

**Right Relationship Concept:  
Communication  
(Upper Level)**

**Learning Objectives:**

- To help students understand that God created people and wants them to have safe and loving relationships.
- To instill in students the realization that safe and loving relationships are fostered by good communication.
- To impress on the students that they should feel they can tell secrets to a trusted and caring adult, ideally but not always, a parent.
- To challenge the students to tell parents or other trusted adults if they are treated in a way that makes them feel unsafe, threatened, disrespected or pressured to do things they know they should not do or do not want to do.

**Outline:**

- I. Opening Prayer
- II. God Made People to Need Each Other
- III. God Gave Us Parents and Other Trusted Adults to Care for Us (Core)**
- IV. God Gave Humans Speech So We Can Communicate (Core)**
- V. Families: Places We Can Communicate (Core)**
- VI. Secrets and Surprises (Core)**
- VII. Closing Prayer

**Materials Needed:**

- Whiteboard, chalkboard and chalk or flip chart and markers
- Pens, pencils for class members
- Handouts:
  - Grades 4 – 5: “I-feel Statements”
  - Grades 6 – 12: “I-feel Statements”
  - Grades 4 – 6: “Find the Hidden Phrase”
- Activities:
  - “I-feel Statements”: pens or pencils
  - “Find the Hidden Phrase”: pens or pencils

**I. Opening Prayer:**

*In the + Name of the Father, and of the Son, and of the Holy Spirit, Amen.*

*“You formed my inmost being; you knit me in my mother’s womb.  
I praise you, so wonderfully you made me; wonderful are your works, O Lord.” Amen.*

*In the + Name of the Father, and of the Son, and of the Holy Spirit, Amen.*

## II. God Made People to Need Each Other

### Discussion

- **Say:** *“Give examples of our needs and how these needs are met by other people.”*
  - **Ask:** *“Can a person survive alone in the world?”*
  - **Ask:** *“How do other persons help us grow and flourish?”*
- From this discussion, lead the students to understand that we all have needs that must be met by others and we establish relationships to help meet our needs and for us to meet the needs of others.

## III. God Gave Us Parents and Other Trusted Adults to Care for Us (Core)

### Discussion

- **Say:** *“God gave us parents and other adults we trust to care for us and keep us safe. If they do not know where we are, who we are with, what we are doing and how we are feeling, they will not be able to do the job God gave them to do.”*
- **Say:** *Sometimes we tire of their protectiveness but we need to keep in mind that adults have lived through adolescence already, sometimes safely, but sometimes with great pain and sometimes experiencing difficult consequences due to their choices. Because of their wisdom, gained through experience, adults may be able to see danger signs that we cannot see.”*

## IV. God Gave Humans Speech So We Can Communicate (Core)

### Discussion

- **Say:** *“Most of God’s creatures communicate with each other in some way by the sounds they make or the way they act.*
- *Of all of God’s creatures, only human beings were given the gift of speech.*
- *We can talk to each other. We can tell each other if we are hurt and need help. We can communicate, not only with our family members, but with others as well.*
- *We communicate differently with our family members and with people we trust than we do with people outside our families and with people we don’t know.”*
- **Say:** *“God gave human beings the gift of speech which allows us to use words to share our needs and feelings. We also communicate with our behavior and our body language. When we want to show we are listening, we look at the person who is talking. We show that we hear them by nodding, repeating what they say, saying “uh huh”, or asking a question. We share our feelings through our facial expressions, our body posture, and how we move. The better we are at sharing our feelings, the easier it is for our parents and other adults we trust to care for us and keep us safe.”*

• **Say:** *“It is important to know how to express feelings while respecting the rights and feelings of others. Here are some suggestions to use when expressing feelings:*

- *Try to calm down and reflect before communicating feelings.*
- *Because there is a tendency to reciprocate the feelings that are expressed, yelling, screaming, or name calling usually heightens negative feelings rather than improving communication. Try to remain calm and focused on the issues that are contributing to your feeling uncomfortable, intimidated, or afraid and the behaviors that need to be changed to resolve these feelings.*
- *Be aware of nonverbal communication as well as what is being said. Gestures and tone of voice may express as much, if not more, than the actual words that are used.”*

## **Activities**

**Grades 4 - 5:** “I-feel Statements”

**Grades 6 – 12:** “I-feel Statements”

- **Say:** *“I-feel statements are one way to understand what is happening to us and to help us understand what our options are.”*
- Give each student a copy of the “I-feel Statement” handout and ask them to complete the statements. Discuss.
- **Say:** *Take responsibility for your own feelings and actions. Although you are not responsible for what others say or do, you are responsible for how you react. Try using “I feel” statements as a way of sharing your feelings respectfully.”*

## **V. Families: Places We Can Communicate (Core)**

### **Discussion**

• **Ask:** *“Why Talk to your Parents?”*

• **Say:** *“All of the creatures God created mature at different rates. Some, at birth, are completely independent and can fend for themselves. Others are not fully mature for years. At birth, we humans are completely dependent upon our parents, families, and other adults for our care and protection. We do not reach physical, emotional, psychological, or mental maturity for many years. Because we are created to be social creatures, we benefit from relationships with others for all of our lives. God created us to be part of a family, a nuclear family, an extended family, a spiritual family. God gave us parents, families, and other trusted adults to protect us and be part of our lives.”*

• **Say:** *“As we get older, we may feel like we do not need our parents as much as we used to need them. That is true; we do not need them as we did when we were very young. But parents and other adults we trust, such as teachers, youth or scout leaders, coaches, or friend’s parents, continue to play important roles in our lives by helping to keep us safe and helping us grow. Parents and other trusted adults are vital in passing on to us our Catholic faith especially today when secularism is increasing its influence throughout our society.”*

• **Say:** *“Talk to your parents and other adults you trust. Keep them informed. Share your feelings and concerns with them, especially if you feel unsafe, threatened, disrespected or pressured to do things you know you should not do or do not want to do.”*

## **VI. Secrets and Surprises (Core)**

### **Discussion**

• **Ask:** *“Who likes surprises?”* Acceptable answers will vary. **Say:** *“Most everyone enjoys a surprise.”*

### III. DIOS NOS DIO PADRES Y OTROS ADULTOS DE CONFIANZA PARA NOSOTROS (Núcleo)

#### Discusión

- **Diga:** *“Dios nos dio padres y otros adultos de confianza para que nos cuiden y nos mantengan seguros. Si ellos no saben dónde estamos, con quien estamos, qué estamos haciendo y cómo nos sentimos, ellos no podrían hacer el trabajo que Dios les ha dado.”*
- **Diga:** *“Algunas veces nos cansamos de la sobreprotección que nos dan, pero debemos tener en cuenta que los adultos ya han vivido la adolescencia, algunas veces con seguridad, pero otras veces con gran dolor y todavía otras veces experimentando consecuencias difíciles debido a las opciones que tomaron. Debido a la sabiduría, que han adquirido a través de su experiencia, los adultos pueden ver señales de peligro que nosotros no podemos ver”.*

### IV. DIOS LE DIO A LOS HUMANOS EL PODER DE HABLAR PARA QUE PODAMOS COMUNICARNOS (Núcleo) página 39

#### Discusión

- **Diga:** *“La mayoría de las criaturas creadas por Dios se comunican el uno con el otro de alguna manera por medio de los sonidos que hacen o en la forma que actúan”.*
- *De todas la criaturas de Dios, solamente a los seres humanos se les dio el don de hablar.*
- *Podemos hablar unos con otros. Nos podemos decir uno a otro si estamos heridos o necesitamos ayuda. Podemos comunicarnos, no solamente con los miembros de nuestra familia, pero también con otras personas.*
- *Nos comunicamos de diferente manera con los miembros de nuestra familia y con gente que confiamos que con personas fuera de nuestras familias y personas que no conocemos.”*
- **Diga:** *“Dios lo dio a los seres humanos el don de hablar lo que nos permite usar palabras y compartir nuestras necesidades y sentimientos. También nos comunicamos con nuestro comportamiento y nuestro lenguaje corporal. Cuando queremos mostrar que estamos escuchando, miramos a la persona que está hablando. Le mostramos que escuchamos al asentir con la cabeza, repetir lo que dicen, diciendo “así es”, o haciendo una pregunta. Compartimos nuestros sentimientos a través de nuestras expresiones faciales, nuestra postura, y cómo nos movemos. Cuanto mejor somos al compartir nuestros sentimientos, más fácil será para nuestros padres y otros adultos que confiamos para que cuiden y nos mantengan seguros”.*
- **Diga:** *“Es importante saber cómo expresar los sentimientos mientras respetamos los derechos y sentimientos de los demás. Aquí hay algunas sugerencias que podemos usar para expresar sentimientos:*

- *Trate de calmarse y reflexionar antes de comunicar los sentimientos.*
- *Ya que hay una tendencia de reciprocidad los sentimientos que se expresan, gritar, chillar o poner nombres usualmente aumenta los sentimientos negativos en vez de mejorar la comunicación. Trate de permanecer calmado y enfocado en los asuntos que contribuyen a sentirse incómodo, intimidado, o con miedo y en los comportamientos que se necesitan cambiar para resolver sus sentimientos.*
- *Esté pendiente con comunicaciones no-verbales como también de lo que se dice. Los gestos y tono de voz pueden expresar mucho, tal vez más, que las mismas palabras que se usan”.*

## **V. FAMILIAS: LUGARES DONDE NOS PODEMOS COMUNICAR**

### **(Núcleo)**

#### **Discusión**

- **Pregunte:** *¿Por qué hablar a tus padres?*
- **Diga:** *“Todas las criaturas que Dios ha creado maduran en diferentes etapas. Algunos, al nacer, ya son completamente independientes y pueden valerse por sí mismo. Otros no maduran hasta que pasen muchos años. Al nacer, nosotros los humanos somos completamente dependientes de nuestros padres, familias, y de otros adultos para que nos cuiden y protejan. No alcanzamos la madurez física, emocional, psicológica o mental por muchos años. Ya que hemos sido creados para ser criaturas sociales, nos beneficiamos de las relaciones con otros durante nuestras vidas. Dios nos ha creado para ser parte de una familia, el núcleo familiar, una familia extensa, una familia espiritual. Dios nos dio padres, familias y otros adultos de confianza para protegernos y ser parte de nuestras vidas”.*
- **Diga:** *“Habla con tus padres y otros adultos de confianza. Mantenlos informados. Comparte tus sentimientos y preocupaciones con ellos, especialmente si te sientes inseguro, si te sientes amenazado, irrespetado o presionado a hacer cosas que tú sabes que no debes hacer o no quieres hacer”.*

## **VI. SECRETOS Y SORPRESAS (Núcleo)**

#### **Discusión**

- **Pregunte:** *“A quién le gusta las sorpresas? Todas las respuestas aceptadas pueden variar. Diga: “Casi todas las personas disfrutan de una sorpresa”.*
- **Pregunte:** *“¿Cuál es la diferencia entre una sorpresa y un secreto? Después que los estudiantes expresen sus ideas, Diga: “Una sorpresa es algo bueno que esperamos compartir más tarde, pero un secreto es algo que escondemos de otras personas”.*
- **Diga:** *“Es bueno compartir sorpresas con nuestras familias pero nunca debemos guardar secretos de nuestros padres u adultos de confianza de cosas que*

*noshagan sentir inseguros, amenazados, irrespetados o presionados a hacer que tú sabes que no debes hacer o no quieres hacer”.*

• **Diga:** *“Dios nos dio a adultos de confianza para que nos amen y cuiden de nosotros y para protegernos de cualquier daño. Podemos compartir todo con ellos”.*



## Grades 4-6 Communication

### Find the Hidden Phrase

**Directions:** Use the word bank to complete the following sentences. Then, write the letters in the boxes on the line below to find the hidden message.

#### Word Bank

needing others  
share

communicate  
tell

feelings  
safe

families  
parents

People are born  \_\_\_\_\_  \_\_\_\_\_

God made \_\_\_\_\_ .

Families \_\_\_\_\_  with one another.

God gave us speech so we can  \_\_\_\_\_  
\_\_\_\_\_.

Children need \_\_\_\_\_  \_\_\_\_\_ to protect and care for them.

It is important to share your \_\_\_\_\_  \_\_\_\_\_ with your  
parents.

If you feel unsafe  \_\_\_\_\_ an adult.

To learn and grow we must be  \_\_\_\_\_.

**HIDDEN MESSAGE!** \_\_\_\_\_!



## I-Feel Statements (grades 4 - 5)

*“I-feel” statements are one way to understand what is happening to me and to help me understand what my options are. Think of how you might feel in the following situations:*

**1. Many of your friends are going to play video games at one of their homes. No one has suggested that you go with them.**

I feel \_\_\_\_\_

What do you think will happen:  
if you invite yourself along? \_\_\_\_\_

if you don't invite yourself along? \_\_\_\_\_

How will you feel:  
if you invite yourself along? \_\_\_\_\_

if you don't invite yourself along? \_\_\_\_\_

**2. You see someone cheating on a test.**

I feel \_\_\_\_\_

What do you think will happen:  
if you report the cheating to your teacher? \_\_\_\_\_  
\_\_\_\_\_

if you don't report the cheating to your teacher? \_\_\_\_\_  
\_\_\_\_\_

How will you feel:  
if you report the cheating? \_\_\_\_\_

if you don't report the cheating? \_\_\_\_\_

**3. Although your best friend has not said anything to you, based on his/her behavior, you believe he/she may be taking his/her mother's prescription medicine as a way of dealing with a problem.**

I feel \_\_\_\_\_

What do you think will happen:

if you tell a trusted adult about your suspicions? \_\_\_\_\_

\_\_\_\_\_

if you don't tell a trusted adult about your suspicions? \_\_\_\_\_

\_\_\_\_\_

How will you feel:

if you tell a trusted adult? \_\_\_\_\_

if you don't tell a trusted adult? \_\_\_\_\_

**4. You and your friends ride your bikes through a neighbor's yard and damage some of their shrubs.**

I feel \_\_\_\_\_

What do you think will happen:

if you tell your parents about the incident? \_\_\_\_\_

\_\_\_\_\_

if you don't tell your parents about the incident? \_\_\_\_\_

\_\_\_\_\_

How will you feel:

if you tell your parents? \_\_\_\_\_

if you don't tell your parents? \_\_\_\_\_

**5. You notice bruises on your friend's arms. When you ask her what happened, she gives a vague and unconvincing reply and changes the topic. You think perhaps her father has grabbed her too roughly.**

I feel \_\_\_\_\_

What do you think will happen:

if you tell a trusted adult your suspicions? \_\_\_\_\_

if you don't tell a trusted adult your suspicions? \_\_\_\_\_

\_\_\_\_\_

How will you feel:

if you tell a trusted adult? \_\_\_\_\_

if you don't tell a trusted adult? \_\_\_\_\_

**6. After you have been shopping with one of your friends, she shows you a CD you know she did not pay for.**

I feel \_\_\_\_\_

What do you think will happen:

if you tell your friend she needs to return the CD or pay for it? \_\_\_\_\_

\_\_\_\_\_

if you don't tell your friend she needs to return the CD or pay for it? \_\_\_\_\_

\_\_\_\_\_

How will you feel:

if you tell your friend she needs to return the CD or pay for it? \_\_\_\_\_

\_\_\_\_\_

if you don't tell your friend she needs to return the CD or pay for it? \_\_\_\_\_

\_\_\_\_\_

**7. Your friends invite you to a party. When you arrive, their parents are not home. Their older brother offers beer to the party-goers.**

I feel \_\_\_\_\_

What do you think will happen:

if you tell your parents? \_\_\_\_\_

if you don't tell your parents? \_\_\_\_\_

How will you feel:

if you tell your parents? \_\_\_\_\_

if you don't tell your parents? \_\_\_\_\_

**8. You know you are getting a “D” in Geography. Your teacher suggests that by giving you one-on-one tutoring at her place might improve your grade.**

I feel \_\_\_\_\_

What do you think will happen:

if you tell your parents? \_\_\_\_\_

if you don't tell your parents? \_\_\_\_\_

How will you feel:

if you tell your parents? \_\_\_\_\_

if you don't tell your pastor? \_\_\_\_\_

**9. Several weeks ago, your older sister “met” another teenager on-line and has been chatting with him daily ever since. She tells you they have arranged to meet in person.**

I feel \_\_\_\_\_

What do you think will happen:

if you tell your parents? \_\_\_\_\_

if you don't tell your parents? \_\_\_\_\_

How will you feel:

if you tell your parents? \_\_\_\_\_

if you don't tell your parents? \_\_\_\_\_

## I-Feel Statements (grades 6 – 12)

*“I-feel” statements are one way to understand what is happening to me and to help me understand what my options are. Think of how you might feel in the following situations:*

**1. Many of your friends are going out for pizza before going to the basketball game this Friday. No one has suggested that you go with them.**

I feel \_\_\_\_\_

What do you think will happen:  
if you invite yourself along? \_\_\_\_\_

if you don't invite yourself along? \_\_\_\_\_

How will you feel:  
if you invite yourself along? \_\_\_\_\_

if you don't invite yourself along? \_\_\_\_\_

Why do you think Jesus teaches us to include others? \_\_\_\_\_

**2. You see your school's star quarterback cheating on an exam.**

I feel \_\_\_\_\_

What do you think will happen:  
if you report the cheating to your teacher? \_\_\_\_\_

if you don't report the cheating to your teacher? \_\_\_\_\_

\_\_\_\_\_

How will you feel:  
if you report the cheating? \_\_\_\_\_

if you don't report the cheating? \_\_\_\_\_

If you don't feel cheating on a test is wrong, what are the consequences of cheating? \_\_\_\_\_

What about cheating on the job? On a team? On taxes? On your marriage?

**3. Although your best friend has not said anything to you, based on his/her behavior, you believe he/she may be taking his/her mother's pain killer as a way of dealing with a problem.**

I feel \_\_\_\_\_

What do you think will happen:

if you tell a trusted adult about your suspicions? \_\_\_\_\_

if you don't tell a trusted adult about your suspicions? \_\_\_\_\_

How will you feel:

if you tell a trusted adult? \_\_\_\_\_

if you don't tell a trusted adult? \_\_\_\_\_

if your friend is hospitalized due to overdose?  
\_\_\_\_\_

**4. Backing out of a parking space at school, you clip the car parked next to yours. Although there is no damage to your car, the other car has a dent.**

I feel \_\_\_\_\_

What do you think will happen:

if you tell your parents about the accident? \_\_\_\_\_

if you don't tell your parents about the accident? \_\_\_\_\_

How will you feel:

if you tell your parents? \_\_\_\_\_

if you don't tell your parents? \_\_\_\_\_

Why is it wrong not to report your involvement in an accident? If someone else sees the accident and reports it, what might happen? \_\_\_\_\_  
\_\_\_\_\_

**5. One of your friends has noticeable bruises on her arms. When you ask her what happened, she gives a vague and unconvincing reply and tries to turn the conversation. You suspect that she may have been physically abused by her boyfriend.**

I feel \_\_\_\_\_

What do you think will happen:

if you tell a trusted adult your suspicions? \_\_\_\_\_

\_\_\_\_\_

if you don't tell a trusted adult your suspicions? \_\_\_\_\_

\_\_\_\_\_

How will you feel:

if you tell a trusted adult? \_\_\_\_\_

if you don't tell a trusted adult? \_\_\_\_\_

Are you your brother's/sister's keeper? What are our Christian duties?

\_\_\_\_\_

**6. After you have been shopping with one of your friends, she shows you a pair of jeans you know she did not pay for.**

I feel \_\_\_\_\_

What do you think will happen:

if you tell your friend she needs to return the jeans or pay for them?

\_\_\_\_\_

if you don't tell your friend she needs to return the jeans or pay for them?

\_\_\_\_\_

How will you feel:

if you tell your friend she needs to return the jeans or pay for them?

\_\_\_\_\_

if you don't tell your friend she needs to return the jeans or pay for them?

\_\_\_\_\_

Because store owners may perceive some teens to be shoplifters, do you feel teens are treated differently than adult customers?

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**7. Your friends invite you to a party where alcohol is being served. One of the adults who is a catechist at your church is also at the party.**

I feel \_\_\_\_\_

What do you think will happen:

if you tell your pastor? \_\_\_\_\_

if you don't tell your pastor? \_\_\_\_\_

How will you feel:

if you tell your pastor \_\_\_\_\_

if you don't tell your pastor? \_\_\_\_\_

How might your response differ if you thought teen drinking was acceptable? \_\_\_\_\_

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**8. You are getting an "D" in Social Studies. Your teacher repeatedly suggests that giving you one-on-one tutoring at her home might improve your grade.**

I feel \_\_\_\_\_

What do you think will happen:

if you tell your parents? \_\_\_\_\_

\_\_\_\_\_

if you don't tell your parents? \_\_\_\_\_

How will you feel:

if you tell your parents?

\_\_\_\_\_

if you don't tell your parents?

\_\_\_\_\_

How do you think your parents will react if you make the mistake of accepting the invitation without telling them?

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**9. Several weeks ago, your fourteen year old sister “met” another teenager on-line and has been chatting with him daily ever since. She tells you they have arranged to meet in person.**

I feel \_\_\_\_\_

What do you think will happen:

if you tell your parents? \_\_\_\_\_

if you don't tell your parents? \_\_\_\_\_

How will you feel:

if you tell your parents? \_\_\_\_\_

if you don't tell your parents? \_\_\_\_\_

What are some of the possible outcomes of this type of meeting?

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**10. One of the most popular girls in your class has made some very cruel remarks on her blogspot about your best friend. Your friend is very hurt and depressed by the remarks.**

I feel \_\_\_\_\_

What responsible adult might you tell? \_\_\_\_\_

What may happen if you don't tell someone? \_\_\_\_\_

How would you feel:

if the remarks were false and purely gossip? \_\_\_\_\_

if the remarks were true? \_\_\_\_\_

How would your response differ if the remarks were about you? \_\_\_\_\_