

**LESSON PLAN LEVEL: High School Grades (9 - 12)**  
**for**  
**Children & Youth Personal Safety Program**

Note: It is recommended that those who will be teaching this lesson first read *The Truth and Meaning of Human Sexuality* by the Pontifical Council for the Family before presenting this material. The dignity of the human person as laid out in the primary and intermediate grades is the foundation of our diocesan *Children & Youth Personal Safety Program*.

### **Prayer**

**Please Read Psalm 139:1-18 together in class.**

### **Objectives**

- Students will understand their dignity as children of God.
- Students will understand virtue and vice.
- Students will know practical steps for protecting themselves from sexual abuse.
- Students will know how to react to abuse and to the possible threat of abuse.

### **Teaching Points**

**Note:** While an understanding of the dignity of the human person, as well as the nature of virtue and vice are foundational, it is in no way to be implied that those who are the victims of abuse are to blame – or that they have been abused because they were not behaving in a chaste, virtuous manner.

### **Our Dignity as Children of God**

Every human person is created in the image of God. This amazing dignity bestowed on the human race was raised even higher when God became man and died out of love for the salvation of every person. Because of the dignity with which we were created, and the love by which we were redeemed on the cross, all people deserve to be revered and treated with dignity. We have an obligation to uphold the dignity of ourselves and of one another, especially the most helpless among us (children both before and after birth, the sick, the poor, and the elderly).

### **Virtue and Vice**

#### **Virtue Defined**

Class is to read # 1804 of the Catechism of the Catholic Church on **virtue** and students should write out the definition of the word **virtue** from the CCC.

### **The Cardinal Virtues**

The Cardinal Virtues are the virtues of Prudence, Justice, and Temperance, and Fortitude. The word Cardinal comes from the Latin word *cardine*, which means hinge. They are called the “hinge” virtues because every other natural virtue (not the Theological Virtues of Faith, Hope and Charity) is based upon and grows from the Cardinal Virtues.

- Prudence - discovering our true good and choosing the right means of achieving it
- Fortitude/Courage - firmness in the pursuit of the good
- Justice - giving the proper due to God and neighbor
- Temperance - moderating the attraction of the pleasures of the senses

### **The Virtue of Chastity**

The virtue of chastity grows from the virtue of temperance. “*Chastity is the spiritual power which frees love from selfishness and aggression*” and is needed due to the effects of original sin (*Truth and Meaning of Human Sexuality* 16). In developing the virtue of chastity through a proper understanding of the dignity of each person and through effort and practice, we look upon a person and treat him/her with respect and dignity rather than as an object for sexual pleasure (lust). Chastity is a life-long process of self-mastery involving training in modest behavior, protection of the senses, fidelity to prayer, reception of the sacraments and wise guidance. In youths and unmarried adults, it involves a firm commitment to avoid situations that are likely to inflame sexual desire. Purity in thought, word and deed is essential for chastity.

The sacred gift of marital union is to be reserved for spouses in the Sacrament of Marriage. Until the point of committing themselves totally to one other before God, any pre-marital sexual activity amounts to using the other person for personal gratification and pleasure. Therefore, these sins against purity and chastity are not expressions of genuine love, even if they “feel” loving. The usual consequences of sins against chastity include guilt, loss of innocence, greater selfishness, damage to a future marriage, risk of disease, pregnancy outside of marriage, rift in relationship with parents, depression and, most importantly, loss of our relationship with and love for God, cf. CCC 2337-2351, 2514-2533. God has given us a plan for authentic love and chastity that guards against using other persons and that protects marriage, family and the dignity of the human person.

### **Vice**

“A vice is a bad moral habit. Technically a vice is the strong tendency to a gravely sinful act acquired through frequent repetition of the same act. Qualities that characterize a vice are spontaneity, ease, and satisfaction in doing what is morally wrong” (*Modern Catholic Dictionary*, John A. Hardon, S.J., pg. 561).

While virtue forms a person, vice “de-forms” a person. Students should write down the definition of **vice** from the glossary of the CCC. Spiritual direction and counseling are essential for abandoning some vices. A total and permanent separation from the near occasion of sin is necessary for someone who has struggled with a vice that can significantly damage his/her life and the lives of others.

**Students are to be taught that they should avoid those adults who would seek to do the following:**

- Discourage other adults from participating or monitoring youth activities
- Always want to be alone with young people
- Are more excited to be with young people than adults
- Give gifts to children or young people, often without permission
- Who seeks contact that is not respectful of a young person's comfort zone (example: unwanted hugs)
- Always wants to wrestle or tickle
- Think the rules do not apply to them
- Allow young people to engage in activities their parents would not allow
- Use bad language or tell inappropriate jokes and stories
- Show pornography

**Avoiding Potential Danger**

Avoiding potential danger means that we must be careful to avoid situations that could make us vulnerable to harm.

- Use the "2 by 2" principle – when with an adult or even out with people your own age (including "dates"), always be with a friend on whom you can depend.
- Make sure your parents know of any regular meetings or correspondence (email, etc.) with an adult.
- Talk to your parents. Let them know where you are at all times.
- Avoid drugs and alcohol. You are never less safe than when you are intoxicated. Avoid others who are intoxicated. Even people you know well cannot be trusted in that state.
- Dress modestly.
- When you are with someone, whether someone your age or an adult, other people should be able to easily see you.
- Under no circumstances should a person who has abused a child be working with young people. If you know of someone who has abused, they should not be near you.

**Communicating Your Concerns**

Communicating your concerns means telling someone in authority when you are uncomfortable with a situation or a person, and most especially if you have been abused or you suspect that someone else may have been abused. Pay attention to your own intuitions/feelings. Even if abuse is not occurring, it is still important to let others know when you have concerns. Only by communicating concerns can we use our knowledge to create a safe environment. Remember the following:

- If you are worried that a friend is being/has been abused tell someone in authority. Be a true friend even at the risk of upsetting him/her by "overreacting".
- If you have sought help from someone in authority and that person does not take action, tell another person in authority.

- If you have been abused, it is not your fault, even if you have not followed the steps listed above to avoiding potential danger. Do not fear being blamed. You will not be.
- There is a network of help at home, in friends, at school, in the Church, and in various other organizations. There is always someone to turn to no matter who has victimized you or someone you know. Specifically:
  - Always talk to your parents about your concerns.
  - Notify a church official, principal and/or
  - Call your county's Child Protective Services hotline, the County Prosecutor and/or the Diocese of St. Augustine victim assistance person and/or
  - Do not hesitate to call the police.

*(This lesson plan has been adapted from the Diocese of La Crosse)*