



St. Mary St. Mark
Christian Sexuality Education

CSE TEAM



Safety – Grade 1-3

Instructions for servants to pass on to parents. Parents need to teach their kids their private parts' correct names.

Child sexual abuse is related to sexual body parts.

Name body parts and talk about them at an early age. Talk simply and clearly. Use proper names for body parts, or at least teach your child what the actual words are for their body parts. Feeling comfortable using these words and knowing what they mean can help a child talk clearly if something inappropriate has happened.

When a child or youth tells

What you say and do will help the child or youth feel safe and supported. If they tell you they are being neglected, abused or sexually exploited, make sure you:

- stay calm and react without shock, disbelief, anger, judgement, or fear
- let the child or youth tell you what happened in their own words without interruption
- listen carefully without asking questions
- reassure them that it is right to tell and it is not their fault
- acknowledge how they are feeling (scared, angry, embarrassed, hurt, sad)
- help them feel comforted and supported by saying things like:
 1. I believe you and I will support you
 2. it is okay to feel scared, angry and hurt
 3. I will try to help you figure what happens next
 4. you are brave for talking about this and it is right to tell me

Soon after the child or youth tells you what is happening, find a private place. Write down what you heard and saw. Be sure to:

- use the same words the child used
- describe the way the child looked, how they behaved and other things you noticed
- keep your notes private and secure

	Grade 1	Grade 2	Grade 3
7A: Good touch and bad touch	Major	Minor	Minor
7B: Unsafe situations and secrets	Minor	Major	Minor
7C: Bad pictures	Minor	Minor	Major
7D: Feeling safe	Major	Minor	Major

Introduction:

Today we will learn about some troubles that might happen in life, and will learn how to rely on God’s protection.

God did not promise us a problem-free life, but He promised to be our rescue.

“In the world you will have tribulation; but be of good cheer, I have overcome the world.” (John 16:33).

We are children of God, the Holy Spirit dwells in us. God gave each one of us a gift; our bodies and we should keep it safe, holy and clean.

7A: Good touch and bad touch

Discuss with the children safety in a simple way. Safety is how to stay safe and protected when a danger surrounds you. Just like the animals when they sense fear or danger, they react instantly.

Definition of private parts: Parts that are covered by your bathing suits

Why is it covered? Because it is private.

DEFINITIONS - GOOD TOUCH vs. BAD TOUCH

We need to learn about good touch and bad touch.

A good touch is usually comfortable, bad touch makes you feel uncomfortable.

Here are more examples to help you know the difference between good touch and bad touch.

Good Touch	Bad Touch
Parents gentle hugs and kisses (on the cheek or forehead)	Makes you feel afraid, bad, ashamed, etc.
Teacher pats your head or back and says “good job”	A forced touch or hurts you
Gentle friendly hugs by family members	Told that it should be kept as a secret
Shaking hands, giving high fives or a fist bump	Touching private areas (covered by swimsuit)

Touch that does not scare or make you feel uncomfortable

Spitting, slapping, pushing, punching, etc.

Protect yourself rule: Shout, run and tell!

No one should ever touch you in a private part of your body (covered by a bathing suit), except your parents helping you in shower or a physician with your parents in the room. If someone tries to touch you, shout, stop or say, "Do not touch me" loudly and clearly. It doesn't matter who it is or where you are.

If anyone tries to touch your private body part or wants you to touch their private body parts, shout at them to stop, run away and tell an adult you trust. Do not be afraid to be as loud as you can. Shout, run and tell!

"Fear not, for I have redeemed you; I have called you by your name; You are Mine." (Isaiah 43:1)

Objectives → Help children understand the difference between good touch and bad touch

7B: Unsafe situations and secrets

EXAMPLES OF AN UNSAFE SITUATION

1. Bad touch: we talked about good touch and bad touch last year (Servant can give a summary from 6A)
2. Bullying and daring: Sometimes if our friend is angry, they may call us a bad name, or start yelling at us. Sometimes they are mean to us and may dare us to do something that we know is not right. They can threaten you if you tell someone about your dare.

Keep your distance if a stranger tries to approach you. Never be alone with someone you do not know or go where they tell you. If you are lost, find the nearest policeman.

Try to avoid being alone with someone in a closed room.

If you find a needle on the ground, do not touch it.

Never cross the street without checking the traffic light.

Do not expose your body in public.

Do not share washrooms, change rooms.

Do not take gifts from someone when your mom and dad are not around. You should ask your parents if it is okay first. Only gifts from trusted people. Parents, teachers or servants.

If you are using a public bathroom, make sure to lock the door.

Keep your daily prayers to God, talk to Him about everything and He will strengthen you, give you wisdom.

If an unsafe touch ever happened to you, you might feel confused, afraid, shocked, or frozen, that is normal. Unsafe touch can be done in a friendly way, such as, "I love playing with you, but if you tell anyone else what we played they will not let me come over again." Or it can be a threat: "This is our secret. If you tell anyone I will tell them it was your idea and you will get in big trouble!"

This is a lie! You must talk about it. Anyone who invades your privacy or tries to touch you in an uncomfortable way, is someone who is not trustworthy. It should never be okay to keep something like this as a secret, these are unsafe secrets.

They might threaten you with worse things. You must tell the event later.

Your parents care for you the most, help them to take care of you by telling everything about the person and what happened.

Unsafe secrets are not okay, and you should always tell your parents if someone tries to make you keep an unsafe secret. Do not keep secrets from your parents. They love you the most and they want the best for you. Sometimes we are scared to tell secrets because we do not want to get in trouble. No matter what the situation is, it is never your mistake. Tell your parents or the priest and they will protect you.

If you are keeping a secret, you should tell your parents, be brave. Don't forget God is there to help you, say His name and call your patron saint for help.

"There is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account" (Hebrews 4:13)

UNSAFE SITUATION – HOW TO RESPOND

Say NO!

Go to a safe place (if you can)

Tell an adult you trust.

Servant to explain that hitting is wrong but if someone is hitting you, you should protect yourself.

It is important for the servants to emphasize on the tell alot more as the kids might not be as reactive as they could be. So telling later is very very important.

Objectives → Enable children to read into unsafe situations

7C: Bad pictures

You may be allowed to play on your parent's phones. Sometimes, it is fun to take pictures. Remember you need to ask before taking any picture.

Do you remember when we said no one should see or touch your private parts except your parents when they are helping you in shower or a doctor's office? Also, no one should take a picture of your private parts, not even you.

The Human body should be honored because it reflects God's image. Our bodies were anointed with Myron and sanctified by God and should be kept pure and not let the bad image take away our purity.

If we see inappropriate pictures of naked people popping up when you are on the internet or during a movie, we need to cover our eyes. Right away go and tell your parents.

It is not okay at this stage to share pictures with anyone, please ask your parents if anyone asked to share any pictures.

Objectives → Warn children from bad pictures effect

7D: Feeling Safe

God is our creator; He loves us and He is our Savior. We believe that God is there for us to help us and keep us safe. God said, "I have inscribed you on the palms of My hands". Isaiah 49:16.

We love God and we follow His commandments to show our love to Him.

When we pray to God every day, we feel His support and we feel safe. Also, when we read the Bible, we learn how God shows love to His people and how Christians should live.

Talking to mom and dad helps us to feel safe too; we learn from them and they protect us in case of trouble.

God didn't create evil, evil exists because of the lack of good.

However, sometimes kids and other adults misuse the free will that God granted to us as a gift.

Note to servants. Please use the next part for G3 or in simpler words for G2. Also can use an example like Adam and Eve for G1

Free will means that we are all given many choices in our lives – we can choose to follow God's commandments and be good or choose to disobey God's commandments. Some people choose to disobey God's commandments and hurt God's children. If you see other children doing bad things to you or others, remember that God has placed many trusted people in our lives like our parents, our Father of Confession or our Sunday school Servants. Talk to a trusted

adult and they will help you. People, who are choosing to do bad things, will have consequences to their actions. Rest assured God is just. Everyone will be judged according to his or her deeds. "will render to each one according to his deeds" (Romans 2:6).

How to stay strong

- Talk to your parents.
- Read the bible
- Pray
- Go to confession regularly

Objectives → Teach youth how to overcome risks and difficult situations

Safety – Grade 4-6

Servants, please pass on to parents:

Parents need to keep their eyes on children in open places. A true story where an offender abused a child in galaxy land and the child had been screaming but no one noticed as it is commonplace to scream!!

When a child or youth tells:

What you say and do will help the child or youth feel safe and supported. If they tell you they are being neglected, abused or sexually exploited, make sure you:

- stay calm and react without shock, disbelief, anger, judgement or fear.
- let the child or youth tell you what happened in their own words without interruption
- listen carefully without asking questions.
- ***Please make sure not to underestimate what the child is saying.***
- reassure them that it is right to tell and it is not their fault
- acknowledge how they are feeling (scared, angry, embarrassed, hurt, sad)
- help them feel comforted and supported by saying things like:
 - I believe you and I will support you
 - it is okay to feel scared, angry and hurt
 - I will try to help you figure what happens next
 - you are brave for talking about this and it is right to tell someone

Soon after the child or youth tells you what is happening, find a private place. Write down what you heard and saw. Be sure to:

- use the same words the child used
- describe the way the child looked, how they behaved and other things you noticed
- keep your notes private and secure.

	Grade 4	Grade 5	Grade 6
7A: Social media	Major	Major	Minor
7B: Safe gaming	Major	Minor	Major
7C: Feeling Safe	Major	Major	Major
7D: Unsafe situations and secrets	Minor	Major	Minor
7E: Pornography	Minor	Minor	Major

7A: Social Media

Continuous TV/reels watching or prolonged surfing of social media, pushes floods of ideas to us. Ideas that may not align with God's plan for us.

For example, social media pushes on standards for beauty that have nothing to do with truth. Putting lots of pressure on young ladies and false expectations from young men.

We should keep our brain active and filter every idea to God's standard.

Is this something God would want for me?

Is this how God wants me to look like or act?

What if Jesus is physically sitting and watching with me, how would I feel?

Does social media affect your self-image?!

You are God made; your value has nothing to do with outside image. It is even disappointing that some people are very proud of their physical appearance forgetting that it is God who created them!

Now, is the media bad?! There is no answer for this other than another question: what are you following on social media, anything beneficial or valuable? Are you wasting time? It is all about the intentions and the effect.

What kind of digital footprint are you leaving behind?

Your online person is still you! Don't pretend to be someone else or act differently. Remember and act based on your Christian values. Be thoughtful about your comments online.

Do not let social media negatively affect your attitude or Christian values.

If my friends are doing something online, does that mean we have to do the same?

"All things are lawful for me, but not all things are helpful; all things are lawful for me, but not all things edify." (1 Corinthians 10:23)

"All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any." (1 Corinthians 6:12)

Avoid posting anything that could embarrass yourself or anyone later. It is almost impossible to permanently remove something posted online, someone somewhere could have taken a screenshot.

Do your best not give away any picture of yours. do not post or share personal or any information that leads to your school or where you live.

Objectives → Warn youth from social media risks

7B: Safe gaming

Free games can have inappropriate pop-ups or ads, please do your best not play this kind of games. When you use paid service you get better quality games, please do your best to pick age-appropriate games. Also, with paid games doesn't guarantee adultery free content, remember your Christian values and strive to stay away from anything that jeopardises your purity and spiritual life with God.

Be as anonymous as possible and add only people you know in person.

Cyberbullying:

Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones. It is a repeated behaviour, aimed at scaring, angering or shaming those who are targeted.

Examples include:

- Spreading lies about or posting embarrassing photos or videos of someone on social media
- Sending hurtful, abusive or threatening messages, images or videos via messaging platforms
- Impersonating someone and sending mean messages to others on their behalf or through fake accounts.

Effect of cyberbullying

When bullying happens online it can feel as if you're being attacked everywhere, even inside your own home. It can seem like there's no escape. The effects can last a long time and affect a person in many ways:

- Mentally – feeling upset, embarrassed, stupid, even afraid or angry
- Emotionally – feeling ashamed or losing interest in the things you love

- Physically – tired (loss of sleep), or experiencing symptoms like stomach aches and headaches

The feeling of being laughed at or harassed by others, can prevent people from speaking up or trying to deal with the problem. In extreme cases, cyberbullying can even lead to people harming themselves or others.. Cyberbullying can affect us in many ways. But these can be overcome and people can regain their confidence and health. We will learn how to deal with that later in the lesson.

Remember Jesus touched the untouchable. He loved the unlovable. He cared for the disregarded, weak, and vulnerable...so call his name.

Objectives → Warn youth from gaming risks

7C: Feeling safe

We can learn a few things to help us deal with difficult situations and risks.

Risk is the possibility of something bad/unsafe happening.

Process to deal with the situation you are in:

I got this “different” situation/ask → this is you **identifying** the risk.

Ask yourself is it dark or secret or doesn't align with God? this is you **assessing** the risk.

Ask for options (**Pray** for wisdom and guidance) → this is you reviewing **how to control** the situation.

Choose what aligns with your Christian values → you gracefully **controlling** the risk.

It might take a few seconds for this whole process to occur, extend the time as possible to have better options and results! Also keep in mind not every situation you'd come out gracefully, but amendments are very important, fix what was broken and disclose with your father of confession and get guidance.

Ask questions as much you can, learning is a life skill.

Ask do I have to do this?

What will happen if I did or I did not?

What is the cost? What am I risking?

Ask a trustworthy adult if needed...Remember they have experience...

“There is a way that seems right to a man, But its end is the way of death.” proverbs 14:12

“Your word is a lamp to my feet And a light to my path.” psalms 119:105

Attach yourself to the word of God, memorize the psalms and repeat them. The word of God is a shield for us.

The more you associate yourself with acts that according to God, the more your conscience is guided by The Holy Spirit inside you.

Please do not assess the Risk by Trying it!!!!

Fully Rely On God! FROG

Objectives → Teach youth to lean on God and learn some skills to assist with difficult situations.

7D: Unsafe situations and secrets

Sometimes things that seem fun to you are not fun. A class-mate might want to jump on his colleague’s back because it sounds fun, but if he is not really a close friend, and didn’t make sure the other person is ready. Someone is likely to end up getting hurt.

Appropriate (safe) VS Inappropriate (unsafe) touch

What is the meaning of the word Private?

Belongs to one particular person.

Private parts: Body parts that belong to one particular person.

No one has the right to see it

Any parts of our body that would be covered with a bathing suit is a private part...

A part that God created for me.

A part that belongs to me.

A part that I need to do my best to protect.

Any touch that feels confusing or uncomfortable is an unsafe touch.

When it comes to private parts it is far worse. No one should ever touch you in a private part of your body and you should never touch anyone in their private parts. These are sexual touches and they are abusive.

- Sexual touching or making sexual remarks by an adult about a child’s body or spreading rumors about anyone’s sexual reputation is sexual harassment.

Both sexual harassment and sexual abuse are crimes and should be reported.

- Setting physical boundaries with all ages is very important, with a friend or an adult. Remember that your body is the temple of the Holy Spirit. No one is supposed to touch.

Be careful if someone offers you free gifts. It might start as simple as a free gift! Make sure to tell your parents and confirm you are allowed to accept such a gift.

Abuse is something that many children live with, but often kept as a secret. You are old enough to talk about touches that do not make you feel safe if it ever happened to you. If an unsafe situation ever happened to you, you might feel confused, afraid, shocked, or frozen, that is normal. It is never your fault even if you froze and were not able to do anything. After the situation you must tell!

Threats to hurt you if you tell anyone, are all **lies**. When you tell the right people, you will get help. It is never okay to keep something like this as a secret, these are unsafe secrets.

If you just tell your parents, you do not want to see a person, or you do not like someone, without saying the actual reason. Your parents will not understand the reason and that will not stop the harassment.

Your parents care for you the most, help them to take care of you by telling everything.

Abuse from a close adult, a relative or a family friend can be very hard to talk about, it is very important that you seek help from your parents, priest in your church or your school counsellor.

Objectives → Raise children awareness for child abuse and sexual harassment.

7E: Pornography (Grade 6 only)

God created humans in His own image, and each person needs to strive to reflect the image of God. When people dress up in little cloth or no clothes this doesn't glorify God.

It's normal to be curious about sex and this can lead to curiosity about porn. Porn doesn't reflect real sex using it to learn about sex is sin. It's important to think carefully about what you watch. Porn is a world product for sinful entertainment and isn't intended for young people or any age.

Nude pictures affect our brain and it is so hard to get rid of in future.

Claiming it is just one photo or one video seems like nothing but in reality, it can drag us to big issues, dangers and consequences. The worst part is that it steals our purity and innocence.

It is never one time! Watching porn is like drug addiction you think you are in control until you try to stop and can't, which is basically addiction it is like the domino effect, once you start you can't stop it!

If you accidentally or even on purpose watched porn, please stop, repent, clean your heart and confess.

Objectives → Warn from nude pictures and porn.

Seeking advice:

“Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.” (Proverbs 3:5-6)

Don't be alone, and be aware that the internet is far from being a reliable source of information in this topic.

Seek a trusted person that shares your Christian beliefs and values. God surrounded us with responsible adults that we should ask:

- Parents
- Fathers of confession
- Sunday school servants

Safety – Grade 7-9

	Grade 7	Grade 8	Grade 6
7A: Pornography	Major	Minor	Major
7B: Feeling Safe	Major	Minor	Minor
7C: Social media	Minor	Major	Minor
7D: Self-harm (cutting)	Minor	Major	Major
7E: Cyber Bullying (taught in school?)	Major	Minor	Major
7F: Safe Surfing	Major	Minor	Minor
7G: Online Grooming	Minor	Major	Minor

7A: What is pornography

Important points:

- Clarification that curiosity about sex is normal but that curiosity can lead to temptations and acting on said temptations may be committing sexual immorality.
 - Sex is an expression of love in marriage
- Pornography is sexually immoral and breaks God’s commandment
 - Sexual immorality: Neglecting and defying God’s plan of sexual relations/sexuality.
 - Watching porn is cheating yourself and God.
 - “flee sexual immorality. Every sin a man does is outside the body, but he who commits sexual immorality sins against his own body.” 1 Corinthians 6:18
- Pornography
 - Does not represent real sex. Uses actors to portray an illegitimate display of affection which is both confusing and sinful for all people - including married couples.

Adolescents have a rush of intensified emotions, feelings, and thoughts - some induced by hormones. They also have wider access to the internet and the dangers that come from it. The idea of sex may become prominent in their lives, as a result of a society driven by the notion that pleasure is all that should be sought from life.

Why do people use porn?

Some of the common reasons ref (<https://fightthenewdrug.org/basic-reasons-why-people-look-at-porn/>)

Please add in a discussion about arousal if the discussion is separated (males in one room and females in another). See above link

1. Arousal

The main reason people watch porn is for sexual pleasure, although it is produced to arouse the consumer, it is not produced with the health of the user's relationships in mind. People use it as a way to fulfill a need for sexual desire.

2. Curiosity about sex

Pornographic websites are a form of entertainment that prides itself on displaying sexually immoral and inaccurate depictions of sex and sexual relations. These videos remove the aspect of love, which is the foundation of sex in a blessed matrimonial relationship. It's important to remember that these people are paid actors and this is how they make a living - we should not judge them but that does not mean we should embrace their lifestyle.

Your peers (not friends - anyone in your life who encourages you to sin, they are not your friend) may encourage you to watch porn in the name of "education," so that when the time comes for them to partake in sex, it will seem like they know what they're doing. When this happens, politely refuse.

Feeling confused about sex and wanting to understand it is normal, but that does not mean people should resort to sinful measures to obtain an understanding.

3. Coping with negative emotions

Pornography is a sinful and unhealthy way of dealing with negative emotions.

4. Boredom

What we read, watch, draw and talk about, have a great impact on us. We may underestimate the impact, but our atmosphere slowly changes us.

- Examine every aspect of your atmosphere and make sure it helps you on what you choose to be. We should have control over what we feed our brains and senses with.
- Fill your time with useful things that build you, physically, mentally and spiritually.
- Keep God in your atmosphere. For example, when reading the Bible, do not read as a task to be done but rather contemplate for the day on what you read, perhaps listen to a sermon or an explanation for that particular chapter. "I will meditate on Your precepts, And contemplate Your ways." (Psalms 119:15) . "With my whole heart I have sought You; Oh, let me not wander from Your commandments! Your word I have hidden in my heart, That I might not sin against You."(Psalms 119:10,11)
- Remind yourself with the scene of the cross, the wounds of Christ and the thorns poking, shedding His blood for loving you!

Set your mind on things above, not on things on the earth. (Colossians 3:2)

Sex-related scenes in media:

There are all types of sinful examples depicted in movies and TV shows - for example, swearing, lying, jealousy, sex-related scenes, etc.

While sex-related scenes in movies may not be considered porn - as it is not the entire purpose of the movie - that does not excuse it from being harmful to anyone - adolescents and adults. Consistent exposure to any kind of pornography is harmful to us physically, mentally, and spiritually.

Exposure to sex and its impact on health:

Porn steals your purity.

Porn does not reflect reality and may destroy body confidence - it can create body-image issues which may lead to mental and physical health issues like eating disorders.

Porn can induce unrealistic attitudes about sex and harmful acts.

Porn gives people false expectations about sex which can negatively affect the future physical relationship between a husband and a wife.

“whoever looks at a woman to lust for her has already committed adultery with her in his heart.” (Matthew 5:28)

This applies to men and women equally, the man is the start of the creation.

Sexting:

Sexting is sending and receiving sexual messages through technology and is ILLEGAL for minors (under 18). Sending nude photos is child pornography. Receiving nude photos from a minor in possession of child pornography and forwarding nude photos from a minor is the distribution of child pornography. ALL ILLEGAL.

Aside from being convicted of a crime, losing your purity, the most important virtue, which we should be adorned with is far worse.

“For do I now persuade men, or God? or do I seek to please men? for if I still pleased men, I would not be a bondservant of Christ” Galatians 1:10

- Christ teaches us diligence and caution in every action, this would include how we talk or express ourselves to others.

“A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things. But I say to you that for every idle word men may speak, they will give account of it on the day of judgement. For by your words you will be justified, and by your words you will be condemned.” Matthew 12:35-37

If you are asked by anyone to share a nude picture:

Remember when you're very young you're taught "STRANGER DANGER" this applies wholly to this situation. There is always good in people, but be wary of the evil, as their evil may bring you destruction to you physically, psychologically, and spiritually.

Often times, someone you **trust** may ask you for nude photos, these people are not someone you should trust. These requests are not out of love, they come from **evil intentions** and these individuals take advantage of your seeking external validation. When someone loves you, they will not ask you to cheat your purity/innocence or expose yourself in a harmful manner. To these people who have evil intentions, they deny God and have a love for (consciously or not) defilement.

"To the pure all things are pure, but to those who are defiled and unbelieving nothing is pure; but even their mind and conscience are defiled."(Titus 1:15)

In these scenarios, please block and report these individuals on every platform they may be able to contact you. If the situation is giving you feelings of anxiety seek out your spiritual guide, counsellor, or father of confession.

Objectives → Warn youth from porn and sexting risks

7B: Feeling safe

Important points:

- "STRANGER DANGER" still applies wholly to online safety, there are many many sexual predators who approach young children and teenagers - pedophiles - and the internet provides multiple platforms for them to seek out their targets
- Catfishing - when a person online pretends to be someone else to trick others - occasionally sexual intentions are involved

The media is very secular and deviates away from God constantly. In music, there are songs about sex, drugs, etc similar to movies, social media, TV shows, etc. Sex and drugs (etc) were glorified to the point that Western Society normalized these substances.

People are walking away from God, His light, and grace, and actively disobey His commandments.

"God is our refuge and strength, a very present help in trouble" Psalms 46:1

- We should always trust that God knows what's best for us, no matter what. Sometimes we are in situations that are painful and difficult. God will often help us during these situations and we should learn something from these events.
 - Questions to ponder: What happened? What can I learn? What should I change for the future?
- We should learn the art of lament. Look at King David in the psalms, God did not always rescue him, but rather guided him to be strong and kept safe.
- Have a strong support system.
 - This means have good friends (good Christians who put God first in everything and would care to warn me if I do wrong), find adults in your life who love you and would protect you. Have people in your life you can be yourself with, without negative judgement of your feelings. Your father of confession should also be a part of this circle.
- Memorize short psalms or verses - or keep a list on your phone

“The name of the Lord is a strong tower: the righteous runneth into it, and is safe” Proverbs 18:10

Objectives → Guide youth to safe online usage

7C: Social media

Social media portrays the lives and lifestyles of people everywhere. Not everything on social media is correct. The pictures are usually photoshopped to make men and women look a certain way when in reality their bodies aren't shaped that way. This causes a lot of body image issues, such as eating disorders and anxiety, regardless of self-confidence.

People only portray only the good aspects of their lives, you'll only see what they want you to see. No one has it all, no one knows what they're doing, **especially adults**. Everyone lives by the day and hopes and prays for the best outcomes.

Questioning the way you look (body type, hair type, etc) is questioning God's creation. You are beautiful the way you are, there's nothing more you can do to be beloved and valued.

Obtaining validation externally through social media outlets will not fulfill you, validation should only be obtained spiritually.

NOTE: in this context, validation is to obtain an external sense of value/worth. For example, the number of likes on a photo, the grades obtained in school, number of friends.

Getting validation from others can be a positive thing (words of affirmation/encouragement) or negative. Validation from others should not impact our value as a person. Our value comes from God.

Social media can contribute to anxiety. Unplugging for a while can lessen feelings of anxiety, but will not remove it.

Before posting online, ask these questions:

- Can this photo harm me or someone else?
- if there are others in the photo - Are they ok with me posting this?
- Do I want the internet to have this picture?
- Who do I want to see this picture? Is it worth posting it online? Losing control of who has access to the photo?

Remember to clean out your socials! Go through your following/followers/friends/etc every once in a while, if you don't recognize someone, consider removing them from having access to your profile.

Objectives → Warn youth from social media risks

7D: Self-harm

Everyone faces stressors, adolescents included. Some can choose to push back from triggers and others choose to succumb to diving head first into thoughts of depression and anxiety which may lead to suicidal thoughts and actions like cutting. Stressors can be from anything, everyone reacts differently to different stimuli and that's ok, **as long as it is a healthy coping mechanism**. What might be hard for your friend may not be terrible for you, and vice versa. Stressors can be from pressure or abuse (mental, emotional, physical, sexual, etc) from society, friends, family, etc.

Whatever feelings (anxiety/depression/etc) you have are valid, do not let someone take that away from you and make you feel insignificant. Examine the thoughts that are inducing the feelings you presently have. Ask a counsellor/parent/servant for guidance.

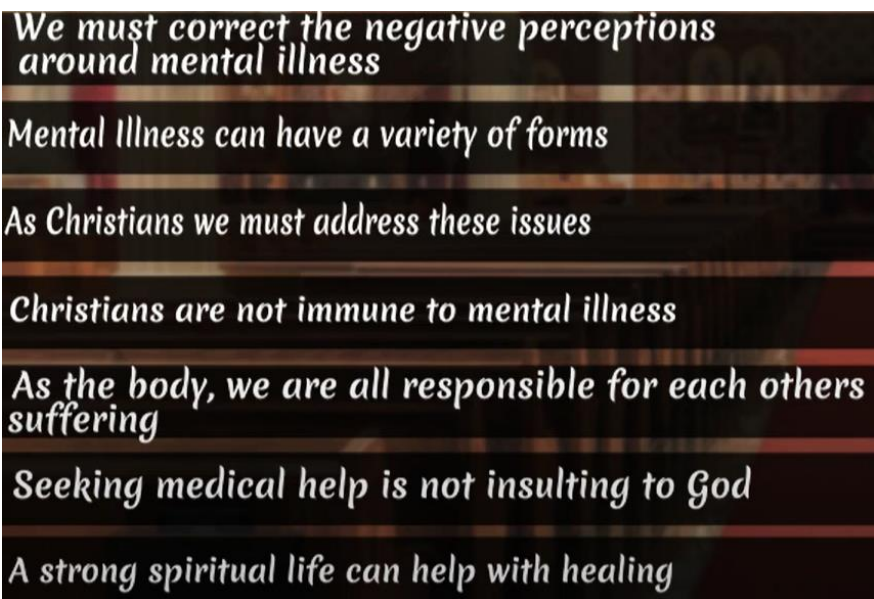
You are valid in God's eyes.

If you know someone who is suffering from abuse, anxiety, or depression, encourage them to seek help. Do not speak on their behalf, but rather help them talk about it to a trusted adult. A lot of therapy, counselling and physical therapy may be needed for such crises. If your friend is not from church encourage them to speak with a counsellor or doctor. If they are from church encourage them to speak with a counsellor or doctor as well as their father of confession.

Self-harm, such as cutting, is a very common way some people try to redirect their pain, or “try to feel something.” Self-harm can vary in severity and effect. Cutting is portrayed in the media, often, to raise awareness, not to promote it. There are times when the media glorifies it or normalizes it. Anything serious should not be taken lightly. Cutting is a serious issue; people often underestimate the potential to become seriously sick or hurt themselves through bleeding or infections.

Our bodies are a gift from God - “There is one body and one spirit, just as you were called in one hope of your calling.” Ephesians 4:4

We need to take note of the changes in our emotions and seek help when we are pressured. Overwhelming emotions can cloud judgement and may lead people to find temporary relief. A face-to-face conversation with a parent about cutting is difficult. But, seeking help is crucial. Discussing what is overwhelming you may be easier, your parents may try to help you cut out some aspects to lighten your pressures.



Below is a list of ways to resist the urge to cut or harm yourself:

- Seek professional help
- Memorize a psalm and use it as a quick prayer at any time anywhere (try Proverbs 18:10)
- Journal your feelings, needs, disappointments, successes, and opinions into words. This can ease the stress
- Call a friend and talk about something completely different
- Shower - ensure that there are no razors (or other sharp objects)

- Exercise: walk, run, work out, bike, etc
- Play with a pet
- Watch TV
- Drink water

Essentially, find something to distract you or release your emotions in a healthy manner.

Our psychology and biology (genetics) evolved due to sin and the necessary chemicals in our bodies (and brains) have an increasingly challenging time regulating feelings of anxiety and depression. Maintaining healthy habits such as good sleeping patterns, eating well, and exercising. Sometimes, our brains need a little bit more help and medication is used to ensure stability, and it should not be guilt-inducing. Seeking mental help is not taboo and it should not be seen that way.

If God is with us, why is there evil?

- Sometimes God allows bad things to happen, it's often to teach us something. Also known as character development and we need to trust in God that He will take care of us.
- Evil exists (that was not God's plan - evil exists due to the absence of good) in the world and God allows it. God gave us free will and He wants us to choose to repent.
 - we live in corruption when we are with God. But when we fall into sin we become corrupted and make evil choices, which causes the harm.
 - Evil is evil, we cannot categorize sin into different levels of evil.
- "Oh, the depth of the riches both of the wisdom and knowledge of God! How unsearchable are His judgement and His ways past finding out!" (Romans 11:33)
- "Though they join forces, the wicked will not go unpunished; But the posterity of the righteous will be delivered" (Proverbs 11:21)
- God is almighty and in control. There are many times He maneuvers His people away and towards evil for their benefit.
- "And we know that all things work together for good to those who love God, to those who are the called according to His purpose." (Romans 8:28)

NOTE TO THE SERVANTS - IF THE YOUTH DISCLOSE THAT THEY ARE FACING ANY SUICIDAL THOUGHTS PLEASE SHARE THE KIDS HELPLINE - ALSO add it in last slide and encourage youth to take a picture, it can be helpful to you or other youth in trouble

Text **686868**, we'll put you in touch with a trained, volunteer crisis responder

Youth can get support over the phone 24/7 by calling **1-800-668-6868**.

ref(<https://kidshelpphone.ca/our-e-mental-health-services#:~:text=By%20phone,%2D800%2D668%2D6868>)

<https://edmonton.cmha.ca/programs-services/distress-line/>

In case of emergency, they have to call 911

PLEASE EMPHASIZE TO THE YOUTH THAT THEY MUST SEEK HELP IF THEY ARE EXPERIENCING SUICIDAL THOUGHTS OR ARE COMMITTING SELF-HARM

If a youth tells a servant that they're thinking about suicide. Ask them if they have a plan and the details of the plan. if they have a plan that's thought out, break confidentiality and tell their parents. If not, tell them to seek professional support from a counsellor/therapist.

If a youth tells a servant that their friend is thinking about suicide, ask them about their friend's plan, and try to speak with the friend.

Objectives → Warn youth from self-harm

7E: Cyber bullying:

Bullying: intentionally inflicting harmful behaviour towards another person multiple times over a duration of time.

Bullying may be in the form of verbal, physical, and social. These may be used in different methods such as in-person or online. The following are methods to identify bullying:

- deliberate or intentional
- Often involves an abuse of power in a relationship
- Repetitive
- Behaviour that is meant to cause harm

Bullying is a very serious topic. Bullying can destroy a person's self-confidence/self-esteem/self-worth, it can involve manipulation or just slowly chipping away at another person. This can lead to substantial damage to someone and they might need professional help from a therapist.

Bullying is not a part of growing up. Cyberbullying is bullying that occurs "behind a screen" like messages such as texts, DMs, PMs, etc.

- upsetting or threatening messages
- rumours
- creating fake accounts to harass others
- sharing embarrassing or private photos or videos online

What to do if you are being bullied.

- Do not reply or attack the other person
 - avoid giving the bully satisfaction of a reaction (especially one filled with emotion). This often fuels them to continue to harass you
- Talk to someone
 - telling your friends or an adult, they might be able to help you navigate the situation
- Save the messages
 - This can be used as evidence to report the bully if needed.
- Cut them off
 - block the person's social media or phone number

Objectives → Warn youth from cyberbullying

7F: Safe Surfing

Privacy and security:

Normally people don't leave their front doors unlocked or their cars unlocked for more than a few minutes. Similarly with your personal information. No one wants a random creepy person calling them, showing up at their school or home. Other times, those people will use your information to blackmail you (manipulate you into doing things for them). Always check your privacy settings that your profiles are on "private" so that the limited information of you on the internet is only easily accessible to people you know.

How to be safe online:

- create strong passwords and update them.
- don't share your passwords
- keep your apps updated - new app software is designed to keep your data secured
- don't accept everyone on social media. If you aren't sure you know them, ask your mutual friends if they know this person.
- regularly delete your cookies (on the browser)
- double-check the websites or apps asking for your personal information are legit. You can find out who owns the domain, their contact information and how long the website has been operating using whois.domaintools.com or dnc.org.nz. If the website was recently set up or is hidden behind a private domain registration, be cautious about placing an order.
- Look for the padlock symbol next to the URL or if the URL starts with "https://" or http://
 - your connection from the browser to the web server is encrypted and no one else can copy your information. Don't submit any personal info or payment info that does not have this.

Objectives → Provide youth with online security recommendations

7G: Online grooming

As mentioned previously, catfishing is a very real thing and is very easy for predators to do. Although connecting with people is a great way to maintain friendships etc, they might be people who are not who they say they are. Sometimes these catfishers are groomers who try to trick you and take advantage of you.

How do groomers get close to young people?

- make a fake profile using a false name and photos
- pretend to have the same interests as you
- may offer gifts or money to obtain images or videos of you or a video call - these requests from them usually relate to sexual acts

If you previously or are currently being groomed, this is not your fault and you don't need to deal with this alone.

What is grooming?

- when an adult tries to sexually exploit a young, naive person. It's not always physical, it can often involve sexual pictures, conversations or video calls.
 - sextortion: <https://www.cybertip.ca/en/online-harms/sextortion/>
- The groomer is not necessarily old (and wrinkly) they may be a few years older than you, regardless they are manipulating a younger person.

*note: theres a website a teen can use to request that the government of canada to remove a certain image of them off of the internet.

https://www.cybertip.ca/en/report/?utm_campaign=sl&utm_term=/app/en/report

EXAMPLE:

- A young girl in Edmonton was being groomed and a man met with her and crossed the Canada-United States border
- A 21 year old man was grooming girls in Edmonton (EPS) the youngest girl was 11 years old

STATISTICS:

- In the past year, Cybertip.ca analysts have classified more than 645 reports as online luring, an attempt made by offenders to sexually exploit/harm children. Go to footnote 1 Of those reports:
 - 25% involved victims 13 years old or under, with the youngest being 7 years old
 - 48% involved victims 14–17 years old
 - 22% of incidents occurred on Snapchat®
 - 23% of incidents occurred on Instagram®, Facebook® or Facebook Messenger®
 - 12% of incidents occurred on Discord™
 - 1As of September 1, 2021.
 - <https://www.cybertip.ca/en/child-sexual-abuse/grooming/>

Objectives → Warn youth from online grooming

References

<https://www.alberta.ca/how-to-help-and-report-child-abuse-neglect-and-sexual-exploitation.aspx>

<https://childmind.org/article/10-ways-to-teach-your-child-the-skills-to-prevent-sexual-abuse/>

<https://teachingsexualhealth.ca/teachers/sexual-health-education>

https://en.wikipedia.org/wiki/Child_sexual_abuse

<https://fightchildabuse.org/> - https://www.youtube.com/channel/UCdC2_Ejj_BxbNkHhzatEAW

A CHRISTIAN GUIDE TO ONTARIO'S HEALTH AND PHYSICAL EDUCATION CURRICULUM (Grade 7)

<https://kidshealth.org/en/parents/cutting.html>

<https://kidshealth.org/en/teens/resisting-cutting.html>

<https://www.keepitreasonline.govt.nz/parents/>

<https://www.keepitreasonline.govt.nz/youth/>

<https://childmind.org/article/media-guidelines-for-kids-of-all-ages/>

<https://drive.google.com/file/d/1PU2P3gafsH7Z9vUldQoVZ1ZB6Jzg6VuO/view?usp=drivesdk>

<https://www.lawnow.org/sexting-whats-the-big-deal/#:~:text=Sexting%20is%20illegal%20if%20you,This%20is%20child%20pornography.>

<https://www.edmontonpolice.ca/CrimePrevention/PersonalFamilySafety/ChildProtection/BullyingAndCyberbullying>