

RCL Benziger *Family Life* integrates child safety education into a holistic approach to family life education. In every lesson of every grade level, children develop the knowledge, self-confidence, and assertiveness skills they need to RECOGNIZE, RESPOND, and REPORT dangerous situations. *Family Life* is based upon nationally recognized principles for a successful child safety program.



## Child Safety - Summary of Unit Focus

Grade Level	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5
<b>K</b>	Effectively communicate strong feelings; identify family members; properly deal with unfamiliar people	Appropriately act on feelings of love through kind words and caring actions, especially to parents and other trusted adults	Follow helpful rules to keep a person safe during potentially dangerous situations; identify first responders as people who care	Respect both girls and boys because everyone is created special by God; resist and report inappropriate touching; care for baby with parental involvement	Make friends safely and how to appropriately show care for them; follow good rules for sharing and avoiding conflict
<b>1</b>	Recite personal information including names of family members; identify trusted adults who can help us and whom we can help	Identify physical characteristics of a person; talk to parents and other trusted adults about emotions	Recall and reflect on past events; care for our bodies because God created us good; practice helpful rules when in an unsafe situation	Express affection for others in appropriate ways according to relationship or familiarity	Identify different groups we belong to and to how we interact within them; list trusted adults; practice resolving conflict
<b>2</b>	Identify family members by name and role; communicate to parents and other trusted adults; practice strategies for personal care and conflict resolution	Recognize the unique gifts of individuals; care for our bodies because God created us good; being aware of surroundings; practice WALT strategy	Identify rules for keeping babies safe with parental involvement; review personal hygiene practices; recall 3 R's in child safety	Differentiate affection based on relationship or familiarity; role-play ways to forgive; discriminate situations appropriate for keeping a promise	Identify the qualities and purpose of a trusted adult; list personal trusted adults; define a secret and when to keep it or not
<b>3</b>	Recall neighborhood surrounding and trusted adults; balance family privacy and personal safety with parental involvement; review rules for honesty and loyalty	Establish a "safety net" of trusted adults; tips for teacher when responding to potential abuse; develop simple rules for personal safety	Affirm individuals as created in God's image and likeness; resist and report inappropriate touching; care for newborn	Care for God's creation with parental permission, including respect for person's body through proper hygiene, nutrition and appropriate touching	Practice strategies for making good decisions; respect body through good hygiene; list trusted adults in family and neighborhood
<b>4</b>	Obey trusted adults; resist improper advances or touching; discriminate situations appropriate for keeping a promise	Identify steps on effectively communicating emotions with others; appropriately express feelings through kind words and good acts	Care for our bodies because God created us good through respect and personal hygiene, good nutrition and regular exercise	Respect the uniqueness of gender, especially in relationships; differentiate affection based on relationship or familiarity;	Identify strategies to resist and report abuse; practice steps on conflict resolution; recognize good in forgiveness and reconciliation
<b>5</b>	Review six qualities of a healthy family; role-play steps to respect self and others; take responsibility for our words and actions	Identify family rules that promote respect in the media and online; discern messages in the media; use of prayer as an effective way to express emotions	Respect each person, especially their body; being aware of our surroundings; proper care of a baby; practice of modesty	Use of positive peer pressure; develop good friendships and show appropriate expressions of love	Identify trusted adults within and outside the family; identify strategies for healing through forgiveness
<b>6</b>	Review the 3 R's of child safety; define respect and apply to diversity in life; discern unique gifts to make good choices;	Review key aspects of honest communication to build healthy relationships; establish SMART goals; establish open communication with parents	Discuss parental responsibilities, especially in caring for a baby; differentiate appropriate and inappropriate touching	Establish rules that reflect respect for the human body; define healthy relationships between adults and children	Establish personal budget to develop personal responsibility; define neighbor in a global setting to increase awareness of surroundings
<b>7</b>	Recognize surroundings for safety; list trusted adults to confide in; respect a person's privacy; be able to properly respond to peer pressure	Recognize and reject "sexual grooming" or any inappropriate behavior or manipulation; support parental involvement in child's relationships	Build self-image and self-confidence based on inherent beauty from God; review danger of sexual grooming and addictive substances	Differentiate expressions of love based on age, relationship or familiarity; remind need to support victims of abuse; review Internet safety rules	Appreciate the importance of chastity in protecting one's integrity; review sexual abuse facts; defining healthy friendships
<b>8</b>	Recognize one's responsibility for their own happiness; establish a list of trusted adult advisors; review rules to follow when lost	Recognize the connection between personality and making decisions; establish strategies for managing one's emotions;	Identify types and forms of abuse, especially related to domestic abuse; review simple rules for making good decisions	List qualities of a good friend of either gender; review steps for developing a healthy relationship; discuss significance of keeping or breaking promises or secrets	Being aware of safety from group involvement; discuss effective online social networking safety tips; establish strategies for personal responsibility