

Family Life Curriculum

Kindergarten

1. Know that God made me special and unique (physical characteristics, gender, feelings, first name and family name, abilities, etc.)
2. Understand that God gave me a family
 - a. Know that I am an important member of my family.
 - b. Recognize that all families are created and loved by God.
 - c. Recognize there are many kinds of families.
 - d. Show love for family by helping and caring for other family members.
 - e. Know that God is with me and my family in happy and sad times.
3. Appreciate that all life is a gift from God.
4. Recognize and appreciate different feelings as gifts from God.
5. Realize that God helps me to grow, be my best, and make good choices.
6. Discover God's goodness through my senses.

First Grade

1. Know that Jesus belonged to a family and that I belong to a family
 - a. Mary was Jesus' mother and as the Mother of our Church, she prays and watches over us.
 - b. Joseph was Jesus' foster father on earth.
 - c. We are all brothers and sisters of Jesus.
 - d. Members of the Holy Family lived and worked together.
2. Recognize that all families are created and loved by God
 - a. There are many kinds of families.
 - b. Members of a family have common characteristics/traits
 1. Some characteristics/traits are passed from biological parents to their children (eye color, hair color, size, etc.)
 2. Some characteristics/traits are acquired through nurture and experience (last name, faith, interests and hobbies, language, communication style, etc.)
3. Show love for family by helping and caring for other family members.
4. Acknowledge that love grows when it is shared.
5. Realize that God helps us to grow, be our best, and make good choices.
6. Understand that God will always love us and forgive us for our mistakes.
7. Appreciate that all life is a gift from God.

8. Know that God is with our families in both happy and sad times.

Second Grade

1. Understand that God created families to share love and life, to welcome each other, to help each other grow and learn, and to support each other in times of sadness.
2. Explain how each family is unique, yet part of God's plan.
3. Describe how members of a family express their love in many ways (actions, words, gestures, etc.)
4. Recognize that over time, our minds, bodies and feelings will grow and change.
5. Realize that God helps us to grow, be our best, and make good choices.
6. Understand that married couples try to love each other and their families as God has loved them.
7. Appreciate new life as a gift from God.
8. Know that God is with us and our families in happy times and in sad times.
9. Explain how our being made in the image of God demands our respect for all persons.

Third Grade

1. Know that families, though different, are all loved by God.
 2. Learn how to treat ourselves and others with respect, love, and forgiveness in a family.
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3. Recognize that feelings are gifts from God that help us communicate with one another.
 4. Understand that as a child of God, made in God's image, each is given unique gifts.
 5. Appreciate that all life is a gift from God and God calls everyone to care for all living things.
 6. Realize that God planned for human life to begin in a family through the love of a man and a woman.

Fourth Grade

1. Know that families, though different, are all loved by God.

2. Understand that God's gift of free will allows for choice in actions.
 - a. Recognize situations when a moral choice must be made.
 - b. Accept responsibility for choices and decisions.
 - c. Listen to one's conscience to help know right from wrong. Follow the teachings of Jesus and the Church to form conscience and the knowledge of right from wrong.
 - d. Discover appropriate ways to act or respond to feelings (i.e. It is okay to be angry, but not okay to hit someone out of anger.)

3. Respect all life as a gift from God.
 - a. Understand that life begins at conception with the union of an egg cell from the wife and the sperm cell from the husband.
 - b. Describe the changes/stages of life from conception through death (prenatal, infancy, childhood, pre-teen, adolescence, adulthood, later years).
 - c. Celebrate the diversity of life that surrounds us (i.e. people, talents, cultures, etc.)
 - d. Develop and accept responsibility for a healthy life style.
 1. Personal grooming habits.
 2. Medication
 3. Healthy diet.
 4. Exercise and rest.
 5. Avoid substance abuse.

4. Understand that God calls all of us to holiness through several vocations (marriage, religious and ordained life, and dedicated single life).

Fifth Grade

1. Know that families, though different, are all loved by God.
 - a. All families have attitudes, values, customs, and tradition.
 - b. God's plan is for family members to support, nurture and care for each other even though family composition may vary.

2. Recognize that family members must develop ways to communicate love, thoughts, feelings, and concerns.
 - a. It is important to communicate and show love to all family members.
 - b. Honesty and respect are important to good communication.
 - c. Disagreements are inevitable in families, and we must learn to resolve them in non-hurtful ways with love, patience and forgiveness.
 - d. Communication may be difficult at times, and active listening and reserving judgment are necessary for healthy family relationships.

3. Discuss how American culture and the media portray family life and family relationships in light of Catholic teachings.

4. Recognize that all people, whether single, married, or ordained, need to develop healthy friendships with people of both sexes.

5. Recognize that friendships grow and change over time, and we must adjust to those changes.

6. Differentiate between the Sacrament of Matrimony and the legal institution of marriage.

7. Know that I am unique and created in the image and likeness of God.
 - a. Identify and use own set of gifts and talents.
 - b. Recognize sexuality as a part of personal identity.
 - c. Protect self from harmful situations (sexual abuse, substance abuse, emotional abuse, etc.)
 - d. Accept responsibility and consequences for own actions.

8. Value all life as a gift from God.
 - a. Treat human body as a gift from God.
 1. Hygiene
 2. Sexuality
 3. Healthy habits
 4. Medical needs
 5. Destructive behaviors/substance abuse

- b. Trace adolescent development/puberty in males and females.
 - 1. Emotional changes
 - 2. Mental changes
 - 3. Physical changes
 - c. Identify current issues related to the value and respect for life (i.e. abortion, assisted suicide, euthanasia, genetic engineering, discrimination, racism, domestic abuse, capital punishment, etc.)
9. Integrate the biology related to the procreative process with the values and teachings of the Catholic Church.
- a. To unite husband and wife in love.
 - b. To be open to God's plan for creating new life.

Sixth Grade

1. Know that I am unique and created in the image and likeness of God.
 - a. Identifies and uses own set of gifts and talents.
 - b. Recognizes sexuality as a part of personal identify.
 - c. Protects self from harmful situations (sexual abuse, substance abuse, emotional abuse, etc.)
2. Makes moral choices and acts responsibly.
 - a. Define chastity; explain what is chaste (modesty, marital intercourse) and what is not (pornography, masturbation, homosexuality, adultery, contraceptive intercourse).
 - b. Define grace; explain how we strengthen our resolve to practice chastity.
 - c. Define morality and know where to seek advice in light of moral dilemmas.
 - d. Describe the seven capital sins and identify examples and consequences of each.
 - e. Recognizes impact of media on American culture and potential conflicts with Christian values.
 1. Describe the virtues received in baptism: Faith, Hope, Charity.
 2. Describe the Cardinal Virtues and apply to daily decisions: Prudence, Justice, Courage and Temperance.
 3. Explain the role of informed conscience in making choices.
3. Values all life as a gift from God.
 1. Human body is a gift from God
 - a. Hygiene
 - b. Sexuality
 - c. Healthy habits

- d. Medical needs
- e. Destructive behaviors/substance abuse
2. Trace prenatal development from conception through birth.
3. Recognize current issues that deal with human dignity and threaten human life as related issues (i.e. abortion, prejudice/discrimination, disabilities, etc.)
4. God calls us to use our gifts and talents in service to others (vocation/

occupation).

5. God calls us to give love and enrich life and to be faithful to God's Covenant in each of the states of life.
 - a. Single
 - b. Married
 - c. Religious and ordained

Seventh Grade

1. Know that I am unique and created in the image and likeness of God.
 - a. Identify and use own set of gifts and talents.
 - b. Recognize sexuality as a part of personal identity.
 - c. Seek protection from harmful situations within my environment (sexual abuse, substance abuse, emotional abuse, etc.)
2. Trace individual growth and development during adolescence.
 - a. Physical changes
 - b. Emotional changes
 1. Accept responsibility and consequences.
 2. Set and achieve reasonable and realistic goals.
 3. Delay gratification.
 4. Develop social consciousness through an understanding of Corporal and Spiritual Works of Mercy.
 5. Practice moral decision making.
 - c. Spiritual changes
 1. It is my personal responsibility to participate in the Catholic faith community.
 2. It is my personal responsibility to act in a Catholic and moral manner.
 3. Through the Sacraments of Reconciliation and Eucharist we receive the grace to help us grow and live as moral Christians.
 4. Practice the Precepts of the Church.
 - d. Mental/intellectual growth.

3. I relate to many people in many different ways (family, community, school, friendship groups, organizations, parish, sports teams, etc.)

4. Identify the qualities of God's love that characterize Catholic Christian relationships:

- a. Caring
- b. Forgiveness
- c. Generosity
- d. Honesty
- e. Integrity
- f. Tolerance
- g. Faithfulness
- h. Acceptance
- i. Respect
- j. Human dignity/Equal in God's eyes

5. Demonstrate willingness and ability to resolve conflict in a Christian manner (refer to list in #4) and to understand the needs of others.

Eighth Grade

1. Know that I am unique and created in the image and likeness of God.

- a. Identify and use own set of gifts and talents.
- b. Recognize sexuality as a part of personal identity.
- c. Seek protection from harmful situations within my environment (sexual abuse, substance abuse, emotional abuse, etc.)

2. Identify sex role stereotypes and characteristics of femaleness and maleness.

3. Discuss how relationships with members of the other gender develop and change over the course of the adolescent years.

4. Develop a social consciousness about issues such as abortion, premarital sex, euthanasia, etc.

5. Practice steps in decision making.

- a. Recognize the need for a decision.
- b. Define the goals, values, church teaching, moral principles involved.
- c. Seek advice (parent, teacher, sibling, friend)
- d. Acquire and evaluate necessary information.
- e. Identify and analyze possible alternatives and consequences.

- f. Pray about the decision.
 - g. Choose the best alternative (accept the consequences)
6. It is my personal responsibility to participate in the Catholic faith community and to act in a Catholic and moral manner.
7. I relate to many people in many different ways (family, community, school, friendship, groups, organizations, adults, parish, sports team, etc.)
8. Identify the qualities of God's love that characterize Catholic Christian relationships:
- a. Caring
 - b. Forgiveness
 - c. Generosity
 - d. Honesty
 - e. Integrity
 - f. Tolerance
 - g. Faithfulness
 - h. Acceptance
 - i. Respect
 - j. Human dignity/Equal in God's eyes
9. Demonstrate willingness and ability to resolve conflict in a Christian manner (refer to list in #8) and to understand the needs of others.
10. Understand the role of the media in shaping secular values and contrast these to the values of the Catholic faith.
- a. Review and apply the Corporal and Spiritual Works of Mercy.
 - b. Review and apply the Beatitudes.
 - c. Apply the definition of chastity to everyday living.
 - d. Describe how the Gifts of the Holy Spirit can strengthen their commitment to live chaste lives.