

# Catechist Handout

Week 6 – Nov. 7, 2021

## Personal Boundaries & Social Media



### OBJECTIVES

- For teens to discover their own self-worth (intrinsic *divine* value)
- For teens to understand what healthy relationships are with other people
- How teens can begin to set their own relational-boundaries with others
- For teens to look at their use of social media and how it's impacting their lives

### OVERVIEW

1. 4:00- 5:00pm - Mass
2. 5:15- 6:45pm - Small Group Lesson Plan/Dismissal

### LESSON COMPONENTS

- A. Community Building
  - B. Shared experiences by adults and teens
  - C. Catholic Teaching/Insight
  - D. Scripture & Prayer
  - E. Putting Faith Into Action
- Announcements

### Setting the Scene (Excerpt from Source #2)

"It may seem counterintuitive, says Dr. Cloud, but by putting up fences we will accomplish more, not less. We thrive when our goals and responsibilities are well-defined, when our yes means yes and our no means no. Dr. Cloud claims that boundaries are the secret to good, healthy relationships; happy kids; and even a successful business. Healthy boundaries help us resist our inclination to control others, and they protect us from those who would attempt to control us. Clear boundaries respect the dignity, limitations, and responsibilities of the giver and the receiver, helping both sides to flourish.

If you're feeling stressed, overcommitted, unproductive and burned out, Dr. Cloud suggests performing an "audit" of your days. Begin with a blank slate by articulating your fundamental goals, values and objectives. Answer the questions: "Who am I?" "What do I believe in?" "What do I value?" Then go line-by-line through your daily activities and consider how each contributes (or doesn't) to accomplishing your goals.

With this audit in hand, Dr. Cloud says, you can begin to prune toxic practices—from substance abuse to negative relationships—that prevent you from achieving your goals or contradict your vision for your life. Then you can begin to erect the fences that will help you avoid falling into those same destructive

### CATECHIST NOTES

*Sources used in the creation of this lesson:*

1. <https://www.psychologytoday.com/us/blog/romantically-attached/201608/4-ways-set-and-keep-your-personal-boundaries>
2. <http://mindspirit.com/the-power-of-no-why-christians-need-boundaries/>

### Tip Sheet on Social Media:

3. <https://engage.youth.gov/resources/tip-sheet-social-media-use-and-mental-health>

### Short Cartoon Videos to Show Teens:

4. <https://www.youtube.com/watch?v=9bhHaVxo3i0>
5. <https://www.youtube.com/watch?v=xGKmlTtZnSk>

## Community Builders (20 minutes)

**\*Choose one game, or both!**

**God Sightings:** Where have you seen God at work in your life, specifically when it comes to ***how you view yourself***? Catechists, begin the class-dialogue by answering this question yourself for the class to follow suite. After you have shared this – let *anyone* in the class offer their God sightings. If it takes a while to get volunteers, or everyone is just deep in thought, ask the Peer-Ministers to offer their God sightings.

### **Follow-Up Questions:**

- Where do you derive your “***self-worth***” from? What is “self-worth” and is it the same thing as “***self-esteem***?”
- What are some major things that people stake their entire self-worth on? Can these things consistently over time offer you fulfillment and wholeness as a person?
- As Christians, what do you think we should be basing our self-worth on? Does it exist and where does it even come from?

^The questions above are just designed to set up what you will be delving into more later on. After each person has shared their thoughts – you can use the above questions or your own.

**High-Quality Charades:** Have your class all sit in circle (if your class isn’t already in circular seating). Ask the question, “**Who is someone in popular-culture** (a celebrity, politician, religious leader, activist, etc.) **that you admire and would like to be like?**” Give a few moments for everyone to think of someone. Ask someone to step into the middle of the circle and to physically “act” out the person. They *can* speak, but cannot be over explanatory – they cannot give away obvious cues. The teens are to guess the person that is being acted out – once the person has been guessed or until the class has decided that they cannot figure it out, **the teen will then tell the class why they admire the person they chose.**

Give everyone an opportunity to participate! If you wanted to form teams, etc. You can bend the game to how you would like. The idea behind this game is to get our teens thinking of people that they respect and admire – because they *most likely* are admirable for their talents and traits. A major element in becoming who you are meant to be is standing up for yourself and your family, moral and value system and being proactively assertive. Many public figures are “*public*” precisely for exhibiting these traits or displaying an individuality that is truly unique.

## CATECHIST NOTES

Shared experiences by adults and teens (15-20 minutes)

## “*nosce te ipsum*”

### (Know thyself)

How can we truly even begin to know others and make society better (as Catholics we are called to social-change) if we don't even know ourselves or what is true and meaningful for us as individuals? Here's the thing, we need to decide what we stand for – what are you **un-wavering** in? Also, can these beliefs and thoughts change over time? Is it possible for us to evolve in our deepest held beliefs? How is personality a factor in this? How does Social Media effect your view of yourself?

You are **entitled** to,

- **intellectual worth** and boundaries (you are entitled to your own thoughts and opinions, as are others)
- **emotional worth** and boundaries (you are entitled to your own feelings to a given situation, as are others)
- **physical worth** and boundaries (you are entitled to your space, however wide it may be, as are others)
- **social worth** and boundaries (you are entitled to your own friends and to pursuing your own social activities, as are others)
- **spiritual worth** and boundaries (you are entitled to your own spiritual beliefs, as are others)

Now, when we begin to be more fully aware of what our desires, beliefs, and comfortabilities are, etc. does this make it easier to choose friendships and relationships *of any type* that are worth investing in? This doesn't just mean human-relationships – bring your teen's attention to their relationship with things like food-consumption, social-media, their phones, their sport, video-games, etc. Especially in today's society which is full of social-messaging that makes us never feel satisfied and inadequate (*some by design*) – how should we respond to this as Christians? As Christians, **we must set healthy boundaries** because we are called to continually honor who we are (our individuality) and our **foundational divine origin – we have explicit divine dignity.**

**+What are some boundaries we've already set in our lives? What are examples of toxic relationships we've had that have hurt us/others?**

## CATECHIST NOTES

### Good Article on Teen Relationships:

<https://www.verywellfamily.com/unhealthy-relationship-signs-in-teens-4065362>

## Catholic Teaching/Insight – What are you entitled to?

### Catechism of the Catholic Church – Sctn. 1 - Chapter. 1 “The Dignity of the Human Person”

- **1702** The divine image is present in every man. It shines forth in the communion of persons, in the likeness of the unity of the divine persons among themselves
- **1703** Endowed with "a spiritual and immortal" soul,<sup>5</sup> the human person is "the only creature on earth that God has willed for its own sake."<sup>6</sup> From his conception, he is destined for eternal beatitude

This foundational teaching needs to be highlighted ***over and over*** – we should not derive our worth from anything but who we are in God. We are dearly beloved not for anything we have done, or how others in society view us – but through God’s eyes we are *loved without reservation*. Do your teens feel this in their growing relationship with God?

As Catholics, we believe we are made “***radically free***” just like the God we worship.

- **1712** In man, true freedom is an "outstanding manifestation of the divine image" (GS 17)

We have “***free will***,” the agency to decide for ourselves what we are to believe and do/partake of. Now, this doesn’t mean that we choose always what is right and true, but we do get to ***choose***. So, understanding this, we shouldn’t feel “less than” in setting boundaries which fall in line with our conscience or mental-health.

We, as Catholics, are also called by Jesus and his church to be firm in our ideals and beliefs.

### **Scripture & Prayer – A Prayer for Courage**

“Give me the courage I need to say and do whatever you’re calling me to, despite the fear I feel. Help me learn how to live courageously in all aspects of my life, from my relationships to my work. Light a fire of confidence in me so I can stand up for what I believe and work to do what’s right in this world. May my example of courage inspire others to do the same.

Thank you for your unlimited power at work in my life, God. Amen.”

## CATECHIST NOTES

### Putting Faith into Action – Poster Activity

There will be posters available in the Narthex for classes – have every teen draw one or multiple images on the poster in which sum up this lesson and/or class discussion.

- Something they have struggled to set a boundary with (technology, a person, etc.) – *this may be slightly personal, so no pressure there.*
- An image representing God's love
- Someone they respect that respects themselves and their values/ideals
- A self-portrait of themselves as they wish to be in the future
- A picture of those in their lives they care about
- Human dignity
- Healthy relationships

### CATECHIST NOTES

**LESSON PREPARATION NOTES:**

Is there something I want to pick up or go over from last week's class?

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My community building activity this week will be

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What parts of the lesson will the Peer Ministers lead/facilitate?

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Do I need anything from the Faith Office prior to class?

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Other

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**CATECHIST NOTES**

Things I will need for class this week:

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The Key Ideas/Objectives for this week are

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Things I need to consult Teen Faith about

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