



Protective Behavior Booklet

**St. Anthony Parish
Niagara, WI**

5th - 6th Grade

A Safe Environment Curriculum

♪ **The Joy of the Lord** by Twila Paris ♪

The joy of the Lord will be my strength

I will not falter, I will not faint

He is my Shepherd, I am not afraid

The joy of the Lord is my strength

Refrain:

The joy of the Lord

The joy of the Lord

The joy of the Lord is my strength

The joy of the Lord will be my strength

He will uphold me all of my days

I am surrounded by mercy and grace

And the joy of the Lord is my strength

Refrain 2x

The joy of the Lord will be my strength

And I will not waiver, walking by faith

He will be strong to deliver me safe

And the joy of the Lord is my strength

Refrain 4x

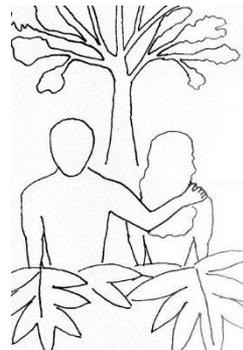
Prayer: Jesus, Mary and Joseph, I entrust and consecrate myself entirely to you - mind, heart and body. Guard and defend me always from every sin. May my mind be uplifted to heavenly things, may my heart love God more and more, may I avoid every evil occasion. Hold me close to you, so that I may keep watch of my internal and external senses. Preserve me from all impurity, and help me to serve you with undefiled mind, pure heart and chaste body, so that in heaven I may join the blessed company of the saints. AMEN

God made you and wants you to be happy...

What is happiness?

Let's go back to the beginning to find out...

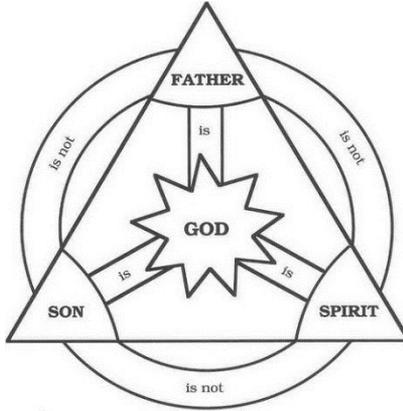
In the beginning God made man in His own image and likeness...



What does that mean?

It means humans have an intellect and free will. Humans can reason things out with their mind and choose the good (what will make them happy).

In making humans in His own image and likeness, God invites humans to become



His sons and daughters. God is a Trinity of Persons: Father, Son, and Holy Spirit. God is love. He shares his love and life with humanity, but allows them to choose to

love Him back or not. Love must be free in order for it to be real love. No one can force someone to love them. Why can't we force someone to love us?

Real Love is freely given and freely received...

God notices that Adam is alone and He says that it isn't good for Adam to be alone, so God makes Eve from Adam's rib. In

making another human person, God invites Adam and Eve to relate to one another and to Him. Men and women are made different so that they can work together. They are what we call 'complementary'. That doesn't mean Adam gives Eve a compliment like, "nice hair". It means they have different gifts that work together. Adam and Eve are perfectly happy and find their happiness in each other's happiness. God says it is VERY GOOD when He sees Adam and Eve together.



Here is where the story becomes tragic...

Adam and Eve don't trust God and GRASP for themselves what they think is good.



They use their gifts of intellect and free will against God and commit the first sin. Original sin causes a division between God and man; and divisions among people.

God banishes Adam and Eve from the perfect home where they lived as a family. Sin brings division to the family. God wants to heal the family. The division between God and man needs a special person to fix that broken relationship because it needs to be someone who is God and human. God has a plan, but He waits until just the right time. Even though Adam and Eve are not faithful, God is always faithful. Real love is faithful. What does it mean to be faithful? Why is it important to be faithful to someone you love?

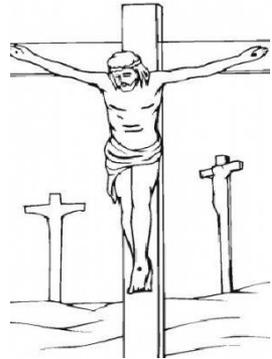
Real love is faithful..

In the meantime, Adam and Eve realize that their broken relationship has consequences. One of their sons kills another one of their sons; plants don't grow as easily; animals are not as friendly; it hurts to have babies; they are inclined to make themselves happy rather than each other. They have lost the happiness they had in the Garden of Eden.

After many, many years, God the Father sends His only begotten Son, Jesus, to

earth. Jesus is that special person that can fix the relationship with God and humans because Jesus is 100% God and 100% human.

Jesus lives on earth and shows people how to act as a child of God. He teaches people, heals people, and forms friendships with people. Jesus suffers and dies on the cross in order to heal the relationship between God and human beings. Jesus shows us that real love involves sacrifice; real love makes a gift of oneself to others; real love gives EVERYTHING – it says, “I am totally yours”. Why is this type of love usually reserved for relationships like a married man and woman or a parent and child? In what way may we make a total gift of ourselves to others?



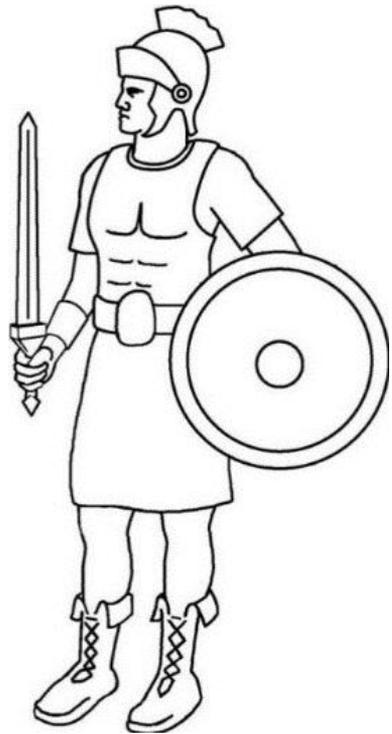
Real love is a TOTAL gift of oneself to the beloved...

Jesus shows us that suffering and death cannot hurt a child of God because Jesus

rises from the dead. After Jesus' Resurrection, He goes home to heaven and tells us He is preparing a place for us there. God wants His children happy and gives us all the graces we need to be happy with Him in this life and in heaven.

Jesus goes to heaven, but He leaves His friends the Holy Spirit to guide them. The Holy Spirit comes to live in our soul at Baptism and stays with us as long as we continue to keep our souls clean. When we keep our souls clean it is called being in a 'State of Grace'.

When we live in a State of Grace we are wearing the ARMOR OF GOD. We live in a world still affected by Original Sin, and the Armor of God protects us physically, emotionally, and spiritually from harmful relationships.





Helmet of salvation, which is hope

- Protects our mind from bad thoughts
- Protects our eyes from evil images
- Protects our ears from evil words

By limiting our senses, we are protected from the curiosity that may lead us into situations that are dangerous to our body and soul. It is kind of like the blinders people put on horses so they aren't spooked. The horse can only see straight ahead. The helmet of salvation keeps us focused on God.

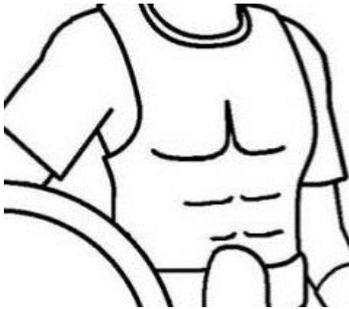


- The Helmet helps us use our imagination and emotions in ways where we experience the good, true, and beautiful.
- The Helmet helps us desire and pursue the good, true, and beautiful
- The Helmet helps us Hope in God's promise of eternal happiness with Him in heaven.

What are ways you can put on the helmet of salvation in your life? Give examples of good and bad curiosity (studiosity vs curiosity).

Breastplate of integrity and justice, which is love

LOVE is more than an emotion. It is an act of the will – you choose to love someone or not. Just like Adam and Eve had a choice to love God or not. In loving someone we are using the free-will that God gives us.



Love is willing the good of the other.

- Loving someone means that you help them make good decisions.
- Loving someone means that you help them learn about God.
- Loving someone means that you pray for them to God.
- Loving someone means practicing Spiritual and Corporal Works of Mercy

Emotions are a “FEELING” you get in various circumstances and towards people

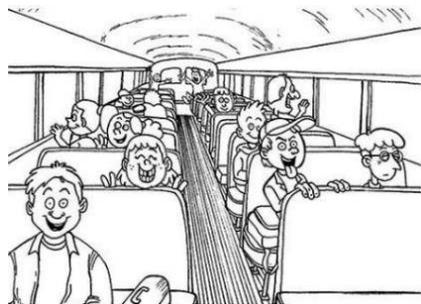
- Emotions are neither good nor bad – they just are
- Emotions can, and MUST, be controlled so that you don’t make a decision based on your emotions – they do not live in the control center of YOU.

If you FEEL love for someone that FEELS good and helps you be nice to someone

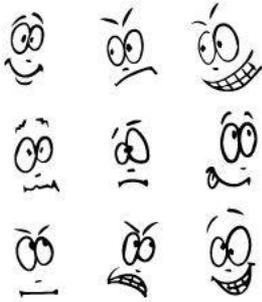
If you FEEL angry with someone that doesn’t FEEL good and may lead you to be mean to someone.

If you FEEL fear in a situation that FEELING may help you avoid a person or situation that is unsafe.

Emotions are like people in a bus. They can yell or talk to the driver of the bus, but the driver is the one that actually drives; that is your intellect and free will. If



everyone in the bus is shouting to turn left, but the driver/intellect knows he needs to turn right, it is his responsibility/free will to turn right! Sometimes the people in the bus support and help the driver, and sometimes they distract the driver and tell him to go in the wrong direction. Have you ever experienced your emotions telling you to do something you shouldn't do?

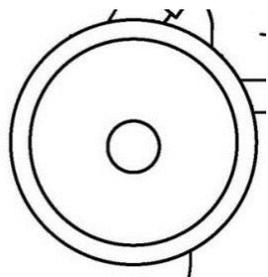


The catechism tells us “Feelings or passions are emotions or movements of the sensitive appetite that incline us to act or not to act in regard to something felt or imagined to be good or evil” (CCC 1764).

“The principal passions are love and hatred, desire and fear, joy, sadness, and anger” (CCC 1772).

GAME: Listen to your teacher as different scenarios are presented. Pray about it and use your intellect and free will to choose what you think is God’s plan for your happiness:

Shield of Faith:



Our Catholic Faith, if we live it, can protect us from harm and bring us into right relationship with God and others

What are ways we carry our shield of faith?

- The Sacraments – especially the Eucharist and Confession, which we can receive frequently
- Prayers of the community (family, friends, Saints, Mary, Parish, catechists, etc.)
- Living the Ten Commandments and the Beatitudes
- The Holy Spirit living in our souls provides us with the gifts of Wisdom, Understanding, Counsel, Knowledge, Piety, Fortitude, and Fear of the Lord.

The Catechism tells us that, if we let Him, the Holy Spirit will even help us use our emotions to accomplish God's plan (cf. CCC 1769).

God wants us to use our WHOLE being to know, love, and serve Him. The first, and

greatest commandment is to love God with ALL our HEART, SOUL, MIND, and STRENGTH (cf. Mt 22:37). This includes guiding our emotions to love God.

Two edged sword: the Word of God

Learning what God has taught us through Sacred Scripture and Tradition can protect us from the attacks from the world, the flesh, and the devil.

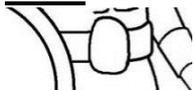


The teaching office of the Church, called the Magisterium, will help us apply what is in Sacred Tradition and Scripture to the challenges we face today.

The example of the saints and people from the Bible can help us see that making good decisions is possible even in difficult situations.

What Saint or Bible character has taught you a good lesson?

Belt of honesty



God is the Way the TRUTH and

the Life (cf. Jn 14:6). Our Enemies are master liars and want us to keep dangerous SECRETS. Recognize their lies and bring dangerous secrets into the LIGHT.

Always speak the truth in LOVE. St. Paul tells us we should only say good things to people that will help build them up in their friendship with God (cf. Eph 4:29).

Sometimes we have to say something that corrects bad behavior, but if we do it with LOVE then it is helpful.

Jesus tells us we are going to be held accountable for every idle word we speak (cf. Mt 12:36).

The Catechism tells us that we aren't being truthful if we gossip about someone; hurt someone; cause someone to believe a lie; hurt someone's reputation; or make an assumption that something is TRUE about someone when it may not be (CCC 2477).

What are ways you can put on the belt of honesty?

Skirt of purity (or chastity)



The skirt of purity protects the areas of our bodies that distinguishes us as male or female. These private areas should not be touched or revealed to others and we should not try seeing or touching these private areas on other people.

The Catechism tells us “chastity lets us love with upright and undivided heart;” (CCC 2520). We can love God and each other with a pure heart when we practice chastity.

“Chastity means the successful integration of sexuality within the person and thus the inner unity of man in his bodily and spiritual being” (CCC 2337).

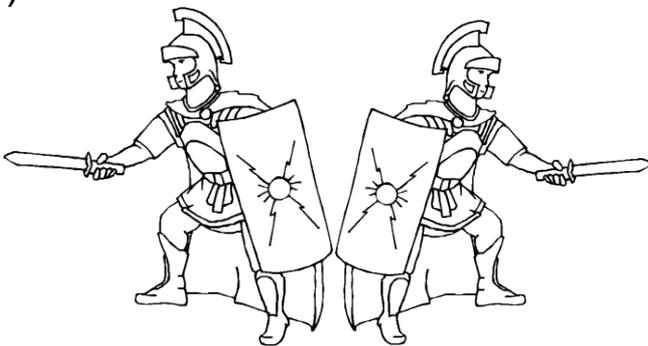
The Catechism also teaches us the importance of *self-mastery* where we are completely free from letting our passions or emotions take charge. If we can't control our passions or emotions then we are unhappy. Humans are not animals – we

can control how we respond to our FEELINGS (cf. CCC 2339).

This process will take a lifetime to accomplish. It is especially hard for children and teenagers (cf. CCC 2342).

“The virtue of chastity blossoms in *friendship*.” (CCC 2346).

“Chastity is expressed notably in *friendship with one’s neighbor*. Whether it develops between persons of the same or opposite sex, friendship represents a great good for all. It leads to spiritual communion” (CCC 2347).



The Roman soldier did not have armor on his back – why? Because his friends were supposed to protect him and he was supposed to protect his friend. They fought back to back. Choose friends that will

protect you from harm and make sure you are a good friend to others.

Who are your friends?

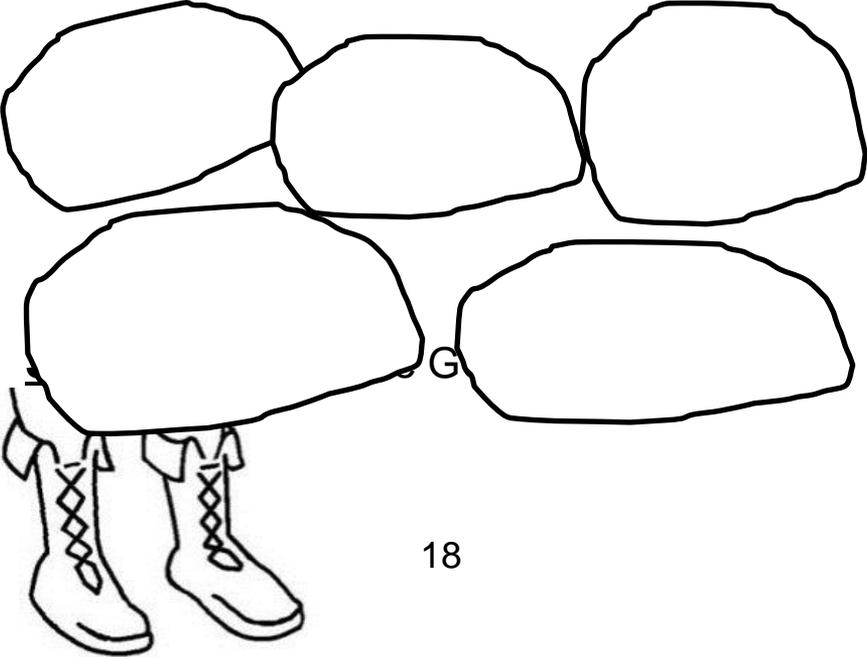


GOD
Family
Community
Friends
Mary



Guardian Angel
Saints in heaven

David didn't fit into Saul's armor so he picked up five stones in order to slay Goliath. Do you have five people that you trust to help you feel safe? Write their names in the stones...



Putting on these shoes reminds us that we are to be good examples to others.

Through our friendships, we help other people grow in their friendship with God. We must make sure we only go to the places God sends us.

When we have the Holy Spirit living in us and wear the Armor of God, we produce the FRUITS OF THE SPIRIT. The Fruits are charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity This reveals another aspect of love...

Real love is FRUITFUL!

We began by asking: What is happiness?

Happiness is living in an intimate, personal friendship with God. We will not be

PERFECTLY happy until we are in heaven, but we can experience a taste of this happiness on earth as we live with the Holy Spirit dwelling in our soul.

We also get a glimpse of this perfect happiness in our friendships with one another...

Prayer to Put on the Armor of God

Heavenly Father, in the Name of Jesus, I ask you to put on me and those I pray for: the helmet of salvation, which is hope; the breastplate of integrity and justice, which is love; the shield of faith; the two-edged sword, which is the Word of God; the belt of honesty; the skirt of purity; and shoes to spread the Gospel of peace. Amen.