

*Circle of Grace*  
*Parent Letter*  
*Coping with Stress and Pressure*  
*Grade 5 Lesson*

Dear Parent,

Circle of Grace is a faith-based safety curriculum used by your arch/diocese.

Your young person has just completed the “Coping with Stress and Pressure” lesson in the *Circle of Grace* Curriculum. The lesson describes the difference between stress and pressure. Through discussion and activities, the lesson assists the children in understanding the difference between healthy and unhealthy stress and pressure. It also helps them to identify how to respond when the stress or pressure is unhealthy. The lesson encourages them to talk to a trusted adult when feeling stress or pressure.

Many times, young people feel stress/pressure in unhealthy/unsafe interactions via social media and technology including texting on phones. Although this was not specifically reviewed in this lesson, we believed it is important to provide information that can help keep your child safe. We encourage you to review the below questions with your child to help them discern their interactions with individuals via social media, networking, texting, gaming, or other ways we communicate through technology. Many times, young people will consider individuals they only met through technology as “friends”.

1. How long have you known this person?
2. Is your knowledge of this person face-to-face?
3. How much do you know about this person?
4. How have you verified what this person has told you about themselves?
5. What do your feelings (instincts) tell you about this person or situation?
6. How many things do you have in common with this person?
7. Is the relationship respectful of your boundaries and the other person’s?
8. Are you able to say, “No,” to this person?
9. Does this person’s age or status influence your behavior in the relationship?
10. Does this person ever ask you to keep secrets?

Thank you for allowing us to be a partner in providing a safe environment for your child!