

Safe Environment Education Seventh Grade

"He Loves, He Hopes, He Waits." - St. Maria Goretti



Healthy Boundaries

At the seventh-grade level, children benefit from having conversations about friendships and who they associate with. Often, if someone we hang out with tends to make bad choices, even if we usually make good choice, there can be guilt by association. Setting healthy boundaries with friendships is very important especially as children near high school. It is essential that children understand the importance of surrounding themselves with friends who will help them be better versions of themselves and become kind young people. Making good choices is easier when those around them are also making good choices. This can lead to happier lives because they are not just trying to fit in or impress anyone.

When you feel your friends are making poor choices, what is something you could do to make sure you do not make the same mistakes?

Who are the people you feel help build you up to be better and to make good choices?

Communication

Seventh grade can be a confusing age for children. They are dealing with hormone changes, physical changes together with a lot of input from technology, friends and media. Open communication with your child during this time of their life is important no matter how difficult. Beginning conversations about puberty, sex, pornography is helpful at this age.

Do you remember that you can talk to me about anything?

Sometimes there are things that are difficult to talk about, what are some ways we can identify when you are uncomfortable but do want to talk?

Technology

By this age the goal is to have the children able to finish your sentences and rolling their eyes because you have told them things so often. Things like; "honey, there is nothing you could see on a device that would change the way I feel about you. Bring it to me. I will still love you and I won't freak out." Make sure that you are persistent and consistent, more so even than the algorithms in their lives.

Is there any part of being online that I haven't done a good job talking about?

What is the one thing about technology that you wish every adult understood better?

Body Awareness

As children are growing and developing it is important to help give them an opportunity to see their bodies for what they can do, not for what they look like. Parents are the most influential role models and can form this understanding. Parents want children to feel confident about their bodies and not go looking for validation from others in an unhealthy way.

What are some things you feel you are capable of doing? How have you noticed your body being strong and healthy?

Do you feel your friends are confident in their body image or seeking validation from others?

Theology of the Body

Self-control is not needed because the body is evil-the truth is just the opposite. The body should be controlled with honor because it is worthy of honor.