

# *C.O.G. Philosophy*

## ***What is a Circle of Grace?***

The Catholic Church teaches that God has created each of us as unique and special. Genesis 1:27 tells us that we are created “male and female in God’s image” and that God saw this as “very good.” In that goodness, we are meant to respect ourselves and everyone else as persons created and loved by God.

Adults assist children/young people to recognize God’s love by helping them to understand that each of us lives and moves in a Circle of Grace. You can imagine your own Circle of Grace by putting your arms above your head then circle down in front of your body including side to side. This circle, front to back, holds who you are in your body and through your senses. It holds your very essence in mind, heart, soul, and sexuality.

## ***Why is it important to help our children/young people understand the Circle of Grace?***

God intends our relationships in life to be experiences of divine love. Respectful, nurturing, loving relationships increase our understanding of our own value and help us to love others. It is never too early to help children/young people understand how very special they are and how relationships in life are called to be sacred. Understanding this can help them to protect the special person they are and to be respectful of others. Adults, as they strive to provide a safe and protective environment, hold the responsibility to help children/young people understand and respect their own dignity and that of others. A truly safe and protective environment is one where children/young people recognize when they are safe or unsafe and know how to bring their concerns, fears, and uncertainties to the trusted adults in their lives.

## ***How is the Circle of Grace Program different from other protection programs?***

According to research, one in four girls and one in seven boys will be sexually abused by age eighteen. Many protection programs focus on “stranger danger,” however, up to ninety percent of the time the perpetrator of abuse is known to the child/young person such as a relative or family friend. Circle of Grace goes beyond just protection by helping children/young people understand the sacredness of who they are and how to seek help through their relationships with trusted adults.

## ***Goal of the Circle of Grace Program - Grades K-12***

The goal of the Circle of Grace program is to educate and empower children and young people to actively participate in a safe environment for themselves and others.

## ***Objectives of the Circle of Grace Program - Grades K-12***

- Children/Young People will understand they are created by God and live in the love of the Father, Son, and Holy Spirit.
- Children/Young People will be able to describe the Circle of Grace which God gives each of us.
- Children/Young People will be able to identify and maintain appropriate physical, emotional, spiritual, and sexual boundaries.
- Children/Young People can identify all types of boundary violations.
- Children/Young People will demonstrate how to take action if any boundary is threatened or violated.