taking his/her mother's pain killer as a way of dealing with a problem.

I feel _____

What do you think will happen:

if you tell a trusted adult about your suspicions? _____

if you don't tell a trusted adult about your suspicions? _____

How will you feel:

if you tell a trusted adult? _____

if you don't tell a trusted adult? _____

if your friend is hospitalized due to overdose? _____

4) Backing out of a parking space at school, you clip the car parked next to yours. Although there is no damage to your car, the other car has a dent.

I feel _____

What do you think will happen:

if you tell your parents about the accident? _____

if you don't tell your parents about the accident? _____

How will you feel:

if you tell your parents? _____

if you don't tell your parents? _____

Why is it wrong not to report your involvement in an accident? _____

If someone else sees the accident and reports it, what might happen? _____

5) One of your friends has noticeable bruises on her arms. When you ask her what happened, she gives a vague and unconvincing reply and tries to turn the conversation. You suspect that she may have been physically abused by her boyfriend.

I feel _____

What do you think will happen:

if you tell a trusted adult your suspicions? _____

if you don't tell a trusted adult your suspicions? _____

How will you feel:

if you tell a trusted adult? _____

if you don't tell a trusted adult? _____

Are you your brother's/sister's keeper? _____ What are our Christian duties?

6) After you have been shopping with one of your friends, she shows you a pair of jeans you know she did not pay for.

I feel _____

What do you think will happen:

if you tell your friend she needs to return the jeans or pay for them? _____

if you don't tell your friend she needs to return the jeans or pay for them? _____

How will you feel:

if you tell your friend she needs to return the jeans or pay for them? _____

if you don't tell your friend she needs to return the jeans or pay for them? _____

Because store owners may perceive some teens to be shoplifters, do you feel teens are treated differently than adult customers?

7) Your friends invite you to a party where alcohol is being served. One of the adults who is a catechist at your church is also at the party.

I feel _____

What do you think will happen:

if you tell your pastor?

if you don't tell your pastor?

How will you feel:

if you tell your pastor?

if you don't tell your pastor?

How might your response differ if you thought teen drinking was acceptable?

8) You are getting a "D" in Social Studies. Your teacher repeatedly suggests that giving you one-on-one tutoring at her home might improve your grade.

I feel _____

What do you think will happen:

if you tell your parents? _____

if you don't tell your parents? _____

How will you feel:

if you tell your parents? _____

if you don't tell your parents? _____

How do you think your parents will react if you make the mistake of accepting the invitation without telling them?

9) Several weeks ago, your fourteen year old sister "met" another teenager on-line and has been chatting with him daily ever since. She tells you they have arranged to meet in person.

I feel _____

What do you think will happen:

if you tell your parents? _____

if you don't tell your parents? _____

How will you feel:

if you tell your parents? _____

if you don't tell your parents? _____

What are some of the possible outcomes of this type of meeting?

10) One of the most popular girls in your class has made some very cruel remarks on her BlogSpot about your best friend. Your friend is very hurt and depressed by the remarks.

I feel _____

What responsible adult might you tell? _____

What may happen if you don't tell someone? _____

How would you feel:

if the remarks were false and purely gossip? _____

if the remarks were true? _____

How would your response differ if the remarks were about you?



Find the Hidden Phrase

Directions: Use the word bank to complete the following sentences. Then, write the letters in the boxes on the line below to find the hidden message!



Word Bank

needing others	communicate	feelings	families
share	tell	safe	parents

People are born _____ _____.

God made _____ .

Families _____ with one another.

God gave us speech so we can _____.

Children need _____ _____ to protect and care for them.

It is important to share your _____ _____ with your parents.

If you feel unsafe _____ an adult.

To learn and grow we must be _____.



Hidden Message!

_____ !