

**CIRCLES OF CARE
HAND-OUT SECTION**

Hazing

Hazing Articles

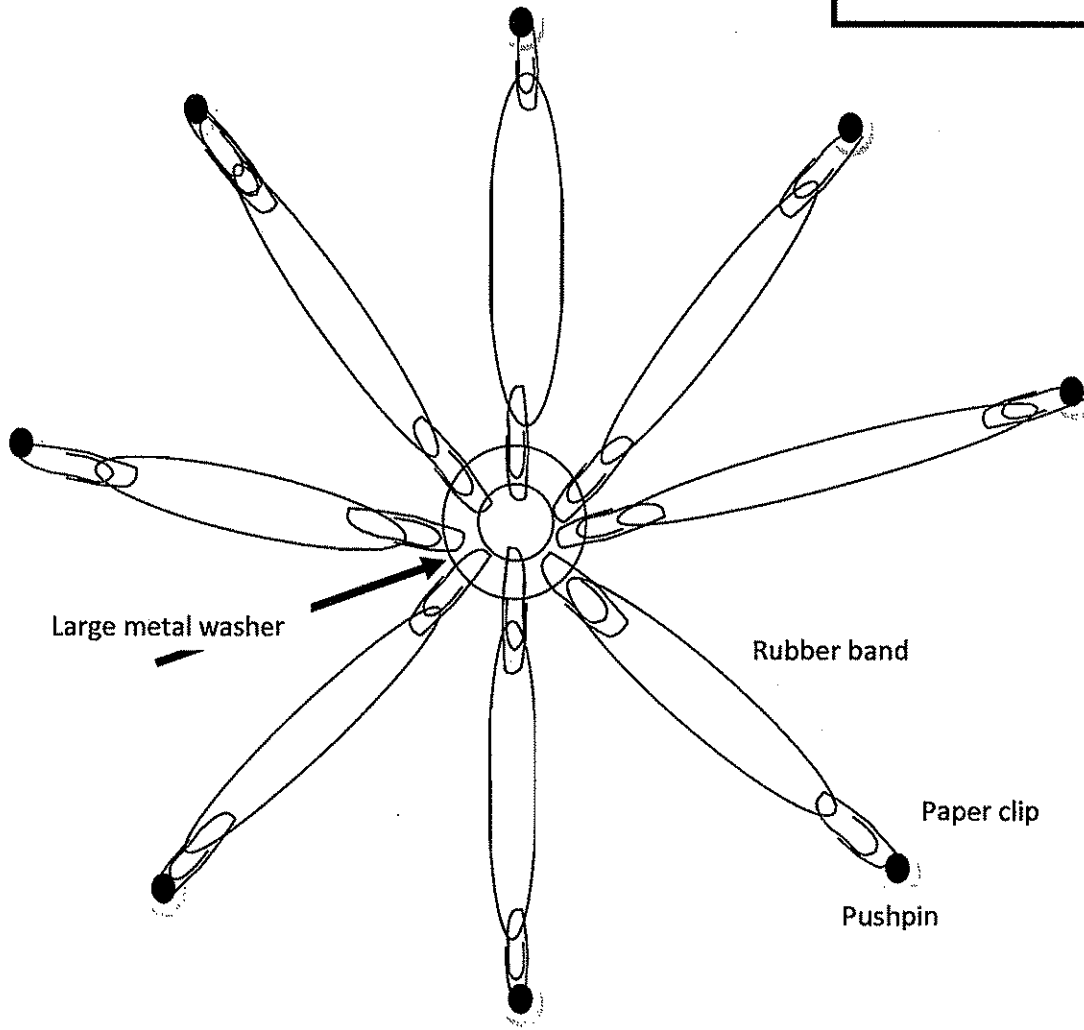
Please research various articles on hazing and choose articles which are appropriate for your venue and particular learning audience. If you are in doubt as to whether the articles appear to be appropriate, please clear them with your Pastor or Principal beforehand.

Please choose articles that illustrate some of the potential physical, emotional and legal consequences of hazing.

Relationships

**Relationships Lesson-
Diagram for Introduction Option B**

Cardboard Surface



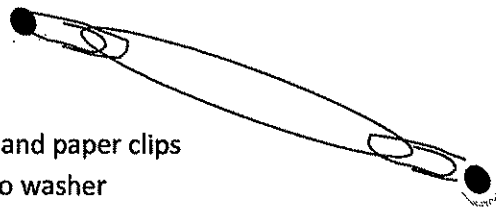
Large metal washer

Rubber band

Paper clip

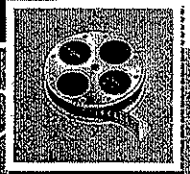
Pushpin

Rubber bands and paper clips
not attached to washer

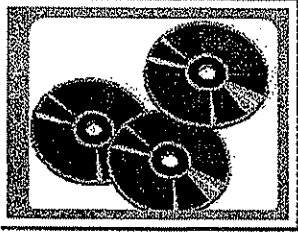


Rubber bands tied together

RELATIONSHIPS AND THE MEDIA



Evaluating the Images



- After watching the video clip/listening to the song/viewing the advertisement, what do you think about relationships?

- Did this particular video, etc., make any specific point about relationships? Describe what you learned.

- What perspective was presented regarding women? Men?

- Were there any images presented that were positive? That you can agree with?

- In light of what was presented, do you think that the message is in line with gospel values? Which gospel values do you believe are important for you and your relationships?

Characteristics of
HEALTHY AND UNHEALTHY
Relationships

Healthy Relationships: Both people ...	Unhealthy relationships: One or both people ...
Genuinely like and have high regard for each other	Consistently manipulate the other's emotions and actions
Like each for who they are and not for what they can get from each other	Work to maintain physical and emotional control over the other
Are interested in each other's opinions, dreams, and ideals	Are often caught in lies
Are having morally appropriate fun and are happy	Keep inappropriate secrets hidden from people outside the relationship
Use appropriate expressions of affection	Feel that they own and can name the other's feelings
Challenge each other to grow and are willing to be challenged in return	Need constant reassurance of the other's affection and loyalty and are jealous of outside relationships
Recognize the strengths and weaknesses of the other	Deal with conflicts by anger or vicious, hurtful arguments
Have great trust in each other	Convince the other to change behavior by using intimidation, guilt or violence
Are willing to make sacrifices in a relationship	Blame the other for failure in the relationship
He/she remains faithful to his/her core values and beliefs that are morally appropriate	Bribe or threaten the other to maintain the relationship
Are interested in and proud of the accomplishments of the other and are not jealous of her/his success	Cover for negative behaviors of the other
Do not assume responsibility for the mistakes of the other	Assume responsibility for the other's mistakes
If not guilty, do not feel guilty when the other is unhappy	Feel guilty when the other is not happy
Do not try to change each other but focus on the changes each need to make herself/himself	Are self-absorbed and think their needs are the most important

PERSONAL QUALITIES FOR HEALTHY RELATING

Take some time to be quiet and find a place where you can reflect on these ideas. Read through the list of statements that describe the personal qualities needed for healthy relationships. Choose one or two of these qualities that you would like to work on in order for your future relationships to be healthy. If you keep a journal, write about how you will incorporate these qualities into your life.

- I am determined to be honest with myself. I will stay in touch with my thoughts and feelings, where they come from, and how I express them.
- I am fully responsible for all my actions and reactions. I blame no one and no thing for how I behave or for what I feel.
- I do not impose what I believe on others, nor do I try to interpret the beliefs of others to suit my needs or desires, even though I will continue to live according to my beliefs.
- I do not share my feelings with others in order to manipulate them or satisfy my own emotional needs.
- I am willing to be open and honest even if it is possible that I may be rejected or ridiculed by others.
- I honor my own thoughts, feelings, and needs, but when others approach me, I focus on theirs rather than mine.
- On the one hand, I accept others just the way they are without demanding that they become what I would like them to be, but on the other hand, this does not mean that I think any bad behavior they may commit is morally right.
- I am comfortable with myself, and I do not let others manipulate me or convince me to do what I am not comfortable doing and is against my well-formed conscience.
- I am secure about my abilities, talents, and interests, and I do not need to put other people down to feel good about myself.
- I am deeply grateful for who I am and what I have, and I do not envy the gifts of others.
- I do not need power or prestige to feel important. I am important because I am a beloved child of God, and I recognize that every other human being is the same even though individuals may do the wrong thing.



Attraction

Past relationship:

Current relationship:

Imperfection

Past relationship:

Current relationship:

Deeper Commitment

Love

Past relationship:

Current relationship:

Friendship

Past relationship:

Current relationship:

Acceptance

Past relationship:

Current relationship:

Disappointment

Past relationship:

Current relationship:

Abandonment

Past relationship:

Current relationship:



Circles of Care

Carefully read each of the following statements and give each one a rating. You may not select more than six statements for any of the three ratings.

- E = Easy to forgive
- D = Difficult to forgive
- DD = Very difficult to forgive

- __1. A friend who shoplifts even though s/he knows it bothers you.
- __2. An adult who was dishonest or misled you.
- __3. A friend who cheats on exams.
- __4. An adult who disciplines you without listening to your explanation.
- __5. A friend who gossips or tells your secrets to others.
- __6. A brother or sister who borrows your stuff without asking.
- __7. A friend with whom you had a fight and with whom you have not made up.
- __8. A sister or brother who gets you in trouble with your parents.

Now complete the following statement:

A person with whom I have recently experienced hurt or trouble is

_____.

**Circles of
Care**

Relationship Lesson
Part Two-Option C-Number 4 Handout

On the handout titled *Relationship Challenges: The Call to Forgive*, you completed the statement: A person with whom I have recently experienced hurt or trouble is... Think for a few moments about the person you named and some of the ways you've learned to improve your relationships. Complete the following statements:

In the coming week, in my relationship with _____, I will.....

The steps I will take are.....

A Prayer of Forgiveness

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

And where there is sadness, joy.

*O Divine Master, grant that I may not so much seek to be consoled
as to console;*

To be understood as to understand; to be loved as to love.

For it is giving that we receive;

It is in pardoning that we are pardoned;

It is in dying that we are born to eternal life.

St. Francis of Assisi



When one of your relationships develops some problems or even hits rock bottom, what do you do? How do you work through the problem and try to resolve it? Take a situation and write down what you actually did.

What **COULD** you do? Look over the possible choices below and rank them 1 to 6 according to how important they are (1=most important, 6=least important).

_____ State the problem or find what the trouble is.

_____ Apologize to the other person when you're wrong.

_____ See forgiveness as a positive force, not something only weak people do.

_____ Take the initiative. Be the first to reach out to others (whether you are right or wrong).

_____ Pray for the strength and courage to be really forgiving.

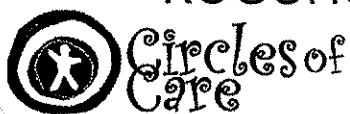
_____ Forgive others completely the way God has forgiven you.

Compare your rankings with how you actually dealt with the situation you wrote about above. If time allows, share your rankings with others in your group. What do you notice about all the choices?

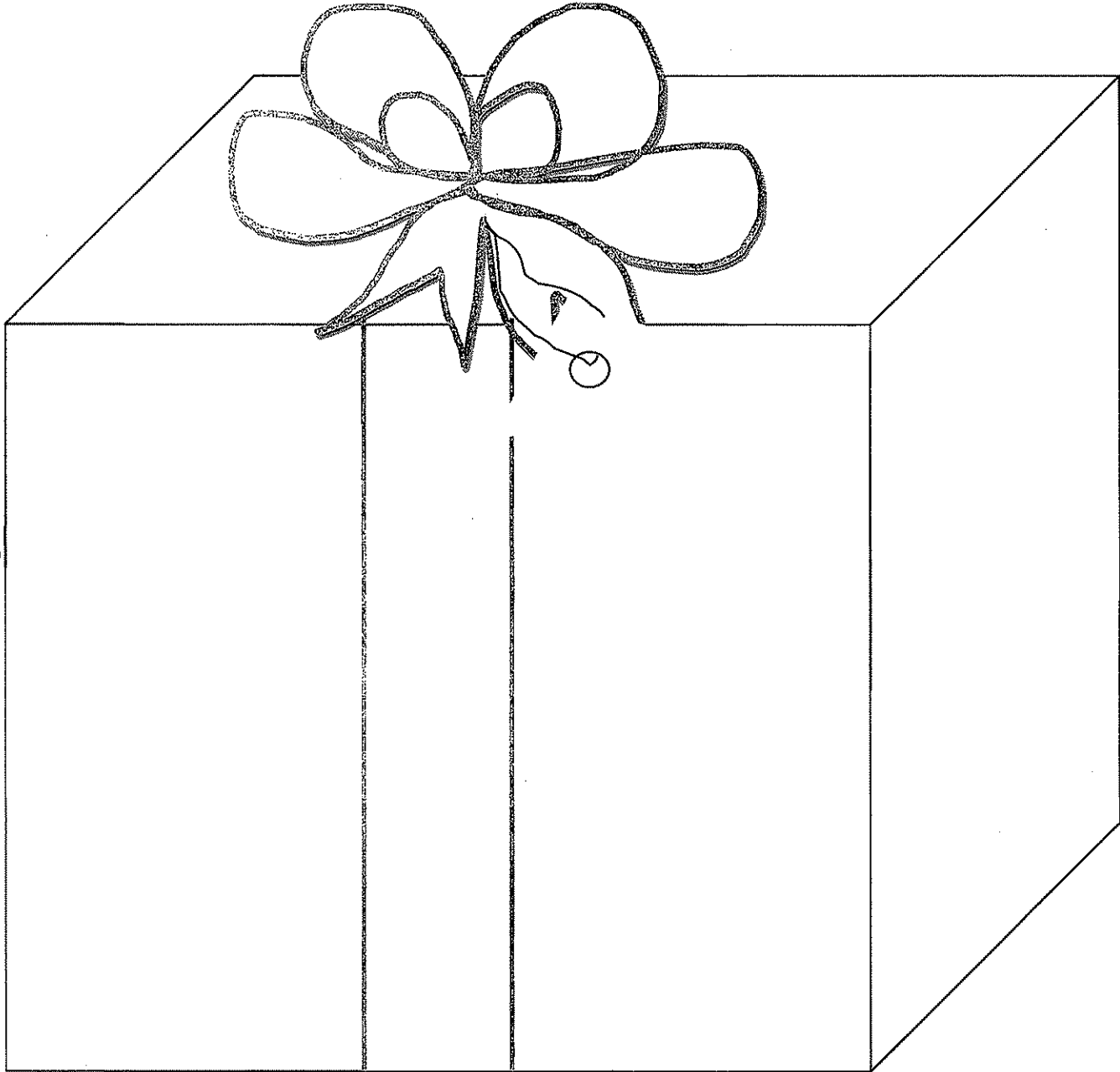


TIPS FOR THE TROUBLED

- Admit when problems and conflicts arise in relationships. Don't run away or deny the issues. Respect others.
- Express your feelings in appropriate ways.
- Accept that relationships do change or end. Don't string someone along.
- Seek help and support from others. Talk about your worries, your fears, and your losses with someone you trust.
- Learn from your mistakes and reflect on how you might handle things differently in the future.
- Build other positive relationships. Reach out to others and be of service to others.
- Recover from your pain one day at a time, realizing that the world has not ended despite your loss.
- Reach out to the Lord frequently in prayer.
- Celebrate forgiveness in the Sacrament of Reconciliation.



GIFTEDNESS



On the lid of the box, write your greatest gift. In the left section of the box, write in the things you are good at doing. On the vertical ribbon, write 3 results of your greatest gift. In the right section of the box, write what others have done to nourish you. In the arrow, fill in the nicest thing you ever did for anyone. In the shaded area of the box, describe a gift you have that you'd like to use in new and better ways.

SELF-LOVE

Unscramble the words in the heart to discover struggles we have on the journey to self-love.



1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____



Self-Love Answer Key:

- | | |
|-------------------------------|---------------------------|
| 1. Accepting my goodness | 6. Criticism |
| 2. Accepting my imperfections | 7. Being genuine |
| 3. Body Image | 8. Self-doubt |
| 4. Loneliness | 9. Recognizing my talents |
| 5. Self-identity | 10. Rejection |

Self-Esteem Learning Station Handout

***CIRCLES OF
CARE***

BARRIERS TO SELF-ESTEEM

Read over the list of things below that can keep a person from developing healthy self-esteem. In small groups, you will discuss the reasons why these items can be barriers to self-esteem and how a person might work to overcome these barriers. You may also add and discuss other barriers.

Humiliation	Homelessness	Rumors
Unnecessary fear	Hunger	Bad experiences
Emotional or physical pain	Disappointment from competition	Criticism misinterpreted
Loneliness	Being boxed in	Personal failure
Tempers	Lost communication	Apathy
Anger	Anxiety	Self-doubt
Envy	Disrespect	Blindness of Truth
Shyness	Non-acceptance	Past hurts
Hate	Rejection	Poor body image
Perfectionism	Being distant	Being "average"
Unjustified criticism	Being/feeling left out	Lack of talents
Conflict	Prejudice	Chaos
Put-downs	Stereotypes	Family arguments
Lack of trust	Fighting	Being laughed at
Jealousy	Depression	Stress
No respect	Stealing	Toxic relationships
Dishonesty	Negative attitude	Selfishness



SUPPORTS TO SELF-ESTEEM

Read over the list of things below that may be used to support and build self-esteem. In small groups, you will discuss the reasons why these items can be opportunities to build healthy self-esteem in ourselves or in others, and how a person can use these items as ways to build self-esteem. You may add and discuss additional supports to self-esteem.

Co-curricular activities or organizations	The spoken or written word	Church
School work	Love of others	Friends
Girlfriend	Boyfriend	Sports
Time alone	Good standards	Recognition of accomplishments
Algebra or other school subjects	Helping others to be happy	Good expectations
Parents	Personal effort	Intelligence
Siblings	Good coaches	Challenges of competition
Differences among individuals	Holding positions of responsibility	Volunteering
Patience	Good teachers	Responsibilities at home
Making a fair self-assessment	Sacrificing for the good of others	Love of God
Loved by God		



Qualities of Meaningful Relationships

Spend a few minutes thinking about the people in your life with whom you have a special or important relationship. Then answer the following questions:

- Things that make these relationships special are...
- Some steps I can take to improve these relationships are...
- Some things that stand in the way of these relationships are...

Below is a list of positive personal qualities of meaningful relationships. Check the ones that you have noticed while considering your own important relationships. Identify one of your relationships in which many of these personal qualities are present and circles the personal qualities present in this relationship.

- | | |
|---|---|
| <input type="checkbox"/> Honesty | <input type="checkbox"/> Has time for me |
| <input type="checkbox"/> Understanding | <input type="checkbox"/> Forgives others |
| <input type="checkbox"/> Trusts me | <input type="checkbox"/> Listens to me |
| <input type="checkbox"/> Does not gossip | <input type="checkbox"/> Helps me grow closer to God |
| <input type="checkbox"/> Respects others | <input type="checkbox"/> Lets me do things for him/her |
| <input type="checkbox"/> Fun to be with | <input type="checkbox"/> Cheerful |
| <input type="checkbox"/> Does things for me | <input type="checkbox"/> Helps me to be a better person |
| <input type="checkbox"/> Allows freedom and space | <input type="checkbox"/> Asks me to be responsible |
| <input type="checkbox"/> Challenges me to grow | |

THE DATING GAME-

Questions for Girls to Ask Boys

You will have five minutes to ask as many of the following questions as you are able. To keep track of which question you ask of the eligible bachelors, circle his number when you ask the question.

- A. 1 2 3 After we have been dating for a while, you decide to stop seeing me. How do you end the relationship?
- B. 1 2 3 We are going to a formal dance and I have made an extra effort to look really great. What kind of comment can I expect from you when you arrive to pick me up?
- C. 1 2 3 We are at a party and I was the driver because you don't have your license yet. I have permission to stay out later than you, and you have to find your own ride home. What response can I expect from you in the days to come?
- D. 1 2 3 You happen to stop at my house when my parents are not at home. We've been inside talking for a few minutes when my mom drives up. You can easily slip out the back door before she sees you. What should we do?
- E. 1 2 3 You are participating in some event and you invite me to attend. I tell you that I will not be there, but I'll pick you up when it's over. How do you feel about this and what do you tell me?
- F. 1 2 3 You and I have been dating for quite a while. We're getting along well, but my best friend really can't stand you. How do you react to this?
- G. 1 2 3 We're out with a group of friends when I do something kind of stupid and really embarrass myself. All I want to do is go home. What do you do to help me?
- H. 1 2 3 My pet dies the afternoon of our school's biggest football game of the season. I'm too upset to go to the game. What do you do?



THE DATING GAME-

Questions for Boys to Ask Girls

You will have five minutes to ask as many of the following questions as you are able. To keep track of which question you ask of the eligible bachelorettes, circle her number when you ask the question.

- A. 1 2 3 We are on our first date and it's pretty clear that it's not going well for either of us. How do you react?
- B. 1 2 3 I show up for our date and you noticed that I am definitely not dressed right for the occasion. How do you react?
- C. 1 2 3 We date a few times, decide it's not for us, and quit. Now your friends are giving you a hard time because you even considered dating me. What do say to them?
- D. 1 2 3 We've been out a couple of times and you realize that I am more interested in you than you are in me. How do you respond the next time I call and ask you out?
- E. 1 2 3 Your parents have a rule that they want to meet anyone you'll be dating. I told you that there's no way I'm going to meet your parents before we go out on a date. What do you do?
- F. 1 2 3 I've noticed lately that you're acting like something is bothering you. What do you say if I tell you that I'm concerned and would like to help if I can?
- G. 1 2 3 You catch me in a bad mood one day and I happen to say something that embarrasses you in front of your friends. What do you say to them when I leave?
- H. 1 2 3 We're at this really great party and I'm supposed to pick my little brother up and take him home. There's no way we can do this and get back to the party before it ends. What do you suggest we do?



MALE-FEMALE RELATIONSHIPS

Here are some questions that can help you clarify what you think about male-female relationships. On the left, write your answers to the questions. On the right, guess what the other opposite sex might answer.

Your Views		View of the Opposite Sex
	Two qualities that someone you date must have...	
	When Mr. or Ms. Right comes along, you'll know s/he's the one for you. Agree or disagree? Why?	
	How important is physical beauty or strength in romantic relationships? (Very, somewhat, little, not at all?)	
	What places would be fun to go or what activities would be fun to do when out on dates?	
	Name at least two ways that men and women differ, besides the obvious physical differences.	
	Do you believe in "love at first sight"? Why or why not?	
	What makes a relationship between a male and a female your age successful? What makes it really work?	

"Pressure" Handout is omitted until further notice. Teachers, please use the other dating station handouts to cover this section (already included in this document).

ANIMAL FRIENDS

Animals have distinct personalities and traits. Can you name the animal by listening to the descriptions?

Owl

A type of bird
Tranquil
Serene
Individualistic
Large Eyes

Koala

Eats Eucalyptus leaves
Spends 14/day sleeping
Tree dweller
Found in Australia

Penguin

Aggressive yet gentle
Outgoing yet shy
Unable to fly
Likes cold weather
Tuxedo colors

Dog

Loveable (usually)
Furry
Man's best friend
Usually fun and playful
Protective

Chimp

Very social
Forms tight group bonds
Very affectionate (usually)
Likes to play in the treetops
Spends much time grooming family members

Circles of Care

Parents and family learning station-Handout

IMPROVING YOUR RELATIONSHIP WITH PARENTS

Consider the relationship you have with your parents now. You may be thinking that it's just fine the way it is, or you may be wondering how it could be better. All relationships need work and all can improve in some way. Check two of the following that you feel would most improve your relationship with your parents.

- Trusting each other more
- Being truthful and honest
- Learning about each other
- Spending time together
- Affirming one another more
- Communicating better

How will you go about strengthening these aspects of the relationship? List several practical steps you will take. (*Remember—this is about what YOU can do, not what you think others should be doing!*)

I will _____

I will _____

I will _____



PARENT-TEEN RELATIONSHIPS

Circle one of the four responses after each statement about parent-teen relationships.

A=Agree

SA=Somewhat agree

SD=Somewhat disagree

D=Disagree

An argument is always a destructive force between parents and teens	A	SA	SD	D
An adolescent should always obey without ever questioning a parent's authority	A	SA	SD	D
Most problems between parents and teens come from parents' failure to listen to or understand young people	A	SA	SD	D
Most problems between parents and teens come from teens' failure to listen to or understand their parents	A	SA	SD	D
Communication between parents and teens automatically happens when teens and parents love each other	A	SA	SD	D
Since parents brought their children into the world, they owe them clothes, food, housing, and lots of attention	A	SA	SD	D
Parents should have a say in whom their children date	A	SA	SD	D
Parents can't possibly understand how much pressure is on young people, especially regarding sex and substance abuse	A	SA	SD	D
Parents and teens who put their relationship first will stay close for life	A	SA	SD	D



Ten Ways to Build Better Relationships with Parents

- ❖ Set times to get together (just to talk, have lunch, see a movie)
- ❖ Decide on a favorite place for your talks (at the park, in the den, in your room)
- ❖ Ask your parents how things are going for them (show interest in their work and what they're dealing with)
- ❖ Listen carefully (what feelings are being expressed? Offer help and support)
- ❖ Let your parents know when you are upset (don't keep things to yourself, don't go to your room to hide, be honest and open about your feelings)
- ❖ Tell them the good news (successes, victories, joys) as well as the bad news (problems, conflicts with others, worries)
- ❖ Ask them for insights and opinions (learn from their wisdom)
- ❖ Celebrate together (celebrate when something good happens in the family, begin new traditions)
- ❖ Tell your mom and dad "thank you" (for the sacrifices they've made, for the big and the little ways they show their love for you)
- ❖ Show your love and appreciation (remind them how important they are to you, don't take them for granted)