

Opening Prayer:

**Holy Spirit, show us the way.
Be with us in all we think, do and say. Amen.**

Closing Prayer

**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**

Summary of the Key Concepts of "Circle of Grace"



God gives each of us a Circle of Grace (see below) 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.
Knowing 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 allowing us to experience 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 several trusted adults, in addition to our parents, to talk to about our worries, concerns or "funny/ uncomfortable feelings" so they can help us be safe. If a parent or trusted adult is not available or unable to help us, God wants us to go to another trusted adult until we get the help needed to be safe.

Circle of Grace
5 Major Objectives

good

God

others

loved

not

1. We are all children of _____.
2. As children of God, we are unique and we are _____ by him.
3. Jesus teaches us how to love and respect God, _____, and ourselves.
4. God does _____ want or cause bad things to happen.
5. We are all called to do _____.

In-Person Relationships vs Online Connections

In-Person Relationships		Online Connections	
Positives	Negatives	Positives	Negatives

“DON'T BE DUPED” SAFETY PLAN

We want you to remember this safety plan by using the acronym DUPE.

D- Discern

U- Understand

P- Protect

E- Execute your Plan

The letter “D” stands for Discern

- What prompting is the Holy Spirit giving you about this person or situation?
- Does this person or situation respect your Circle of Grace?
- What would your parents or others who love you say about this situation?
- What trusted adult can you talk to about the situation?

The letter “U” stands for Understand

- In every situation we need to remember that the Holy Spirit is always with us to help us stay safe.
- The Holy Spirit gives us feelings or instincts and we need to listen to them.
- Understanding a situation and our response to it requires us to listen to the Holy Spirit, our family and friends.
- Answering the following questions will help you understand if a relationship is healthy and belongs in our Circle of Grace
 1. How long have you known this person?
 2. Is your knowledge of this person face-to-face?
 3. How much do you know about this person?
 4. How have you verified what this person has told you about themselves?
 5. What do your feelings (instincts) tell you about this person or situation?
 6. How many things do you have in common with this person?
 7. Is the relationship respectful of your boundaries and the other person's?
 8. Are you able to say, “No,” to this person?
 9. Does this person's age or status influence your behavior in the relationship?
 10. Does this person ever ask you to keep secrets?
 11. Are people around you apprehensive/concerned about the relationship?

The Letter P stands for Protect

Part of protecting oneself in uncomfortable situations is to know the following 3 key areas that may make a situation or person unsafe. Someone may pressure you to do something that makes you uncomfortable. You may feel confused because you admire them.

They are:

Unequal Power

- Are they significantly older, more popular, or a bigger size than you?
- Are they in a position of authority?
- Do they have access to more resources such as money, knowledge, car etc. than you?
- Are you afraid of them?

Secrecy

- Are they asking you to keep secrets from your parents, friends or other adults?
- Are they asking you to not to tell about gifts, time together on line, in person or activities you do together?
- Do they say no one will understand your relationship?

Forced Isolation-

- Do they get angry when you want to hang out with your friends?
- Are they angry if you don't answer your phone or text right away?
- Do you feel like they are trying to control you with their words and actions?

The letter "E" is for Execute your Plan

- There are other things you can do to protect your *Circle of Grace* when your parents or trusted adults may not be around. Some of them are:
 1. Don't reveal personal information on the internet/social media. That includes full names, school, grade, address, phone number, sports teams, church groups, etc. Perpetrators try to identify young people by learning about their activities and schedule patterns. Be particularly cautious of social networking websites and personal blogs.
 2. Stay away or get away from situations that make you feel uncomfortable.
 3. Tactics may include saying, "No," walking away, calling a parent.
 4. Avoid unsafe situations, which involve alcohol, drugs, or smoking.
 5. Be cautious about situations in which you are left alone with a not well-known adult.
- To protect your *Circle of Grace*, you need to tell trusted adults you need help.
- Notify your parents or another trusted adult whenever someone has violated your boundaries, such as manipulating/controlling you or not respecting your *Circle of Grace* or someone else's *Circle of Grace*.

Safety Plan - Homework

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.

