

# **Protective Behavior Booklet**

**TEACHER GUIDE**

**7<sup>th</sup> - 8<sup>th</sup> Grade**

A Safe Environment Curriculum

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Learning Objectives:

Recognize that God is love and He invites us, His children, to share in that love

Recognize the difference between a true friend and other friendships

Put on the armor of God to protect ourselves from dangerous relationships and false friends

♪ Circle Of Friends (by Point of Grace) ♪

We were made to love and be loved. But the price this world demands will cost you far too much. Spent so many lonely years just tryin' to fit in. Now I've found my place In this circle of friends.

**In a circle of friends, we have one Father  
In a circle of friends, we share this prayer. That every orphan soul will know and all will enter in to the shelter of this circle of friends**

If you weep, I will weep with you. If you sing for joy the rest of us will lift our voices too. But no matter what you feel inside there's no need to pretend. That's that way it is in this circle of friends  
(Refrain)

Among the nations, tribes, and tongues we have sisters and brothers and when we meet in Heaven we will recognize each other. With joy so deep, and love so sweet we'll celebrate these friends and life that never ends  
(Refrain)

That it will not be long before all will enter in  
To the shelter of this circle of friends. Circle of friends...

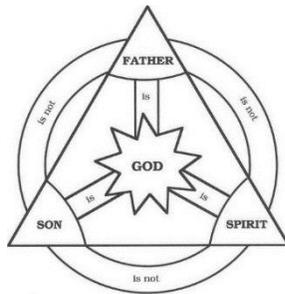
## A Guardian Angel Prayer for Friends

Guardian Angel, watch over those whose names you can read in my heart. Guard over them with every care and make their way easy and their labors fruitful. Dry their tears if they weep; sanctify their joys; raise their courage if they weaken; restore their hope if they lose heart, their health if they be ill, truth if they err, and repentance if they fail.



**“In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came to be through him, and without him nothing came to be. What came to be through him was life, and this life was the light of the human race; the light shines in the darkness, and the darkness has not overcome it” (John 1:1-5).**

God is a communion of persons: Father, Son, and Holy Spirit.



God, having no need to create anything, brings humans into existence. Made in His image and likeness, God offers His love and life to humans. Adam and Eve didn't trust God and GRASP for themselves what appears to be good. Even though He is rejected by His creatures, God still seeks a relationship with His people. He goes so

far as to enter into the world of His creation in order to redeem what was lost and He remains in the world to guide His friends.

The Blessed Trinity images for us what it means to love. The Father, in His role of Creator, reveals a love that pours itself on others. This is an example of a GENEROUS love. The Son, in His role as Redeemer, reveals a love that suffers for the beloved. His is an example of SACRIFICIAL love. The Holy Spirit, in His role as Sanctifier, reveals a love that consoles the beloved. His love is

**ABIDING**, as He lives in the souls of the faithful. There are so many more examples of love from the Trinity... Can you think of others? Connect the words Generous with FREE (as in NOT FORCED); Sacrificial with TOTAL (as in giving everything); and Abiding with FAITHFUL (as in, will not betray us).

Answers will vary on examples of love: friendship, fraternal, paternal, maternal, spousal (see Song of Songs and Hosea),

There are different types of love: storge, philia, eros, and agape. Storge is the love of natural fondness or caring, like in a family. Philia is a friendship love consisting of sharing thoughts and activities. Eros is an emotional connection between two people – it MAY be, but isn't necessarily, romantic or sexual in nature. Agape is the love of God; it is sacrificial and unconditional. These loves can be mixed and matched in many different ways and intensities within one relationship.

Jesus prayed to the Father...

**“I pray not only for them, but also for those who will believe in me through their word, so that they may all be one, as you, Father, are in me and I in you, that they also may be in us, that the world may believe that you sent me” (Jn 17:20-21).**



The desire of Jesus' Sacred Heart is for unity. A unity between God and humanity and a unity among people. Any true friendship is a glimpse of the communion of Persons found in the Blessed Trinity. A true friendship with another person will have God as the center in order for the friendship to last into eternity. It will also have similar qualities to the friendship God calls His children to enter into with Him.

**“I no longer call you slaves, because a slave does not know what his master is doing. I have called you friends, because I have told you everything I have heard from my Father” (Jn 15:15).**

Jesus, coming to earth and revealing His Father’s will, invites us into a friendship with Him. The Blessed Trinity: Father, Son, and Holy Spirit seek to be your BEST FRIEND FOREVER. This is not a simple acquaintance type of friendship; God wants a friendship so intimate and loving that He compares it to a marriage.

**“For as a young man marries a virgin, your Builder shall marry you; And as a bridegroom rejoices in his bride so shall your God rejoice in you” (Is 62:5)**

As members of His Church, we make up the Body of Christ...

**“Now you are Christ’s body, and individually parts of it” (1 Cor 12:27).**



The Church is the BRIDE of Christ...

**“For no man ever hates his own flesh, but nourishes and cherishes it, as Christ does the Church, because we are members of his body. ‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one.’ This is a great mystery, and I mean in reference to Christ and the Church. However, let each one of you love his wife as himself, and let the wife see that she respects her husband” (Eph 5:21-33).**

The example Jesus gives us as He died for His bride reveals His deep love and commitment to us and it reveals what it means to be a true friend...

**“No one has greater love than this, to lay down one’s life for one’s friends” (Jn 15:13).**

Jesus tells us what it takes to be His friend...

**“You are my friends if you do what I command you” (Jn 15:14).**

There is not a whole lot of wiggle room in this statement. In order to be a friend of God we need to follow what Jesus teaches us. This may take a lifetime of learning, so get started NOW!

Discussion Questions:

Do you recognize that God wants YOU for a friend? Why or why not? *Answers may vary*

How do you feel when you hear that God wants to ‘marry’ you?

*Answers may vary*

What does it mean to be in the ‘Body of Christ’? What does it look like? *Answers may vary. As members of the CHURCH we make up the BODY OF CHRIST. All those who are baptized (even Protestants baptized with water and the Trinitarian Formula) are members of the ‘body’. It looks like a person living their Catholic Faith. See the following for more Bible quotes: 1 Cor 12:13; 1 Cor 10:16; Rom 12:4-8.*

Do you feel you know what Jesus ‘commands’ you to do in order to be His friend? What are some of those commands? *Challenge them to vocalize what is expected of them as children of God (10 Commandments, living the law of love in the beatitudes, following the precepts of the Church (CCC 2041-2043), etc.)*

**Should any other human person say you must do what he/she 'commands' you to do in order to be his or her friend?** No, this is unique in our friendship with God. A parent or someone in authority has the right to demand compliance, but not a true friend (A parent may become a true friend as the child grows up and has autonomy). God has the right to demand compliance in His friendship because He is infinitely wiser and more loving than we are, so His commands are ALWAYS in our best interest – even if we can't see it. Other people tend to have mixed motives/selfishness and a limited scope of understanding. If another person demands compliance in order to be in a friendship, then RUN away from this relationship!

As we continue in this booklet, we will look at what it means to be a true friend to God and a true friend to others. Then we will discuss how to form a true friendship in our daily life. Finally, we will discuss how to arm ourselves against those who are false friends or outright enemies.

### **What is a TRUE FRIEND?**

A true friendship is one based on LOVE. It is wanting only what is GOOD for the other person.

The greatest GOOD is growing in our friendship with God; therefore, a true friend helps us grow in virtue.

There is also an affection for the other person; you LIKE being with him or her. In theological terms these ideas are referred to as **charity and benevolence**. *Point out that love is an act of the will and not just an emotional response to someone. Christians are called to love everyone. Christians are not obliged to LIKE everyone. Liking someone involves feeling/emotions.*



Many great thinkers have pondered this very question of 'what is a true friend?' These great thinkers began by identifying what true friendship is NOT. With slight variations, they labeled two types of

friendships that are NOT a true friendship of love but are readily available in this world:

1. They noted that there is a type of friendship based primarily on feelings. This is a friendship of pleasure. We really feel good when we are with this friend, but we just don't care about growing in virtue together. This is a very common type of friendship with young children. They change friends frequently because they only want to be with someone as long as it FEELS good. (Unfortunately, some people never mature enough to form any other type of friendship)
2. There is another type of friendship we form as we have common goals with another person. A united mission helps form a friendship, but this type of friendship is primarily about the goal to be accomplished. It is known as a friendship of utility because our only reason to be together is because it is mutually self-serving. This type of friendship is readily found in sport teams which spend so much time together during the 'season' but then don't bother calling 'off season'. As soon as the goal is accomplished there is no more NEED to be with this person.

(cf. Aristotle in *Nicomachean Ethics*)

Allow students to note in their own life these types of friendships. They don't need to share, but if someone has a good example of one of these worldly friendships, allow them to share with the class. Also note that these worldly friendships may blossom into a true friendship of love with the proper time and attention.

### **Qualities of a true friendship:**

- It is limited to a select few people in your life
- It is reciprocal in that there is a mutual charity and benevolence This means that the other person wants to be your friend too. It must be a



free choice of each party

- **It is a sharing of one's very heart and soul with another person** *Opening one's soul is very intimate. This would also include praying together*
- **It is among equals in that neither person feels superior to the other**
- **It aids you and your friend in your love of God and others**
- **It helps both parties to grow in virtue and avoid vice** *Give or ask for concrete examples of a 'friend' that may lead you to vice (gossiping, lying, attending 'bad' parties) Talk about 'near occasions of sin'.*
- **It unites two people so there is a mutual conformity of ideas** *This means that true friends tend to agree on most things. There may be discussion or clarification on certain subjects, but on the whole true friends "see eye-to-eye"*
- **It bears good fruit in this life and the next** *Love needs to be fruitful in order for it to be love. These 'fruits' help people outside the friendship either physically, emotionally, or spiritually. The friendship of St. Teresa of Avila and St. John of the Cross has helped many souls journeying to God. The friendship of St. Vincent de Paul and Louise de Merillac helped many poor people get basic necessities of life.*
- **It lasts all through this life and will continue in the next life** *A true friendship is a total gift of self. That means we stick with our friends when they are going through difficult times. Read through this quote: "Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, endures all things. Love never fails." (1 Cor 13:4-8)*

Let's explore some of these qualities...

A true friendship is not a common occurrence. It is not the childish type of friendship that wants EVERYONE as a friend; that is impossible until we live in heaven. As Christians we are required to love EVERYONE **“If possible, on your part, live at peace with all” (Rom 12:18).**



However, because we live in a fallen world, we need to be selective in who we choose into our intimate friendship. Jesus chose His 12 Apostles and, on many occasions, shared only with them the meaning of His words. Sometimes, Jesus even chose 3 of the 12 Apostles to share special moments (cf. Mt 17:1; 26:37). A true friendship of love takes time to cultivate and grow. It requires spending time with a person and communicating thoughts and desires. One needs to test a potential 'friend' to make sure they are capable of a true friendship of love.

*Because sharing our heart and soul with another person is so intimate, we need to be selective about who we share it with. Maybe they have already experienced someone telling others what they thought was shared in confidence.*

*Also note that this 'testing' is done simply through observance, not through manipulation or entrapment. It is taking time to see how our potential friend reacts to the situations that naturally occur in any friendship (misunderstandings, thoughtlessness, poorly timed comment, etc.).*

Aelred of Rievaulx wrote a book on *Spiritual Friendship*, where he recommends

### **A four step plan in choosing a friend:**

1. Select someone who is living a virtuous life. Someone who you feel is at your level, you enjoy being with, and might be a potential TRUE friend. Obviously, this person must return your

interest in forming a friendship or otherwise it is doomed to failure. St. Thomas Aquinas stated “Yet neither does well-wishing suffice for friendship, for a certain mutual love is requisite, since friendship is between friend and friend: and this well-wishing is founded on some kind of communication” (ST 2, II, 23, 1). So begin by spending time in conversation with your potential friend.

2. Have a probationary period of time where you get to know this friend and see if he/she is loyal, heaven is his/her life goal, if he/she is discrete, and if he/she is patient. “So by their fruits you will know them” (Mt 7:20). At this stage, take time to be with your friend to share ideas and reveal a little bit of your heart. If you find he/she is not a good match for you, feel free to slowly “unstitch” this friendship with charity. Again, we are called to LOVE everyone, but we do not need to trust everyone with our intimate thoughts and feelings. If someone does something to completely BETRAY your offer of friendship through vice, feel free to break the friendship immediately (but still with charity). *The fruits are charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity. The ‘unstitching’ process is where we slowly distance ourselves from this person. It may still allow for a future friendship to develop, but move forward with caution. Betrayals come in all sorts of shapes and sizes. Discuss the range of a dangerous betrayals that could cause serious harm (like a friend who lies about where you are going and takes you to a drug/alcohol party) to betrayals that nip at our pride (like a friend who inadvertently shares a small confidence). Motive and outcome are important to consider when judging how to respond to a betrayal.*
3. Admit this person into your friendship if he/she has proven to be a true friend. At this stage there is a mutual sharing of hearts and souls in intimate communication with the beloved

other. Cicero said that “A friend is the medicine of life” as he recognized the great gift of a TRUE FRIEND.

4. Live in perfect harmony as you grow in your friendship with God and each other. A true friendship lasts forever; truly a BFF! Not even death can separate true friends as they continue their friendship in heaven. A true friendship will produce GOOD fruits within your lives and those around you as your shared love spurs each other into GOOD WORKS.

Many of the Saints had true friends that helped them on their journey to heaven. Their example can give us a wonderful image of a true friendship. These friends are now both recognized by the Church as living in heaven: Teresa of Avila and John of the Cross; Therese of Lisieux and her parents, Louis and Zelig Martin; Louise de Merillac and Vincent de Paul; Ignatius of Loyola and Francis Xavier; Francis of Assisi and Clare; Perpetua and Felicity; Augustine and Monica; Scholastica and Benedict; Rose of Lima and Martin de Porres; Catherine of Siena and Pope Gregory XI; and Francis de Sales and Jane de Chantal. Just to name a few...

### **Can I be friends with boys and girls?**

As you can see, many times God puts together people of the opposite sex to form a true friendship. They may be husband and wife; sister and brother; mother and son; or just a man and a woman who love God. God made men and women to be complementary. This means that males and females are different, but the differences work together in a beautiful way. Men and women are capable of a true friendship as long as they practice the virtue of chastity. *Stress this last sentence – read it a 2<sup>nd</sup> or 3<sup>rd</sup> time.*

**“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 Catechism of the Catholic Church teaches us that 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). Until we have this inner unity within ourselves, we are not going to be able to have a unity (or true friendship) with another person. The Catechism continues by telling us what we need to do in order to practice chastity and form true friendships... This inner unity recognizes our maleness or femaleness in accord with the reality of who we are. Yes, this may bring up a discussion about the homosexual inclination. Keep the discussion focused on friendships based on chastity. This is true of M/F friends or friendships of the same sex, even if there is a sexual attraction involved. Everyone seeks intimacy with God and others (whether they know it or not). The intimacy of friendship is encouraged for everyone. Sexual intimacy is limited only to one male and one female united in the bond of marriage for the conception and raising of children. No one is trying to stop someone from loving someone else. No one is judging the eternal abode of a particular soul. The question to everyone in any relationship involving a sexual attraction is simply this: Will I be obedient/faithful to what God wills or will I GRASP for myself that which I will? (Remind them of Adam and Eve GRASPING for themselves what they thought was good for them) The challenge is to love one another while keeping God at the center of the relationship. God is very clear in His revelation (Scripture and Tradition) that sexual intimacy outside a SACRAMENTAL MARRIAGE is a rejection of His love. (We are His friends if we do what He commands). Those who struggle with a sexual attraction in

ANY relationship (no matter the mix-and-match of sexes) are encouraged to build a true friendship of love. If they find the struggle to remain chaste in a particular friendship is too difficult, then they need to seek a true friendship of love with someone else.

**“Chastity includes an *apprenticeship in self-mastery* which is a training in human freedom. The alternative is clear: either man governs his passions and finds peace, or he lets himself be dominated by them and become unhappy...” (CCC 2339).**

Discussion Questions:

What might the traits of a true friendship mentioned earlier look like in YOUR life? Choose one and give a concrete example.

*Answers may vary*

In your own words, what are the steps to choosing a true friend? What would you add or subtract from these steps? *Answers may vary. If they add or subtract a step, ask WHY.*

Do you have anyone that you would consider a ‘true friend’? What stage would you put the person that is closest to a ‘true friend’ if you don’t have a ‘true friend’ yet? *Answers may vary*

In your own words, describe how men and women are complementary? Give some examples. *Answers may vary*

**What is chastity?** *Chastity is a moral virtue (connected with temperance) and it is also a gift from God. Chastity makes sure the passions and appetites are permeated with REASON (CCC 2341 - 2345)*

**Why does CHASTITY blossom into FRIENDSHIP?** It allows for a maturity in a relationship that truly sees the other as a person and not an object to be used.

**What does it mean to have “an apprenticeship in self-mastery”?** It means that a person is constantly (life-long) seeking a mature/reasonable response to the passions and appetites that are within. An apprentice is NOT the master. We will never completely master our passions and appetites while suffering from concupiscence. Many people train for years to ‘master’ skills such as musicians, sport players, Olympians, hunters, martial arts, scientists, etc. The most exacting, but necessary, challenge is to master yourself!

**What are the ‘passions’? Why do they make us unhappy if they are not controlled?** (from Fr. John Hardon Pocket Catholic Dictionary)

Passions are an “intense motion of a human appetite...Passions are essentially desires out of control because of fallen human nature.” They are sinful if they are “intentionally fostered by brooding or preoccupation”

If our passions are out of control, then we are not responding reasonably to our life. They do not allow us to see the good, true, and beautiful. They will not allow us to form a true friendship of love with anyone.

### **Who are my enemies?**

Our enemies are the WORLD, the FLESH, and the DEVIL. These three opponents frequently attempt to pull us away from God and the happiness God wants to give us; the happiness that is only found in a true friendship with God.

**For our struggle is not with flesh and blood but with the principalities, with the powers, with the world rulers of**

**this present darkness, with the evil spirits in the heavens. (Eph 6:12)**

The WORLD is the age we live which frequently attracts our attention away from God and towards excessive attachments. This enemy is not the world itself as created by God including nature and the animals; rather, one example might include the movies or other entertainments that draw us into the DRAMA of other people's lives. Do you recognize how getting involved in other people's DRAMA can pull you from God? *Most students know EXACTLY what the word DRAMA means. Let them give examples and ask them if they recognize the movement of their hearts in these situations. These dramas have a way of becoming the focus of our thoughts and desires. Recommend a response of prayer and walking away (at least internally, if not physically)*

**“Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect” (Rom 12:2).**

The FLESH refers to our own body fighting against our own soul. In this battle our body wants what FEELS good. Our intellect must be formed to recognize our TRUE GOOD and the will must choose this GOOD over what FEELS good. St. Paul tells us...

**“For I know that good does not dwell in me, that is, in my flesh. The willing is ready at hand, but doing the good is not. For I do not do the good I want, but I do the evil I do not want” (Rom 7:18-19).**

*Allow discussion on this 'wrestling' with our flesh.*

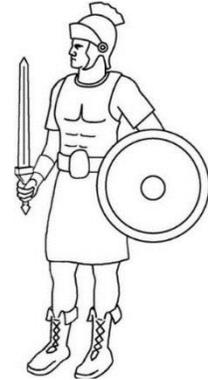
The Devil refers to Satan and his demons that are actively seeking your ruin. Our first Pope, Peter, tells us...

**Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for [someone] to devour” (1 Pt 5:8)**

How do I guard against these enemies?

St. Paul tells us to...

**Put on the armor of God so that you may be able to stand firm against the tactics of the devil. (Eph 6:11)**



What is the armor of God?

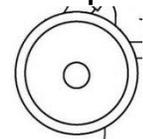
We put on the helmet of salvation when we guard our thoughts and senses so as to keep out evil. This includes guarding what shows we watch, what internet sites we visit, what music we listen to, what books we read, what thoughts we dwell on, etc. Our hope is in God; not in the fleeting distractions of the world, the flesh, and the devil.



We put on the breastplate of integrity and justice when we guard our hearts so as to love God first and other people second. Even in a true friendship with another person, our love of God must be the foundation of our life and our love. We must be willing to give up a friendship, if it is drawing us away from God. (If a 'friendship' draws us from God, it is NOT a true friendship).



We put on the shield of faith when we are obedient to the teachings of the CATHOLIC CHURCH. Our FAITH is grounded on the foundation laid by Jesus when He called Peter the ROCK on which the Church is built. Like the parable of the house built on rock versus the house built on sand, a FAITH built on the ROCK of Peter will withstand the assaults of the world, the flesh, and the devil (cf. Mt 7:24-27).



**We wield the two edge sword of God's WORD when we read the Bible and pray. Do you read the Bible daily?**

**How do you pray?** *Encourage your students to do both and give them concrete ways to do so. Maybe one or more students have good ideas from their own life. Even reading a children's Bible would be a good way to familiarize themselves with the basic stories.*



**We put on the belt of honesty when we seek and speak the truth**



**at all times. The world, the flesh, and the devil are master liars. They also want us to keep dangerous SECRETS. Learn to recognize their lies and bring their secrets into the LIGHT.** *Give examples of secrets that may be dangerous.*

**We put on the skirt of purity when we live a chaste life. Chastity is for EVERYONE. Even a married person is to live a chaste life. This includes dressing modestly, speaking with purity,**



**living our sexuality that is in accord with God's laws, respecting our bodies as temples of the Holy Spirit, respecting other people's bodies as temples of the Holy Spirit, and so on. We spoke earlier about the importance of chastity in forming friendships.** *Give concrete examples of modesty in dress and words*

**We put on the shoes to spread the Gospel of peace when share with others our love of God. Spreading the Gospel gives us strength and strengthens the people we share the Gospel with.**



*Shoes also help us walk where we need to go. There are some places that God (and our parents) do not want us to go. Give examples of dangerous places. Also remind students they should communicate with their parents about where they are at all times (and parents should communicate where they are to their children).*

**Therefore, put on the armor of God, that you may be able to resist on the evil day and, having done everything, to hold your ground. (Eph 6:13)**

Discussion Questions: some examples may fit under more than one category – they may be subjective.

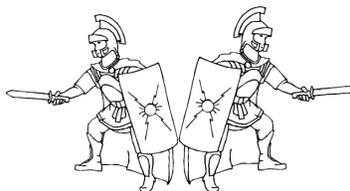
**Can you give examples of ‘worldly’ temptations?** movies, games, sporting events, peer pressure, money, power, etc.

**Can you give examples of ‘fleshly’ temptations?** Eating, sex, comfort, seeking external beauty, any inordinate pleasure or attachment

**Can you give examples of temptations from the devil?** Obsessive thoughts, preoccupation with a person or event, inappropriate sexual thought, promise of security, promise of pleasure,

**Choose one of the pieces of armor and give an example on how we ‘put on’ that piece of armor.** Examples: Helmet- turn off a bad movie, stop listening to an immoral song, stop visiting internet sites with immoral ideas or pictures; Breastplate – go to Mass EVERY weekend ; Sword – start a Bible study with a friend; Belt – do not let anyone gossip in your presence; Skirt – stop telling dirty jokes; Shoes – invite someone to church or class.

**Which one of the pieces of armor do you think is the hardest for a person your age to ‘put on’? Why?** Answers may vary



**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 true friend to others.

**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.**