

Family Life Program Scope and Sequence

SECOND EDITION

Level	Faith Concepts	Virtues	Family Skills
K	God created all kinds of families; family members help one another; God gave each person a loving heart; God created each person with all kinds of feelings; God wants each person to grow and learn; God created all living things; God created boys and girls alike and different; a baby is a gift from God to the family; God gives us friends; Jesus teaches us how to help others.	Sharing Bravery Caring Love Peacemaking	Showing love through helping and sharing; expressing feelings in good ways; learning to say no to strangers; caring for a baby; passing on kindness to others
1	God wants people in a family to help each other; families love and care for one another; God gives everyone a loving heart; God created everyone with feelings; God gave everyone five senses to help them learn; God wants everyone to take care of themselves; God helps everyone to love; love grows when we share love with others; God wants us to care for one another; love takes work.	Helping Bravery Caring Sharing Peacemaking	Showing love through helping and sharing; expressing feelings in good ways; choosing to be safe; showing love for others; practicing forgiveness
2	God is present with us in our families; the Ten Commandments are God's rules; God has given everyone gifts to share; God helps us as we grow; new life is a gift from God; God calls us to care for all living things; sacraments are signs of love between God and us; promises are signs of love; God is with us in happy and sad times; God wants us to treat one another as friends.	Obedience Bravery Caring Commitment Fairness	Choosing to follow good rules; making good decisions; following the Golden Rule; making and keeping a promise; showing how to be a friend
3	God created man and woman to love one another as husband and wife; God's love is unlimited; God gives us the language of our feelings to help us communicate; God created us with the ability to think, imagine, and choose; living things are signs of God's love; God wants new life to be protected and kept safe; part of God's plan for creation is that we need plants to live; God gave us free will to choose to care for creation; God wants us to always make good choices; God created us to help provide for one another.	Loyalty; Forgiveness; Courage; Curiosity; Caring for God's creation; Stewardship; Self-control; Common Sense; Responsibility	Choosing to help the family; celebrating important events with the family; identifying our feelings; making good choices; caring for animal and plant life; choosing healthy foods; learning about endangered species; making good choices; problem solving
4	God created us to live in communion with him and with one another; God gave us the gift of free will; Jesus is fully divine and fully human; God gave us the gift of conscience to help us choose what is right; God created us with unique bodies and unique souls; all human life is sacred; purity of heart comes from modesty and right judgment; God gave us the Great Commandment; love of neighbor is inseparable from love for God; God calls us to proclaim the Gospel according to our vocations.	Justice; Obedience; Fortitude; Confidence; Respect; Reverence; Patience; Self-control; Acceptance; Generosity	Helping others in my family; following good rules; acting on feelings appropriately; following an action plan; choosing to act in respectful ways; building a culture of life; developing good habits; living the Works of Mercy; practicing putting others first; caring for the environment
5	The family is an icon, or image, of the Church; families become stronger when members respect one another; the Church helps us to know and live by the truth; grace helps us to freely choose what is true, good, and beautiful; human life is sacred and is to be respected; parents have the responsibility to care for their children; God created men and women equal in dignity and complementary in gender; marriage is a sacred relationship between a man and a woman; the Church as the Body of Christ is strengthened through communal support; society is to work for the common good.	Hospitality; Respect; Honesty; Tenacity; Reverence; Respect; Chastity; Humility; Generosity; Stewardship	Celebrating family events; describing emotions and appropriately responding to them; developing good listening skills; practicing keeping a journal; caring for the gift of life; respecting the body; living qualities of friendship; making loving choices; helping your family according to your individual gifts; developing an action plan
6	The Church is one in unity; science and faith are compatible; chastity respects the unity of the person; the Church has a mission; human life begins at conception with the right to life; every human being is a person with dignity; the body is sacred; we embrace a Christian understanding of death; we recognize the dignity of work and the rights of workers; we work toward the common good.	Reverence; Responsibility; Humility; Determination; Commitment; Respect; Modesty; Propriety; Stewardship; Ingenuity	Assessing and using personal gifts and traits; creating an action plan; using the imagination; coping with change; caring for new life; following rules for respect; supporting parish ministries; following rules for fiscal responsibility; living by the Golden Rule
7	The Holy Spirit helps us to forgive; we use the gift of free will to say yes to God; spiritual maturity means becoming like Jesus; complementarity in genders; the human body is a temple of the Holy Spirit; we honor the dignity of the person; our loving relationships are to reflect the loving communion of the Trinity; chastity integrates sexuality into life and love; God created us to share love; God created us to live in community.	Compassion; Responsibility; Resilience; Diligence; Wellness; Temperance; Prudence; Charity; Chastity; Conscientiousness; Solidarity	Practicing conflict resolution; dealing with peer pressure; making a self-assessment of attributes and attitudes; keeping a health checklist; making a prayer pledge; developing an action plan; responding to pressure; discerning messages in the media; developing and growing friendships
8	God has placed in the human heart the natural desire for happiness; with an informed conscience and free will, we can choose to follow the right path to happiness; each person is a unique individual created with a soul, an intellect, and free will; the theological virtue of hope opens up a person's heart to desire and to expect happiness; each person has a fundamental dignity because everyone has been created in the image and likeness of God; sin and moral evil are at the root of the many threats against human life; human sexuality is primarily concerned with our capacity to love and form relationships based on being male or female; married love is to be self-giving and life-giving; God created us as social beings—therefore, we need to experience a healthy sense of belonging; life has meaning with a God-given purpose.	Gratitude; Counsel; Confidence; Valor; Respect; Good judgment; Modesty; Fidelity; Vigilance; Responsibility	Developing communication skills; making an examination of conscience; keeping a journal; managing emotions; assessing personal attitudes; practicing good healthy choices; practicing skills for building respectful friendships; witnessing Fruits of the Holy Spirit; practicing social skills; planning for the future

	Safer Together	Catechism of the Catholic Church	Sacred Scripture		
K	General safety tips; rules for caring for your body; how to know someone loves you; how to respond to strong feelings; saying no; strategy for making a good choice; goodness of our bodies; showing love in appropriate ways; how to get along with my friends; being safe outside	2201–2203, 2249, 2363; 1763–1764, 1767–1769; 1706, 2258–2283; 2348–2350; 2196–2557	Luke 9:10-17; Genesis 1:1-31; Luke 10:29-37		
1	God and people who love you want you to be safe; how to know someone loves you; taking good care of your body; dealing with strong feelings; our bodies are good; steps to help you do the right thing; different ways to show love; rules for being safe outside; rules about touching; strategy for getting along with others	2201–2203, 2249, 2363; 1763–1764, 1767–1769; 1706, 2258–2283; 1813, 2083–2195; 2196–2557	Luke 2:39-40; Ecclesiastes 3:1-8; 2 Peter 3:17-18; Matthew 22:34-40;	1 Corinthians 13:1-13; Matthew 25:34-40	
2	Trusted adults care about you; what to say when you feel uncomfortable around someone; rules for being safe outside; good habits for your body; 3 R's of safety: Recognize, Respond, and Report; steps to identify trusted adults; when not to keep a secret; when not to keep a promise; rules about touching; general safety rules	2052–2082, 2201–2206; 91–95, 152, 712, 1831; 1706, 2258–2283; 1641–1651, 1822, 2044; 2196–2557	Matthew 1:21-25, 22:34-40, 28:16-30; Sirach 43:1-12; Matthew 7:12, 25:34-40; Luke 6:31-36;	Isaiah 26:4-13; Matthew 28:16-30	
3	Talking to a trusted adult; when not to keep a secret; strategy for strong feelings; rules for making good choices; being a loyal friend; rules for respecting the body; taking care of yourself; acting in responsible ways; Using common sense in public; 3 R's of safety: Recognize, Respond, and Report	2201–2203, 2249, 2363; 1763–1769; 2270–2275, 2322; 1813, 1822, 1841; 1906, 1912–1916, 1925–1926	Luke 6:31-36; Matthew 7:7-11, 9:35-38; Genesis 1:1–2:25; Matthew 6:25-34; Matthew 22:34-40; Ephesians 2:1-10		
4	Ways for families to be safe together; areas of life to be safe; the impact of feelings on being safe; showing our feelings in appropriate ways; tips on talking about our changing bodies; 3 R's of safety: Recognize, Respond, and Report; the goodness of our bodies; tips for keeping safe at home; strategies for dealing with prejudice or bullying; general safety tips	144, 915, 1734–1735, 1897; 1299, 1454, 1777–1778, 1808; 1023, 1225, 1997; 1809, 2533; 871, 945, 1928, 1931	Genesis 1:24-31; Matthew 7:12; Acts 5:29-32; Matthew 19:24; Mark 1:35-45, 3:5; John 11:35;	James 1:16-17; Genesis 1:1–2:25; Psalms 139:13-14; Job 12:10-13; 1 Corinthians 3:16, 12:12-21; Proverbs 19:11;	Matthew 5:8, 25:34-40; Luke 13:6-9; Matthew 7:12, 22:37-39; Luke 10:29-37
5	Family safety with trust, loyalty, and respect; being safe in advance; five listening skills; pointers on self-confidence; basic rules about touching; safety talking about human sexuality; safety tips when spending time with friends; questions about appropriate touching; identifying trusted adults; 3 R's of safety: Recognize, Respond, and Report	1655–1658, 1666, 2204–2205, 2685, 2206; 1996–2005, 2339; 2221–2226, 2258–2283; 1601, 1641, 2333, 2338, 2347, 2364; 789–791, 1906, 1912, 1924–1925, 2237–2241	Psalms 55:2-3, 13-15, 17-18; Psalm 95; Luke 2:41-52; Genesis 1:9-31; Deuteronomy 30:11-20; Isaiah 49:14-18; Sirach 6:5-17; John 15:9-17;	Micah 6:3-8; Matthew 25:34-40	
6	3 R's of safety: Recognize, Respond, and Report; recognizing physical traits; seeing the good in the world; tips for building confidence; ways of showing responsibility; identifying ways to show respect; recognizing good, bad, and secret touches; respecting all people; basic rules for making good decisions; safety rules and expectations	159, 791, 815; 2040, 2338; 2270, 2378, 2392; 1010–1023, 2521–2524; 1905–1912, 2424–2436	Matthew 6:9-13; 1 Corinthians 10:13; 2 Timothy 4:6-8; 1 Samuel 1:1–2:21; Job 10:8; Jeremiah 1:5; Luke 1:46-54;	Psalms 6; Matthew 7:12; Luke 7:36-50; John 11:1-3, 17-44; 1 Corinthians 6:15-20; Ephesians 2:1-10;	Genesis 4:8-10; Matthew 7:12, 25:31-46; Luke 10:25-37
7	Honest communication; 3 R's of safety: Recognize, Respond, and Report; warning signs of potential predators; appreciating both genders; strategies to grow in confidence; questions for self-reflection; expressing love appropriately; online communication; questions for the family about our words and actions; safe use of social media	2843; 1308, 2333; 2288–2294, 2519; 221, 1022–1024, 1337, 1604, 2338, 2345; 1829, 1972, 2342–2343	Psalms 128; Matthew 18:21-35; John 13:31-35; Genesis 1:26-28; Psalm 84:12; Wisdom 4:8-9; Hosea 5:14; Ephesians 5:21-33; Genesis 1:26-31;	Psalms 27:4-10; Matthew 4:1-11; Luke 22:39-46; Philippians 4:10-14; Ecclesiastes 3:1-15; John 15:1-17; 1 Corinthians 6:15-20, 13:1-13; 1 John 4:7-21;	Genesis 1:26-28, 2:18-20, 3:1-24; Proverbs 17:17, 18:24; Sirach 6:14-17, 9:10, 24:26; John 4:5-42, 15:1-17; Ephesians 4:17-32
8	Awareness of emotion; strategy for making decisions; tips on confidence; dealing with anger; skills to cope with violence in the world; rules for good decisions; developing healthy relationships; safe climate to talk about human sexuality; tips for being safe online; 3 R's of safety: Recognize, Respond, and Report	1718–1724, 1776–1794; 356–368, 1817–1821; 1700–1709, 2258, 2284–2291; 1601, 1641, 2332; 68, 1877–1880, 1939–1942	Psalms 34:5-11, 119:105-117, 146-169; Isaiah 11:1-9; Matthew 5:3-10; John 14:1-14; Isaiah 11:1-9; John 14–16; Matthew 4:1-17, 15:10-20; Song of Songs 8:6-7;	Mark 10:1-12; Romans 12:9-12; 1 Corinthians 13:1-13; John 13:34; James 1:27; 1 Peter 4:8; 1 John 2:10, 4:8	