



SAFE

UNSAFE

Safety Plan

Everyone (including YOU) has inherent dignity as a child of God and should be treated first and foremost with respect. It's our responsibility to respect our own **Circle of Grace** and that of others.

BEFORE YOU NEED HELP, know your trusted adults. Name them here:

Home	School	Church	Other:	Other:

WHEN A SITUATION comes up, follow these steps:

Assess the situation

If you ever don't feel safe, listen to your instincts and feelings. It is **always** okay to go to a trusted adult or leave a situation you feel unsafe in.

What to do when you feel unsafe

1. Find your trusted adult.
2. Look at your trusted adult and wait for their attention
3. Tell them you do not feel safe and explain why
4. Let them ask questions
5. Discuss solutions
6. Thank them for their help

If you don't get the response you need, TRY again or find another trusted adult.



Code of Conduct for Children and Young People

I understand that I am created by God and live in the love of the Father, Son, and Holy Spirit.

I understand that God does not want or cause bad things to happen.

I understand that God is with me even when I am hurting or sad.

I understand the *Circle of Grace* that God gives me and others.

I understand that I can help stamp out "bullying" by not being a silent bystander.

I understand that speaking out and taking positive actions when bullying occurs makes a difference.

Because of this understanding when I interact with someone, either in person or when using technology such as texting and social networking, I will strive to:

- Have my actions be safe and show respect toward myself and others.
- Have my words and actions represent the truth.
- Identify and maintain appropriate and healthy boundaries and relationships.
- Talk with my parents/trusted adult if I have concerns (bullying) or if there is a question that these boundaries are violated.

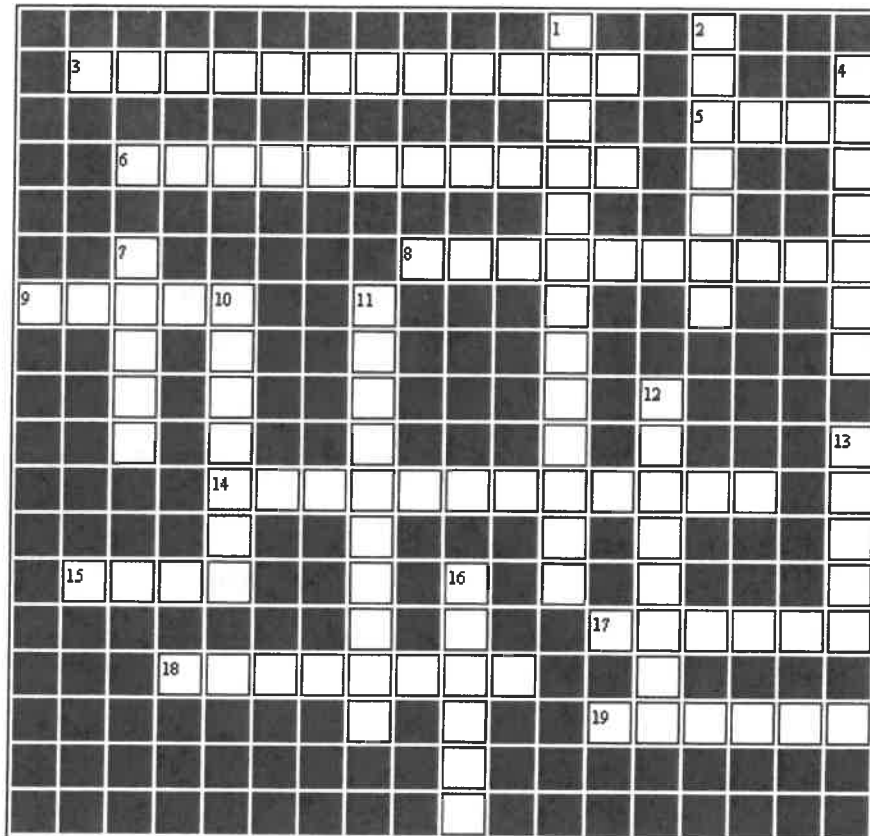
Student _____

Parent _____ Date _____

Word Bank List for the Vocabulary Review Puzzle

- | | | | |
|----|------------------------|----|---------------|
| 1 | Boundary | 12 | Relationship |
| 2 | <i>Circle of Grace</i> | 13 | Respect |
| 3 | Culture | 14 | Safe |
| 4 | Empathy | 15 | Safe Secret |
| 5 | Feelings | 16 | Signal |
| 6 | Grace | 17 | Symbol |
| 7 | Greed | 18 | Talent |
| 8 | Healthy | 19 | Trust |
| 9 | Holy | 20 | Trusted Adult |
| 10 | Holy Spirit | 21 | Unsafe Touch |
| 11 | Honesty | 22 | Value |

Circle of Grace Vocabulary Review



Across

3. A connection with God or others
5. When my body and my feelings are respected by me and by others
6. Touch that is disrespectful and hurts, scares, or makes me feel uncomfortable or confused (2 words)
8. A secret that doesn't hurt others or me (2 words)
9. Gift of God's goodness and love to help me live as a Child of God
14. An adult who helps me to stay safe in my Circle of Grace and to respect others within their Circle of Grace (2 words)
15. Special because of a connection with God who loves me always
17. Special God-given ability or gift
18. Something I sense inside myself that gives me information about others or myself
19. Picture or object that stands for something else

Down

1. The love and goodness of God that always surrounds me and all others (3 words)
2. Being kind to others and doing what is best for myself and others
4. That which is sound and vigorous in mind, body and spirit
7. Intrinsic importance or worth
10. Ability to understand the feelings of another person
11. God present with and within me in a special way (2 words)
12. Something that marks a limit or border
13. Being able to count on someone to help me to stay safe within my Circle of Grace
16. Internal or external sign that tells me something may be safe or unsafe

Remember: Faith Makes a Difference

It's the little acts of faith that make a big difference, below are a few:

1. **Just be quiet with Jesus for a few minutes. This break from your hectic day will help. Stress and pressure is not new. Check out what our faith say about it in Scripture (Below)**
2. **Pray instantly when anxiety begins to creep in. A short prayer is good enough.**
3. **Celebrate the sacraments (a little more than you do now). Christ's grace can help us achieve the peace that will make us saints.**
4. **Read and meditate on Scripture, specifically the many passages that address worry and peace.**
5. **Take advantage of sacramentals (they confer an actual grace!): holy water, icons, medals.**
6. **Cultivate joy. Peace and joy are unified. Try new things that are healthy and holy. Get out of your comfort zone. Keeping life interesting makes daily life full of joy, and nothing promotes peace like joy.**

Overcoming anxiety is actually a central tenant of our Catholic faith! Getting rid of stress in your life is necessary for maintaining peace, without which you cannot be a saint or help others become saints.

Scripture Verses Dealing with Stress

- Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid. John 14: 27
- In the world you will have trouble, but take courage, I have conquered the world. John 16:33
- In this you rejoice, although now for a little while you may have to suffer through various trials, so that the genuineness of your faith, more precious than gold that is perishable even though tested by fire, may prove to be for praise, glory, and honor at the revelation of Jesus Christ. 1 Peter 1: 6-7
- "Therefore I tell you, do not worry about your life, what you will eat [or drink], or about your body, what you will wear. Is not life more than food and the body more than clothing? Matthew 6:25
- No trial has come to you but what is human. God is faithful and will not let you be tried beyond your strength; but with the trial he will also provide a way out, so that you may be able to bear it. 1 Corinthians 10:13

Opening Prayer

God, grant me the serenity to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.

Help me live one day at a time, enjoying one moment.

Help me to realize hardships can lead to peace and You are always by my side and will
make things alright.

In Jesus' Name. Amen.

Closing Prayer

With each new day that dawns I am growing up, Lord.
It's not too soon to be thinking of the person I want to become.

It's very hard, I think,
to make the choices You desire
which are always best for me,
even though today's culture would have me think otherwise.

I pray that You will help me and guide me.

Let me share, each day,
my talents where they are needed,
and, when You prompt me with Your Holy Spirit,
let me have the courage to be generous and open
to do what You want.

Amen.