

InnerVisions HealthCare - Relationship Program
6th Grade Scope and Sequence - Catholic Schools

Day 1 - Learning about Yourself (YOU)

- Introduction
- Popcorn Icebreaker
 - Objective: to have fun while creating a safe classroom environment
 - Statements are said one at a time and if that statement applies to the student, they will “pop up” out of his or her seat.
 - Attention is drawn to the fact that students have far more in common than they might think and may share many of the same challenges.
 - Examples: “I am a first born” “I know what it's like to have a bad hair day”
- Norms & Expectations - 5 min
 - Objective: set the climate of the classroom by setting guidelines for behavior and expectations set guidelines for the experience.
 - Norms: be open minded/kind to one another, be respectful, agree to disagree, no verbal put-downs
 - Expectations: to have fun, learn more about myself, to gain new resources
- Who Am I? - 20 min
 - Objective: help students learn about themselves by asking self-discovery questions.
 - Examples: What do I like to do on the weekends? What makes me laugh? What am I afraid of? What do I wish for on my next birthday? What am I most proud of?
 - Discussion on how God sees us.
 - All this is great in learning about ourselves. But the most important thing to remember from today is that our identity is not based on what we like to do or what we are good at, or what others say about you. It’s not even about who’s your parents or what your family is like or what your favorite color or food is. The deepest and most important identity you have is a beloved child of God. NOTHING can ever take that away from you. First and foremost, you are a loved child of the one true King who created you to know him, love him and serve him in this life so you can be with him in the next life of heaven.
 - **WHY AM I HERE? - God wanted to share everything with you.** God, infinitely perfect and blessed in himself, in a plan of sheer

goodness, freely created man to make him share in his own blessed life. (Prologue of the CCC, section 1)

- *God said: Let us make human beings in our image, after our likeness... God created mankind in his image; in the image of God he created them; male and female he created them. –Gen 1:26a-27*

Day 2 - Learning About Yourself and Others (YOU+GOD)

- Review norms/expectations & last week's material
- How Do I See Myself?
 - Objective: Help students to understand and develop self-awareness and self-perception. To teach students to become aware of how other people see them.
 - Students share their video game name or social media username
 - This gives students an opportunity to see how they present themselves to others. Sometimes identities are found within their interests. Ie. sports, hobbies, etc. Some usernames are "Smith9" to represent their last name with their soccer number or "DogLover" to represent their love for, well, dogs.
 - Remember from last week, we can describe ourselves with things we like, but we always have to remember the truest and deepest part of our identity... does anyone remember? (that we are a beloved child of God)
- Basic Needs of the Heart
 - To help students evaluate the condition of their heart.
 - Students rate their hearts 0-10. 0=unloved, I don't matter, I am scared, I am unacceptable; 10=I am worthy of love, I am making a difference, I belong, I am happy and confident.
 - Students are asked, "What are examples of things you do to try and fill the empty space in your heart?" "Are the examples we shared healthy or unhealthy strategies for filling your heart?"
 - It is difficult to love others from a place of emptiness. A discussion is led on ways to fill your heart in order to live in a place of fullness and to have the resources to care for yourself and others.
 - Read: Gen 1:26a-27
 - *God said: Let us make human beings in our image, after our likeness... God created mankind in his image; in the image of God he created them; male and female he created them.*
 - If God created us in his image and likeness, he created our hearts with a God shaped hole. He created us to NEED GOD. We need Jesus in our hearts first and foremost to feel loved and fully happy. Ask: "how do we allow Jesus to fill our hearts?" How can we learn to love like God loves?
 - If we feel unloved or empty, start with prayer. Tell God about it. Spend some time remembering how loved you are by God. Remember He is what our hearts yearn for.
 - *You have made us for yourself [Lord], and our hearts are restless until they rest in you. –St. Augustine*

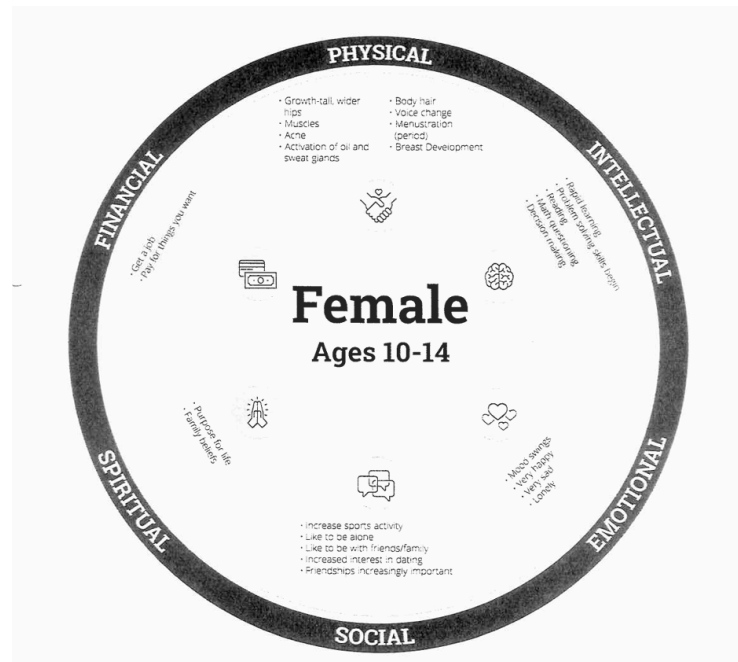
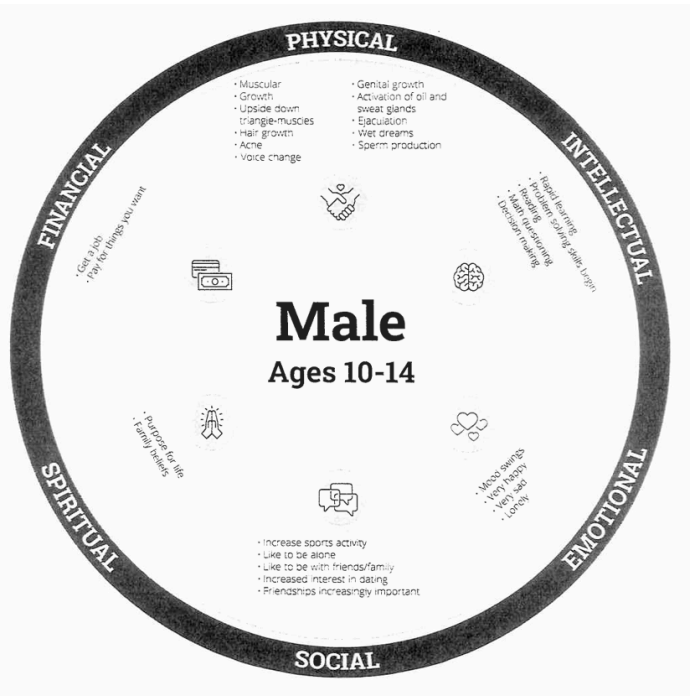
- Then practice loving like Jesus with your family and then your friends. God often will love you through your family members! Our families are gifts and although they are not perfect, they are a great way to practice selfless love and receiving many of the Human Needs listed in our activity such as affection, safety, support, etc.
- Asset Assessment - 18 min
 - Objective: To help students and their parent(s)/trusted adult, identify developmental assets. To learn that having more assets makes students less likely to get involved in high-risk behaviors.
 - Students receive a worksheet to assess their external and internal assets.
 - Areas included: support, empowerment, boundaries/expectations, constructive use of time, commitment to learning, positive values, social competencies, positive identity.
 - A take home letter with an assessment is sent home to complete with your child.

Day 3 - Healthy Relationships/Friendships (**YOUR RELATIONSHIPS**)

- True Friendship
 - Objective: To help students define what healthy friendships look like. To give students a change to assess the character qualities of friendship in themselves and in others.
 - Students work in groups to complete worksheets to define what they want in a friendship. They also work to resolve conflict.
 - John 15:15
 - [Jesus said] I no longer speak of you as slaves, for a slave does not know his master is about. Instead, I call you friends, since I have made known to you all that I heard from my father.
 - True friendship is not using another person as a master and slave. Rather it's doing the good for another. (Like how God wanted to share all the Earth's goodness with us – remember the first day CCC prologue).
- Friendship and Boundary Setting
 - Objectives: To help students be able to articulate the benefits of setting boundaries. To reveal that sometimes friendships must end. To encourage students to become more assertive when setting boundaries.
 - “Sometimes students find themselves caught up in others’ issues and then feel confused about how and when to help. How much is enough? How much is too much? What about all the drama? All relationships need limits. Limit setting means you know when to say, ‘No.’ Long-term feelings of resentment, anger, manipulation, and disregard, all good indicators that limits need to be put into place.”
 - Does he give us these boundaries to keep us from having fun?
 - No! Because he knows us (remember last week we talked about how God created us like himself), he knows that we would be hurt if we did these things. He also knows of the beauty of our own hearts - because our hearts were created to match His.
 - God’s plan for our life is perfect. He says in Jeremiah 29:11 “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” We can always trust God’s plan for our lives.
 - Boundaries are like beautiful frames which help to draw our attention to the beauty within.
- Learning Social Skills
 - Objective: To teach students the basics of social skills to prepare them for school, life, and work.

Day 4 - Puberty Science (YOUR BODY)


- Ready Set Grow
 - Objective: To have each student gain increased knowledge about the physical changes they are experiencing. To normalize body changes with both sexes.
 - This is the first year that girls and boys will be in the same room when talking about body development.
 - This lesson sets up for the slides that follow talk about being made in the image of God.



- Femininity & Masculinity Defined
 - We, both male and female, are made in the image of God. We are created to mirror the love of the trinity within our families! We most fully live up to living in the image and likeness of God when we get married and have children! This is the highest form of active participation in the creation of life and co-create with God! It's a beautiful calling!
 - In the eyes of the church, what makes you a girl is not your hair, make up, your body type, playing with barbies or babies, being into cars, strength, etc. What makes you a girl or boy is God. He "formed you in your mothers womb." (jer 1:5) and made you a girl or boy on purpose.
 - Femininity is less about what you dress like and how you wear your hair and more about living out being a girl. Femininity is not a costume. Men can never become women.

- We get our example of femininity in the person of Mary, who the Church calls, “the New Eve.” She perfectly lives out femininity not because she had long hair or wore dresses. She lived out her femininity by
 - listening for God,
 - responding to his call,
 - sharing the goodness of God with others and
 - serving those around her.
- Masculinity is less about what you look like and more about how you live out being a boy. Jesus gives us the perfect example of masculinity. The church says that Jesus is, “The new Adam” and perfectly lives out masculinity. Let’s take a look at what Jesus did:
 - He sacrificed his life on the cross for us!
 - He protected others from evil
 - He prayed to God for help and strength
 - He served others using his gifts and talent
 - Boys are called to sacrifice themselves, protect others, pray to God for help, and use their gifts to serve others!

Day 5 - Technology (**More YOU with affect on relationships**)

- Clumps Icebreaker
- Media's Influence
 - Objective: To help students discover how the media influences their lives.
 - Students complete a worksheet to assess how much media influences you.
 - What is influencing me?
 - How do I let God influence me?
 - Prayer, adoration, silence, mass, eucharist
 - Wait, eating Jesus in the eucharist is communication?
 - John 6:57: Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me.
 - You are what you eat, right? Jesus shares his Divine life with us in the Eucharist. The more we receive him, the more like Him we have the grace to become.
 - **How does God communicate BACK to me?**
 - Imagine if you had a friendship where all you did was hear your friend talk but they never took the time to ask you about your day or listen to you? Often our relationship with God is just us talking to him, but rarely do we listen to him. It's helpful at the end of prayer to sit in silence to allow ourselves to hear a response.
 - View this video by Jon Leonetti:  Be Still (1min)
 - BEN TRACY LINK for parents
 - <https://safesocialnetwork.com/parentresources>
- "Shark Attack" Internet Safety
 - Objective: To educate and inform students about some of the dangers on the internet. To teach skills and give tools that will navigate internet safety.
 - Draw them to the root of true goodness - doing what is right for themselves and others. See boundaries from day 3.

"ABOVE ALL ELSE, GUARD YOUR HEART. FOR EVERYTHING YOU DO FLOWS FROM IT."
Proverbs 4:23



Day 6 - Future Goals (**YOUR FUTURE**)

- Decision Making and Goal Setting
 - Objective: To guide students through the tough decision making process. To help students discover how to make decisions with intentionality showing that today's choices can affect tomorrow's outcomes.
 - Students work together to create a step by step process of decision making for scenarios they are given.
 - Students are asked:
 - What is the point of school?
 - What's the point of life? The Point of life is to get to know, love, and serve God in this life so we can be with him in the next life (heaven!).
 - Mt 28:19-20 - [Jesus said] "Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age."
 - A great question to ask yourself when making a decision: "Will this help me become who God wants me to be?" or "Will this help me get to heaven?"
- Drugs and Alcohol: Fact or Fiction?
 - To clarify myths and rumors about the effects of drugs and alcohol. To give necessary facts and information to promote healthy choices.
 - (Reading various statements (ie: Steroids affect your heart), asking the students to decide whether they think the statement is fact or fiction, explaining/discussing why)
 - Again, setting boundaries from day 3 promotes health.
 - When we make healthy choices, we are able to more readily respond to what God wants in our lives. We must make decisions that help us live healthy lives in all areas.
- Evaluations (mini-eval + instructor eval)

Questions may be directed to education@innervisionshealthcare.org