**Safe Environment Grade 7 and 8 (Odd numbered year)**

**Unit 2: Jesus Christ the Truth**

**Chapter 16: Jesus’ Kingdom of Love**

**Faith Focus:** A follower of Jesus regards sex as a sacred gift used to express deep life-giving love within marriage.

**Materials:** building blocks, student books, chart paper or white board, Moment with Jesus cards, notecards, Bible

**Centering:**

1. The catechist will greet students and take attendance.
2. Open with the Sign of the Cross.
3. Hand building blocks to a few students. Ask them to come forward to come build a structure. Be sure to add that student should not let the structure collapse.
4. Stress that the structure is like friendships. They need to be built on a solid foundation.
   1. The same is true of our sexuality. It must be treated with great care or it will be damaged.
   2. The Church gives us rules about sex so we can have a strong foundation on which to build our relationships.
   3. Some people see a structure like this and want to knock it down. Today we are going to talk about how to keep ourselves strong and safe, which is what God wants for us.
5. Stress that God made each of us in His image. Our bodies are sacred and Holy and deserve to be honored and respected by others and ourselves.

**Sharing:**

1. Before you begin the discussion of sexuality with your class it is important to set guidelines for the discussion and to have them posted on the board and /or a piece of chart paper.
2. Ask students to make a list of guidelines for discussing human sexuality. If they do not include the following, be sure that you include them on the list.
   1. What is said in class stays in class unless it puts you or someone else in danger.
   2. There are no dumb questions.
   3. Respect others
   4. It is ok to feel embarrassed.
   5. When people feel embarrassed they sometimes laugh or make jokes, but it is important to stay serious to respect the ideas of others.
   6. You may not ask the catechist personal questions.
3. Students will have an extensive background on safe, unsafe, and unwanted touch. Briefly list these on the board and the differences among them.
4. Ask students what they should do when they experience unsafe/unwanted touch
   1. Stay stop
   2. Get away
   3. Tell a trusted adult
5. **Say “**Even in our close relationships we need to learn what is appropriate levels of intimacy that honor our relationship with God, others, and our future husband or wife if we are called to the vocation of marriage.”
6. Discuss the five levels of friendship
   1. Causal
   2. Friend
   3. Close friend
   4. Best friend
   5. Intimacy
7. Each level has different degrees of how we reveal ourselves, what commitment is and what is appropriate touch. (For example, we might not hug a casual friend, but we would a close friend.) Sometimes people can confuse a need for intimacy with sexual feelings. Intimacy is a total self giving to another person, and in marriage that means sexual love.
8. Ask students to read page 99 in their books silently and to complete the exercise.
   1. What are some qualities of a friend you listed.
   2. Why is the heart a symbol of total love (it stands for our whole being., our life. Jesus showed us love by giving his life for us.)
9. Read aloud Eph 5:25-33 to the students.
   1. Ask, how does the sacrament of matrimony help the married couple?
10. Ask several students to read “prepare now” aloud form page 100
    1. Ask: Was Carl experiencing love?
    2. What do you think of group dating? How does it help a marriage later.
11. Direct students to complete the activity on moral qualities on page 100
    1. Ask, “What were some of the moral qualities you choose?
12. Read aloud “Sex, A gift from God” on page 100
    1. Ask: Why is the gift of sex holy?
    2. How does God protect this gift?
    3. What are the purposes of the sacred gift of sex?
13. Have students read “A sign of Total Surrender” on pages 100-101
    1. Ask: If you really love a person, would you pressure them to have sex?
    2. Ask: Why would having sex when you are not married be harmful for you and the person you have sex with? How would it impact your future spouse?
14. Ask a student to read aloud “Who is the Boss on page 101.
    1. Ask, What are some of the reasons young people engage in sex today?
15. **Complete a Moment with Jesus on page 101 with the students.**
16. Hand out note cards to the students and ask them to respond to the following questions:
    1. Ask students to respond to the following questions:
       1. Do you agree that waiting until you are married to have sex is the best decision for you to make for yourself, why or why not?
       2. What are three things you can do if someone you are close to pressures you to have sex?
17. At the end of the session they should take the notecard home with them.