

**LESSON 3**  
**Friendship and**  
**Bullying**



**Growing with GOD™**  
*Safe and Sacred*

**In This Lesson**

**For You**                      **Pages 1–2**

- Called to Be a Friend
- 3-Minute Retreat
- Lead Your Child to Grow with God
- Safe and Sacred at Home

**For You and Your Child**                      **Pages 3–4**

- With Your Child: Bringing the Lesson Home
- Pray Together



**What the Church Says About**

*Respecting One Another*

Respect for the human person considers the other “another self.” It presupposes respect for the fundamental rights that flow from the dignity intrinsic of the person.

*Catechism of the Catholic Church, 1944*

**Called to Be a Friend**

Take a moment to think back to your days in seventh grade. What memories come to mind? It’s likely that the trials and tribulations of adolescent friendships are somewhere on your list.



Perhaps at no other time in our lives do we spend so much effort and energy searching for our group and trying to belong. With so much focus on fitting in, there can be even greater attention paid when someone doesn’t. Those who are labeled different or less powerful can experience bullying. Bullying is harmful and hurtful in all its forms. You may find yourself wishing you could save your child from any heartaches that come with this period of life. While that isn’t always possible, you can provide support by modeling healthy relationships built on kindness and inclusivity.

**Jesus was the best role model for friendship because he taught us to love one another as he loves us.**

Teaching your child to express love, kindness, and compassion through words and actions is key. This is especially true when your child witnesses someone else being bullied or treated unkindly. Support and encourage your child.

Remind your child that God will always give us courage and that courage can help us show love, kindness, and respect to one another.



3minute  
RETREAT

*If someone who has worldly means sees a brother in need and refuses him compassion, how can the love of God remain in him? Children, let us love not in word or speech but in deed and truth.*

1 John 3:17–18

### Reflection

Take a moment to reflect on Jesus' life, Death, and Resurrection. His every action is done out of love for us. How can we thank Jesus for all we have received? The message from Scripture is clear—what we do matters far more than what we say. Each day presents opportunities for us to show compassion to those around us. This means more than simply expressing sentimental feelings. Our love for others is demonstrated by our sincere actions on their behalf.

### Questions

When have I felt Jesus' love and compassion in my life? Who in my life needs to receive Jesus' love through my actions in deed and truth?



### Prayer

Speak to Jesus, using the words of this prayer or your own.

*Compassionate Jesus, thank you for your love and mercy. Help me to share with others what you have given me.*

## Lead Your Child to Grow with God: Spiritually, Socially, and Physically

**Spiritual** Keep a saint-of-the-day calendar on your breakfast table. Take turns reading the passage of the day. Discuss important lessons about these holy people and how they treated others. Share ideas of how you and your child might follow these examples in your daily lives.



**Social** Watch movies and television shows with your child. Ask questions like, “How do you think that character/person feels?”, “What would you do if you were in that situation?”, or “What would you say or do to make that person feel better?” There are no wrong answers. The point is to encourage empathetic feelings and reflection. Such discussions help your child practice how to behave in different situations and encourage compassionate, thoughtful responses.

**Physical** Respond sensitively to your child's decisions about clothing, hair, and friends. Guide your child to see that being modest is a sign of self-respect and self-love. Help your child recognize that modesty is a virtue that is not limiting but honors the gifts God has given to us.

### Safe and Sacred at Home



*Go In Peace* (Loyola Press)  
by John Paul II

Only by instilling a high moral vision can a society ensure that its young people are given the possibility to mature as free and intelligent human beings, endowed with a robust sense of responsibility for the common good, capable of working with others to create a community and a nation with a strong moral fiber.

## Big Ideas

### In Lesson 3, your child will:

- describe what it means to be a friend.
- recognize forms of bullying.
- identify ways to stand up for people who are struggling or being bullied.
- define *bullying*, *bystander*, and *upstander*.

### Words to Know

**bullying** · *The act of using strength or power to intimidate, harm, or threaten another*

**bystander** · *Someone who is present and observes an event but does not take part*

**upstander** · *Someone who recognizes when something is wrong and acts to make it right*

## Bringing the Lesson Home

Determine ahead of time when and where you and your child will engage with the lesson content. Read or complete Side A of the worksheet with your child.

Name \_\_\_\_\_


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LESSON 3 Friendship and Bullying

Call Out Bullying

Bullying is the act of using strength or power to intimidate, threaten, or harm someone else. It is intended to make the targeted person feel weak, powerless, alone, and afraid.

Read the following scenarios. Choose one scenario and use it to answer the questions below.



**Scenario 1**  
Mozzie and Victor meet at their lockers before school each day. Amy has a locker nearby. Mozzie and Victor call Amy names and make fun of her appearance.

**Scenario 2**  
On the bus, Serena and Robbie take Marina's backpack away from her. They push it toward the back of the bus and block her from getting it back.

**Scenario 3**  
Mackenzie is a new student. Thomas tells classmates he knows things about her from her old school. He spreads false rumors and tells embarrassing jokes about her.

I chose Scenario \_\_\_\_.

Who is being bullied in this scenario? \_\_\_\_\_

Who is doing the bullying? \_\_\_\_\_

How is the bullying behavior hurtful? \_\_\_\_\_

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GRADE 7 / LESSON 3 Friendship and Bullying - Worksheet 3 / Side A

## STEP 1 ENGAGE & EXPLORE

**SAY:** Bullying uses strength or power to hurt someone who is weaker or less powerful. Sometimes bullying is physical, but it can also hurt a person's feelings and reputation.

**Bullying also affects the people who see it happening.** Share with your child any experiences you have had with bullying or with witnessing someone else being bullied. Invite your child to share his or her experiences.

**SAY:** If you witness someone being bullied or are bullied yourself, you can come to me or another trusted adult for help.

# Bringing the Lesson Home *(continued)*

## STEP 2 REFLECT & RESPOND

Read or complete Side B of the worksheet with your child.

**SAY:** Jesus always acted in loving ways. We can love like Jesus by always treating one another with respect. If we see people being treated unjustly, we can stand up for them and show them that they are not alone.

Share with your child times you have witnessed him or her being a peacemaker or standing up for someone else. Acknowledge how proud you are and offer encouragement for your child to continue showing others love and respect. Pray the prayer from the Pray Together feature or one of your own. Begin and end the prayer with the Sign of the Cross.



## Pray Together

### *Peace Prayer*

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.  
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 in giving that we receive, it is in pardoning that we are pardoned,  
And it is in dying that we are born to eternal life.



Scan this code and guide your child through a simple review of the lesson.

