

Family Faith and Circle of Grace

Grade 4 and Grade 5

Social Media and our Circle of Grace, What is the Big Deal Anyway?

Sometimes children reveal personal information or details about incidents that, in order to respect confidentiality, need to be handled outside of the classroom. If this happens, tell the child, "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 child 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:

- 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 do 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 using social media, in healthy and unhealthy ways.

Lesson Objectives

Children will be able to:

1. Understand the difference between a safe secret and an unsafe secret when using social media.
2. Recognize and define different types of social media and how they influence our Circle of Grace in positive and negative ways.
3. List positive uses of social media.
4. Review and describe their personal *Circle of Grace*.
5. Identify the different social media platforms and apps.
6. Identify behaviors that would be appropriate in relation to a child's *Circle of Grace* when using social media.
7. Identify boundary violations when using social media.
8. Formulate an action plan for safe use/safe exit when using social media.

9. Understand that trusted adults help us stay safe in our Circle of Grace and help us respect others in their Circle of Grace.

Vocabulary

Review with Students

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*.
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*.

The below general social networking definitions are for the leaders to know and use at their discretion. Specific business/companies are not named due to copyright statutes. You can use the specific names when teaching the lesson. A child needs to be 13 years old for most social networking sites. This age limit has been dictated by U.S. law through the Children's Online Privacy Protection Act (COPPA). So, the students are probably aware of them but should not be using them.

7. **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.
8. **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.
9. **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.
10. **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.
11. **Micro Blogging:** This service allows users to give updates about what they are doing in less than 140 characters.
12. **Photo Sharing App:** Captures, edit & share photos, videos & messages with friends & family.
13. **Social Networking Service and Websites:** These services and websites are used to communicate with (a person) or search for information about (a person)
14. **Video Sharing Service:** This service allows users to watch videos posted by others and to upload videos of their own.
15. **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.

PART 1- Required

Vocabulary is for students. Feel free to add new age-appropriate terminology as it changes often.

1. **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.
2. **E-mail:** Electronic mail. Sending/ receiving a type written message from one screen to another.
3. **Flaming:** Sending a deliberately confrontational message to others on the internet.
4. **Inappropriate Material:** Pictures or words on the internet that make one feel uncomfortable scared, or that intentionally degrade a human person
5. **Netiquette:** Courteous, honest, and polite behavior practiced on the internet.
6. **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.
7. **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.
8. **Pop Up:** A term for unsolicited advertising that appears as its own browser window.
9. **Predator:** Someone who uses the internet or other means to obtain personal information about others with the intent to do harm.
10. **Smart Phone:** A mobile phone that offers advanced features like the internet, camera and applications such as games, and special interest information.
11. **Texting:** Sending a short text (typed) message and /or photo between cell phones or other handheld devices.
12. **Webcam:** A front facing video camera that attaches to a computer or is built into the laptop.
13. **Catfishing:** the process of luring someone into a relationship by means of a fictional online persona.

Materials Needed:

1. Summary of the Key Concepts of “Circle of Grace” for each youth to take home (located at the end of the lesson).
2. Chart paper or marking board for listing uses of the social media

It is important to begin the lesson by explaining that God does not want or cause bad things to happen. There will be young people who have already experienced unsafe or hurtful situations. It is important to reinforce that it is not their fault, and it is never too late to tell a trusted adult. We want our young people to understand that God is with them and for them even when they are hurting or sad.

Getting Started

Distribute and review the Summary of the Key Concepts of Circle of Grace (located at the end of the lesson)

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. *Leader to reinforce the children's understanding of the difference between a safe secret and an unsafe secret (see Vocabulary). It is important to point out that safe secrets many times are told eventually like surprises (birthday or Christmas gifts). A secret is not safe if someone tells you never to tell it especially to a trusted adult.*



Activity

Social Media (Review with students the below definitions)

Social media refers to websites, apps or other online means that allow people to interact with others or create and share content. It gives users quick electronic communication of content, such as personal information, documents, videos, and photos.

Inappropriate Social Media: *Images, words that are spoken or written, that make one feel uncomfortable or scared, disrespectful to people or would be something your parent/trusted adult would not approve of.*

The topic of this activity is the use of Social Media. Have children make a list of positive and negative uses. 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 the children. Have the students share what they came up with. Write examples of positive and negative aspects of the social media on chart paper or a marking board. Below are some examples.

POSITIVE	NEGATIVE
Communication	Damage someone's reputation by texting a lie
Information	Steal someone's identity
Entertainment	View inappropriate sites

Discussion – Children's Rules and Guidelines for Social Media

Present and discuss the following (copy of these rules and guidelines are at the end of the lesson for the children to take home to their parents):

BE SMART: (Never forget your Social Media safety rules with any electronic device or in any location!!)

- 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 in person 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.
- A package or piece of mail that is delivered to you from someone you met on line must be opened by your parents.
- Tell a trusted adult if someone sends 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.

Discussion – Identify and maintain appropriate internet boundaries

List examples such as giving personal information to someone you only know online, clicking on a questionable site etc. Discuss how one would know if there is a violation of boundaries. Leader, make sure the following points are covered. The goal is to start to develop an internal sense of conscience about appropriate Social Media boundaries.

Some suggested points to review:

- If you feel unsure or 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*.

PART 2 Choose either activity 1 or 2

Materials Needed:

Activity 1- Two Social Media Smart Activity Sheets (one to use in class and one to send home)

Activity 2- Paper, pens, and samples of newspaper clippings, advertising, websites etc.

Go to Part 3

Activity-1 Social Media Smart Activity Sheet

1. *Hand out two “How Social Media Smart are You?” Activity Sheets to the children (located at the end of the lesson.)*
2. *Have the children complete one in class and be ready to discuss. Tell them this worksheet will not be collected. The second worksheet is to be completed with their parents and returned with the parent's signature.*

3. The leader reviews each scenerio from the Activity Sheet with the class and ask, the following questions:

- How hard was it to know how you would act in each scenerio?
- Do you think some of the scenerios seem to make you choose between your friends and doing the right thing?
- Can you give me some other difficult situations?
- How does your *Circle of Grace* help in making the right decision?

Go to Part 3

Activity-2- Discerning Media: Truth, Opinion or Fiction?

Now we are going to talk about how all forms of media and mass communication influence us in our *Circle of Grace*. We may never have considered media as violating our *Circle of Grace*. It can when it has negative words, images, or content that never should be in our *Circle of Grace*. It is important to be able to discern that media does not necessarily relay information or images in a truthful, accurate or respectful manner. Many times, especially in advertising or news it is meant to sway us to feel or act in a certain way. Discuss the below four points:

1. Media gives us ways to communicate with many people. The social media and cell phones are some examples.
Have children come up with other types of media forms and list them on the board (some other examples - music, TV, movies, videos, computer games, books, advertisements, magazines, newspapers, radio, websites, blogs, etc.). Be sure to include the internet, websites, and magazines on the list on the board.
2. Typical functions of media are to educate, communicate, inform, entertain, and advertise.
List these five functions on the board. Go back over the types of media listed on the board and have children name what function(s) each type of medium performs.
3. *Have children break into small groups. Pass out pens, paper and sample news articles, advertisements, websites etc. Have groups answer the below questions with each sample:*
 - A) Is it true, an opinion or fiction?
 - B) What other information do you need to discern the content?
 - C) Does the content support our Catholic faith? Give your reasons.
 - D) Does the content go against our Catholic Faith? Give your reasons.
4. *Gather children together as a large group. Have each group report on their answers.*

Review

1. Media can provide the truth, an opinion, or fiction. God gave us the freedom to choose our own actions. How do we use and discern the media in a way that helps us make good choices? *Desired answers: choose media sources that support the Ten Commandments, the teachings of our Catholic faith, our parents, and trusted adults*

2. What is the purpose of the messages that parents and trusted adults give us? What is the purpose of the influence our Catholic faith has on our lives *Desired answers: to teach, protect, love.* What is the purpose of the messages that are conveyed by the media? *Desired answers: to sell things, influence your decisions, manipulate your opinions.*
3. What can we do if we are not sure if a type of medium is a positive or a negative influence? *Desired answer: We can always turn to a trusted adult to help us know if a type of medium is a good influence and to help us make decisions that keep us safe in our Circle of Grace.*
4. Ask the children to quietly reflect on all the ways that the media influence our thinking and behavior every day. Remind them that as Catholics, God has given us the Ten Commandments, the teachings of our Catholic faith, and our parents and trusted adults to help us make decisions and keep us safe in our Circle of Grace.

Part 3 (Required)

Action Plan

Reviewing the following scenarios with the students and elicit what they might do in that situation before going over the action plan.

Scenario A: You are unsure or feel unsafe while viewing something or interacting with someone while using the computer or other technical device (ie: 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 (ie: 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.

Pass out the parent information sheet and review again the listed guidelines. Have them write the action plan for each scenario on the information sheet.

Instruct the children to take the Parent Information Sheet home.

Summary of the Key Concepts of “Circle of Grace”



God gives each of us a Circle of Grace where He is always Present:

Raise your hands above your head, then bring your outstretched arms slowly down.

*Extend your arms in front of you and then behind you embrace all of the space around you
slowly reach down to your feet.*

*Know that **God** is in this space with you. This is your **Circle of Grace**; you are in it.*

God is Present because He desires a relationship with us.

- God is with us when we are happy and sad. God does not cause bad things to happen to us. He loves us very much.
- God desires to help us when we are hurt, scared or confused (unsafe).
- Having faith may not take away all of life’s struggles. It is because of these struggles, God promised to always be present; providing guidance and comfort in our time of need.

God helps us know what belongs in our Circle of Grace

- Our feelings help us know about ourselves and the world around us.
- God helps us know what belongs in our *Circle of Grace* by experiencing peace, love or contentment when something or someone good comes into our *Circle of Grace*.

God helps us know what does not belong in our Circle of Grace

- God desires to help us when we are hurt, scared or confused (unsafe).
- The Holy Spirit prompts (alerts) us that something does not belong in our *Circle of Grace* by giving us “a funny or uncomfortable feeling” that something is not safe. This feeling is there because God wants us to be safe.

God helps us know when to ask for help from someone we trust.

- God gives us people in our lives to help us
- God wants us to talk to trusted adults about our worries, concerns or “funny/ uncomfortable feelings” so they can help us be safe.

How Social Media *Smart* Are You? Activity Sheet

It is important to be *Smart* when you are online. Your parents and trusted adults can give you guidelines on how to use social media/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 messaging someone she met on social media. She said her social media friend is 13 years old. Now this friend wants your friend to share her address. She does not know what to do since she has not told her parents about the messaging. 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 this friend somewhere instead of giving out her address.

_____ You are on social media/internet/gaming 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 in the bathroom. 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 messages/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.

Parent Information Sheet

Children's Rules and Guidelines for Internet Safety

- 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 sends 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 you do this accidentally, go tell a trusted adult immediately
- Other than your parents, do not share your internet password with anyone and change it regularly.

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

Action Plan: _____

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

Action Plan: _____

Parent Signature: _____ **Date** _____



Family Faith and Circle of Grace

Parent Take Home Letter (includes youth's activity sheets)

Social Media and our Circle of Grace,

What is the Big Deal Anyway?

Dear Parent,

We presented the *Circle of Grace* Lesson "Social Media and our Circle of Grace, What is the Big Deal Anyway?" to your child. The goal of the lesson was to help the children recognize that all forms of media influence our *Circle Grace* and how it helps or hinders living our faith to its fullest.

Please discuss the attached *Parent Information Sheet* with your child.

Please choose a form of media (TV show, Movie, News from a Social Media App, Video Game, etc.) to review with your child. Discuss what they see, hear or read influences their *Circle of Grace*.

Thank you for your support of the *Circle of Grace* program. It is essential and appreciated as we strive to provide the safest possible environment for our children

Family, Faith and Circle of Grace Grade 4 and Grade 5 Evaluation

Date _____

Parish/School _____ *City* _____

Leader _____ *Number of children in class* _____

Each grade's curriculum was designed to meet the overall program objectives.

Please check if each of the objectives of the *Circle of Grace* Program were met.

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

Please list what worked well and any resources that you would like to share (use back if necessary).

Please list any suggestions that would improve lessons (use back if necessary).

Return to your School Administrator or Director of Religious Education.