

Circle of Grace Lesson

3rd - 5th Grade

Internet Smart = Safety

This lesson complements the following Catholic teachings:

- Jesus' life as a model for our own
- God calls us to be responsible for our actions
- Understand the importance of serving others as Jesus did
- God teaches us to lead a healthy life and make good choices
- Human life is sacred and must be respected
- Responsible relationships are based on love, honesty, and respect
- We are called to respect the human body as sacred life
- Our conscience helps us to know what is right and to what we believe is right
- God calls us to be responsible for our own actions

Lesson Goal

Children will come to understand the concept of a *Circle of Grace* in relation to the use of the internet on computers, phones, etc.

Lesson Objectives

Children will be able to:

1. Understand the difference between a safe secret and an unsafe secret.
2. Recognize and define vocabulary that relate to the internet.
3. List positive uses of the internet.
4. Review and describe their personal *Circle of Grace*.
5. Identify the different technology devices that offer internet availability.
6. Identify behaviors that would be appropriate in relation to a child's *Circle of Grace* when using the internet.
7. Identify boundaries when using the internet.
8. Formulate an action plan for safe use/safe exit of the internet.

Vocabulary

Parent: *These terms were introduced to students in last year's Circle of Grace lesson. In those lessons, adults assisted children in recognizing God's love by helping them to understand that each of us lives and moves in a Circle of Grace.*

To demonstrate the **Circle of Grace movement**, each person should stretch their arms above their head, then circle down in front of and behind their 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.

1. **Boundary:** The borders or limits we need to keep ourselves safe within our *Circle of Grace*.
2. **Circle of Grace:** The love and goodness of God which always surrounds me and all others.
3. **Safe Secret:** A secret is safe when it does not hurt oneself or others.
4. **Unsafe Secret:** A secret is unsafe when one thinks that someone, including oneself, might be hurt or get in trouble if one does not tell.
5. **Trust:** Being able to count on someone to help one to stay safe within one's *Circle of Grace*. Trust will also include to be safe from one's *Circle of Grace* to another person's *Circle of Grace*.
6. **Trusted Adult:** A grown up who helps one to stay safe in their *Circle of Grace* and to respect others within their *Circle of Grace*.

New Vocabulary – Social networking definitions, specific business/companies are not named due to copyright statutes. You can use the specific names when teaching the lesson. You need to be 13 years old for most social networking sites so the children are probably aware of them but should not be using them.

1. **Social Media/Networking** (Is a broad word for any online tool that enables users to interact with thousands of other users. Below are some of the more popular sites)
2. **Blog:** An online journal. Personal stories or thoughts can be posted as in a personal journal. This is a public journal that anyone can access.
3. **Chat Room:** The name given to a place or page in a website or online service where people can chat with each other by typing messages which are displayed almost instantly on the screens of others who are in the chat room.
4. **Instant Messaging (IM):** Technology similar to that of chat rooms which notifies a user when a person is online allowing them to converse by exchanging text messages.

5. **Location Application:** An application used in phones to find a location of a popular spot (restaurant, park, etc.). People use the application to check in and it broadcast the location to all of their friends.
6. **Micro Blogging:** This service allows users to give updated about what they are doing in less than 140 characters.
7. **Photo Sharing App:** Captures, edit & share photos, videos & messages with friends & family.
8. **Social Networking Service and Websites:** These services and websites are used to communicate with (a person) or search for information about (a person)
9. **Video Sharing Service:** This service allows users to watch videos posted by others and to upload videos of their own.
10. **Mobile Video App:** Allows you to send videos and pictures, both which will disappear after about 10 seconds of a person viewing them. You can view them after the 10 seconds if you did a screen shot.
11. **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.
12. **E-mail:** Electronic mail. Sending/receiving a typed written message from one screen to another.
13. **Flaming:** Sending a deliberately confrontational message to others on the internet.
14. **Inappropriate Material:** Pictures or words on the internet that make one feel uncomfortable scared, or that intentionally degrade a human person.
15. **Netiquette:** Courteous, honest, and polite behavior practiced on the internet.
16. **Personal Contact Information:** Information that allows an individual to be contacted or located in the physical world, i.e. a telephone number or an address.
17. **Phishing:** An identity theft scam in which criminals send out spam that imitates the look and language of legitimate correspondence from e-commerce sites. The messages generally link to websites that are similarly faked to look like the sites of the respected companies. On the sites, users are directed to enter their personal information for authentication or confirmation purposes. The information, when submitted, goes to the thieves not to the “spoofed” company.
18. **Pop Up:** A term for unsolicited advertising that appears as its own browser window.
19. **Predator:** Someone who uses the internet or other means to obtain personal information about others with the intent to do harm.
20. **Smart Phone:** A mobile phone that offers advance features like the internet, camera, and applications such as games, and special interest information.
21. **Texting:** Sending a short text (typed) message and /or photo between cell phones or other handheld devices.
22. **Webcam:** A front facing video camera that attaches to a computer or is built into the laptop.

Opening Prayer

(Everyone join in the Sign of the Cross. Then say together.)

Holy Spirit, show us the way,

Be with us in all we think, do, and say. Amen

Opening Song: Million Reasons <https://youtu.be/ox1WEI84LSg>

Lesson Activities

Getting Started

Parents: Review Circle of Grace Movement (see above) and the following Concepts with your child/ren:

1. We are all made in the image and likeness of God and therefore we are sacred and holy, deserving of great respect.
2. Jesus told us that he would always love us and His Spirit would always be with us. If we are always in His presence, we are always in a special, holy place. We call that place our *Circle of Grace*.
3. If we remember that we are in a *Circle of Grace*, that God is there with us and we are surrounded by His love, we will remember to behave with special respect for ourselves and for others. God is with us because he desires a close relationship with each of us.
4. Safe Secret: A secret is safe when it does not hurt oneself or others. Many times, safe secrets are surprises like birthday or Christmas gifts. A secret is not safe if someone tells you never to tell it especially to a trusted adult.

Positive and Negative Uses of the Internet Activity

Parents: The topic of this activity is the use of the internet. Have children make a list of positive and negative uses of the internet, using the included “Positive and Negative Uses of the Internet” worksheet. Think about the analogy of how the use of a hammer can be used to build things (positive) or destroy things (negative). This may be a good analogy for children. Examples of **positive uses**: communication, information, and entertainment **negative uses**: damage someone’s reputation by texting a lie, stealing someone’s identity, and viewing inappropriate sites.

Children's Rules and Guidelines for Internet Safety

Parents: Present and discuss the following the following Rules and Guidelines for internet safety. Stress to your children to never forget these internet safety rules with any electronic device or in any location.

Be Smart

- Never give out personal information such as your address, telephone number, parents' names and phone numbers, or where you go to school or grade level.
- Never assume someone is who they say they are. They are not "friends" if you have never met them in person.
- Treat everyone that you encounter online as a stranger using the same rules for dealing with strangers online as you would for strangers you see on the street.
- Never agree to meet someone that introduced themselves on the internet without a parent's or trusted adult's approval.
- Never send a picture or anything else to someone who requests it.
- Tell a trusted adult if someone sent you a picture or message that makes you uncomfortable or you know your parents would not approve.
- If you come across information on the internet that makes you feel uncomfortable, tell a trusted adult immediately.
- Never respond to any messages or send any messages that are mean, threatening, or make anyone feel uncomfortable. Go tell a trusted adult immediately.
- Follow the rules established by your parents for computer, phone and internet usage.
- Never download or install software or do anything that could jeopardize a family's privacy. If it happens by accident, go tell a trusted adult immediately.
- Other than your parents, do not share your internet password with anyone and change it regularly.
- If you feel unsure of unsafe, you are probably not "safe" in what you are doing.
- You are not safe if someone tells you to keep your communication with them a secret.
- It is important that you are comfortable with a trusted adult seeing what you are writing/doing on the computer/tablet/gaming system or cell phone.
- Could you say face to face to a person what you wrote about the person on the internet?
- Sending messages that intentionally harm or embarrass another person is not respecting their *Circle of Grace* and is considered cyberbullying.
- Sometimes we are tempted to lie on the internet; doing so may increase our tendency to lie in real life and is disrespectful of our *Circle of Grace*.
- Your *Circle of Grace* boundaries should not be crossed when you use the internet. This is to keep you safe and respect others' *Circle of Grace*.

How Internet Smart Are You?

Parent/Student Activity

Parents: *Hand out the “How Internet Smart Are You” worksheet to your child/children. Ask them to complete the worksheet.*

After they have completed the worksheet, review their answers and ask them the following questions:

- How hard was it to know how you would react in each scenario?
- Do you think some of the scenarios seem to make you choose between your friends and doing the right thing?
- Can you give me some other difficult situations?

Action Plans

Parents: *These are some examples of action plans in uncomfortable or unsafe situations. Talk with your child/children and decide on a good action plan for your family to follow.*

Scenario A: You are unsure or feel unsafe while viewing something or interacting with someone while using the computer or other technical device (i.e.: phone, tablet, gaming system etc.) and you know your parents would not approve.

Action Plan

1. Do not exit the site.
2. Find a trusted adult and show them what you are concerned about.
3. Review how you got to this point on the computer.
4. Have an adult help you exit the site.

Scenario B: You are unsure or feel unsafe when you are asked by someone to view something on the computer/technical device (i.e.: phone, tablet, gaming system etc.). It makes you uncomfortable and you know your parents would not approve.

Action Plan

1. Walk away from the computer.
2. Tell a trusted adult.

How Internet Smart Are You?

It is important to be internet Smart when you are online. Your parents and trusted adults can give you guidelines on how to use the internet/technology safely. Remember if you are uncomfortable with what you are doing or viewing in your Circle of Grace, it is probably NOT safe.

Put “Y” for yes you agree, and “N” for no you don’t agree or “U” for unsure next to the below statements. Your answer should reflect how you would respond to the situation. It is smart to be truthful. So put “U” if you do not know what you would do or say. This way your parents/trusted adults can help you figure out the best response for that situation.

_____ Your Friend has been texting someone she met on the internet. She said her internet friend is 13 years old. Now the internet friend wants your friend to share her address. She does not know what to do since she has not told her parents about the texting. You tell her the smart thing to do is not to tell her parents because then they will take her phone away. You tell her maybe she could meet her internet friend somewhere instead of giving out her address.

_____ You are on the internet and you see a “Pop Up” that has inappropriate images and words that make you uncomfortable. You leave the computer and go find your parent or trusted adult.

_____ You see one of the older kids at school taking photos of your classmates coming out of gym class. You know no one is allowed to take pictures with a phone during school without permission. It makes you uncomfortable but you do not want the older kid to be mad at you so you do not tell anyone including your teacher or parents.

_____ You were sent several emails/texts saying hurtful things about one of your classmates. You notice that he has been out sick the last couple of days. You are worried about him so you talk to your parents or trusted adult about your concern.

_____ Your friend tells you that if you don’t want your parents to see what you are doing on the computer, just minimize the screen when they enter the room. Although you are nervous about disagreeing with your friend, you tell him/her that you do not want to view images or seek information that would not be ok with your parents or trusted adults. Their trust in you is important.

Closing Prayer

(Everyone join in the Sign of the Cross. Then say together.)

Thank you God, for always being with me in my Circle of Grace. Thank you for the gift of the Holy Spirit who helps me know what is good. Thank you for giving me people who care about me and want me to be safe. Amen.

Closing Song: "I'm Trusting You" <https://youtu.be/0VDpHibftHs>

Parents: Please see the link in your Circle of Grace email for the link to complete the Parent Evaluation form. A copy of the form is included in this packet.

Grades 3rd, 4th, & 5th Parent Evaluation

Date: _____

Parish: *St. Stephen Catholic Community*

Parent: _____ *Number of Children Participating* _____

Please check whether the objectives of the Circle of Grace Program were met.

1. YES _____ NO _____ Children understand they are created by God and live in the love of the Father, Son, and Holy Spirit.
2. YES _____ NO _____ Children will be able to describe the *Circle of Grace* which God gives each of us.
3. YES _____ NO _____ Children will be able to identify and maintain appropriate boundaries.
4. YES _____ NO _____ Children can identify types of boundary violations.
5. YES _____ NO _____ Children can demonstrate how to take action if a boundary is threatened or violated.

Please list what worked well.

Please list any suggestions that would improve lessons.

Link for Evaluation online:

https://docs.google.com/forms/d/e/1FAIpQLScGdj3X4OT5gfEV7iIFSIa-Jx9j16QN1MJ5gS2R4-1sMUKb7g/viewform?usp=sf_link