



Conversations about

L.I.F.E.

Love. Infatuation. Friendship. Exploitation.

5K Lesson Samples

Excerpts from the Lesson Plans
& Activity Materials

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Conversations about L.I.F.E.

Program Overview

Introduction

Children and teens who participate in the full **Conversations about L.I.F.E.** program will take part in a year-by-year, age-appropriate, interactive curriculum that:

- Presents Authentic Love as the goal of sexuality education
- Promotes positive loving relationships in family life, friendship, and marriage
- Emphasizes sexuality as a gift—to be shared only in marriage (“self-giving love”)
- Defines chastity as the power of authentic love to channel and control sexuality
- Facilitates the partnership of parents and catechists in the formation of children for chastity
- Promotes the ongoing cultivation of the virtues (character strengths) needed to support chastity formation
- Includes teaching on how to recognize and avoid sexual abuse

(The goals listed here are drawn from Catechetical Formation in Chaste Living, USCCB 2008)

The **Conversations about L.I.F.E.** program includes 13 online lesson packages, one each for children from pre-kindergarten through high school. Each session packet includes a detailed, easy-to-follow Lesson Plan, an accompanying PowerPoint, master copies for a colorful Activity Book, and a Parent Follow-up Session.

This sample kit includes excerpts from 5K. This set of samples includes excerpts from the lesson and activities for 5K. *It does not include the lesson or activity in its entirety.*

If you would like a formal presentation regarding these materials, Sister Kieran and Dr. Amidei are available for both in-person or online meetings.

For more information, please visit www.GetFamiliesTalking.org.

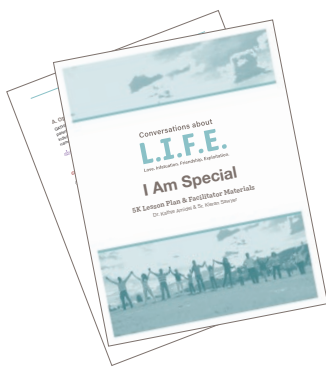
5K Lesson Package Sample Pages

Conversations about
L.I.F.E.
 I Am Special

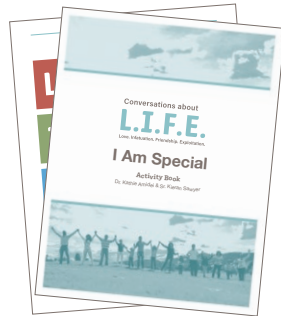
5K Overview

Young children who participate in the 5K session of the L.I.F.E. program with their parents will:

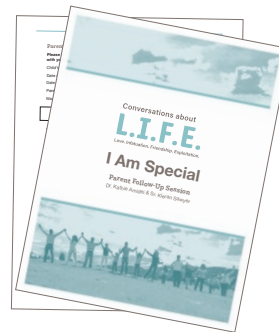
- Learn that God created them with a body, mind, and soul.
- Be helped to establish their identity as persons who are special and good.
- Discuss with their parents relationships that are loving and friendly and identify those that might be harmful to them.
- Realize that their parents, and most other adults, care for them and protect them.
- Learn how to ask for help if they do not feel safe or comfortable.
- Practice the Big Three Rules: SAY NO; RUN AWAY; TELL SOMEONE.



Lesson Plan



Activity Book



Parent Follow-Up



PowerPoint Presentation

The following 5K sample materials include:

- Selections from the Lesson Plan and Activity Book for the *Learning to Love God's Creation* activity
- Selections from the Lesson Plan and Facilitator Materials for the *Feeling Faces* activity
- Examples from the PowerPoint presentation

The 5K sample includes excerpts from individual lesson materials for 5K. *It does not include the lesson or activity in its entirety.*


5K Lesson Plan Excerpt - *Learning to Love God's Creation* Activity

5K – Lesson Plan & Facilitator Materials

D. Activity Book: Learning to Love God's Creation

 **CRA:** Not done in class, continue with Feeling Faces


Note the
Speech Bubble!

 You are going to work on an Activity Book now that will give your family a chance to talk about some very important things.

Make sure that every child has his/her own Activity Book, a pencil, and crayons. Tell the children to begin coloring the first page while you give the following talk to the parents.

Speech bubbles indicate to the facilitator when to speak and what to say.

Say to the parents:

 Parents, this section of the program happens between you and your child so that each parent can pace the discussion as you believe is appropriate for your child.

Work through the pages in the booklet with your child. Help your child as needed. For example, write your child's name, if assistance is needed, but allow your children to do as much as possible themselves, with you coaching them.

Read each page to your child, or "talk" the concepts in language your child will understand. Work at a pace that is comfortable for you and your child.


You will want to have time to talk about each page in the booklet. Allow time to do some coloring, but tell the children they can finish the coloring at home.

Parents, this is your opportunity to say what you want your children to know about protecting themselves from sexual abuse. For instance, discuss who to ask for help if someone touches them in a way that makes them feel uncomfortable or hurts them. Practice with your child how they would ask for help.

Note the
Instructions!

ALLOW time for each family to work on the Activity Book. Walk around to make sure each family group has completed at least pages 7 and 8 before moving on to the closing activities.

Click Slide 10, the Three Big Rules. Say:

 Let's review the Three Big Rules from your Activity Book. These are important rules to keep you safe when you feel uncomfortable about what another person asks you to do. [...]

The Lesson Plan comes with instructions on how to teach the lesson.

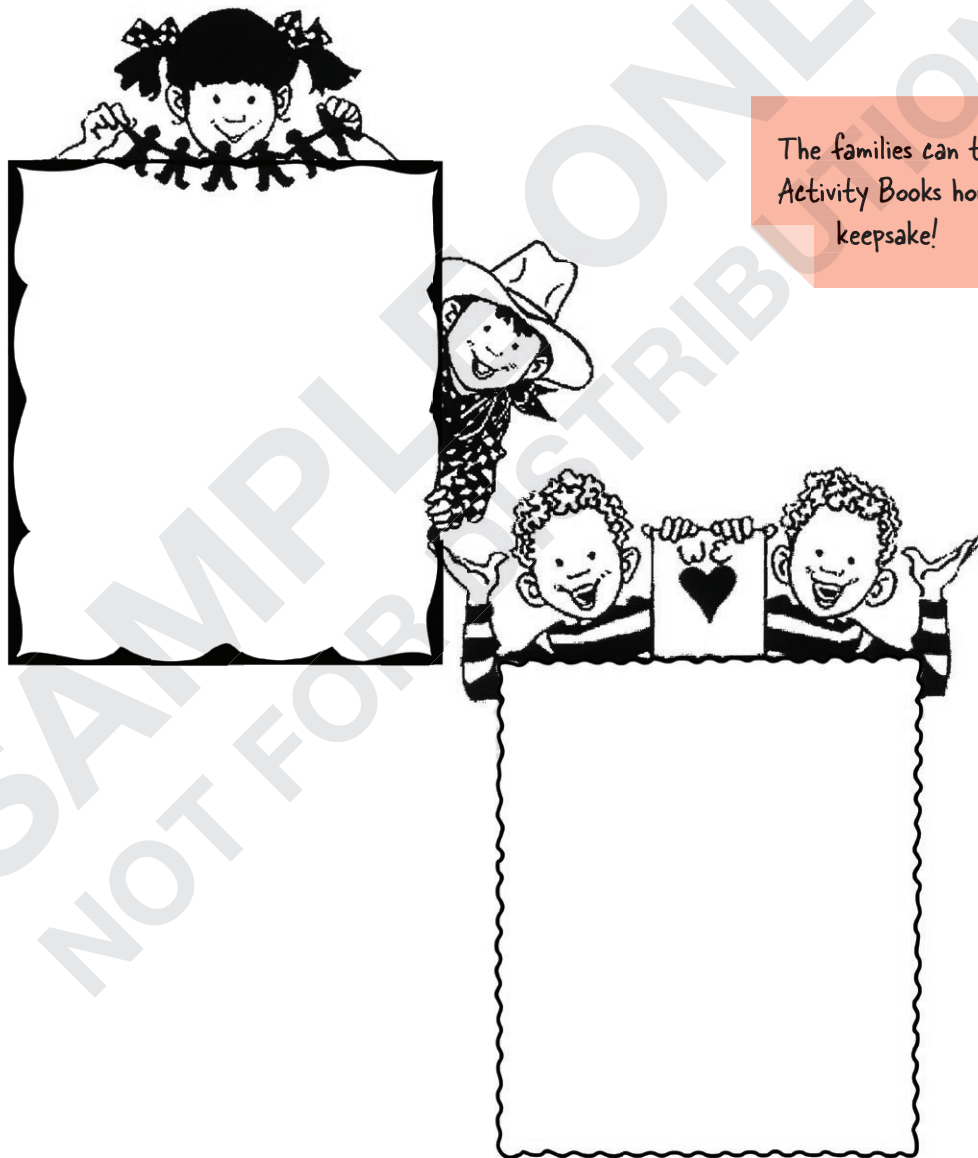
 **Purchase the 5K lesson package for complete lesson materials**

5K Activity Book Excerpt - Learning to Love God's Creation Activity

I Am Special – Activity Book

The grown-ups in your life care and protect you in many ways, including helping to care for your body.

In the picture frames, name or draw the grown-ups who care for you and protect you.



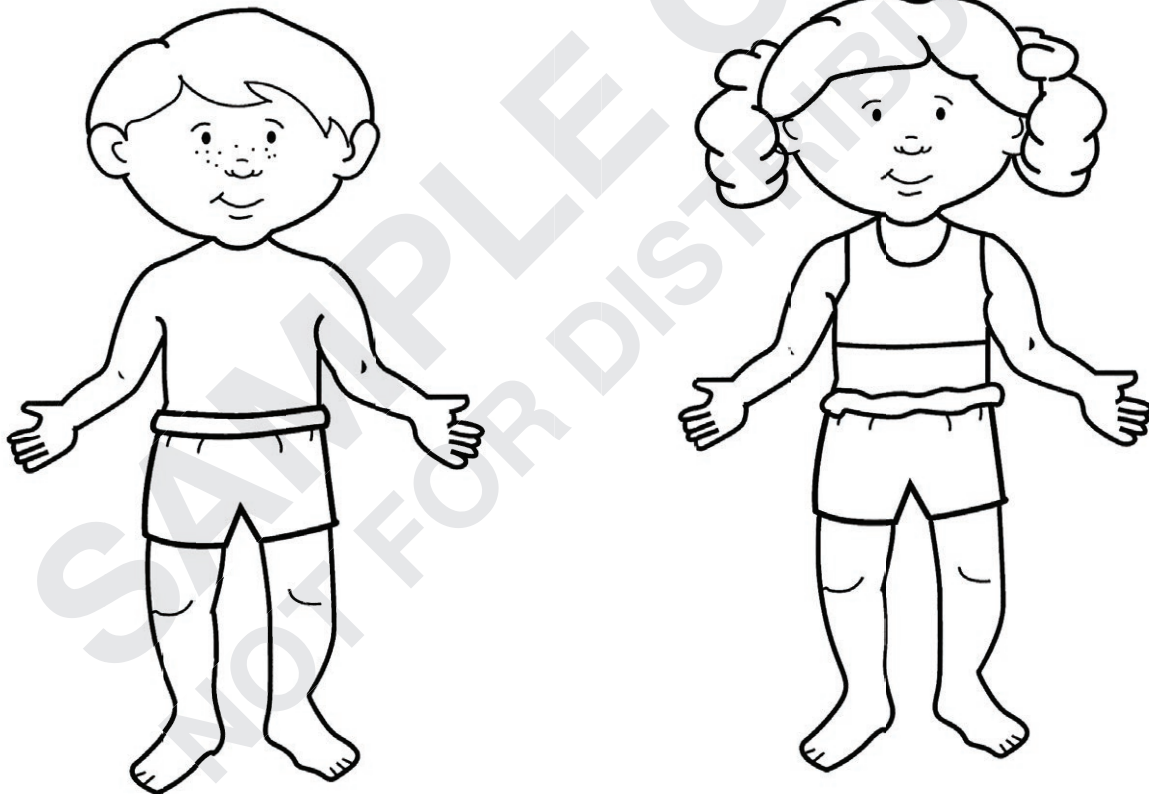
The families can take their Activity Books home as a keepsake!

5K Activity Book Excerpt - *Learning to Love God's Creation* Activity

I Am Special – Activity Book

Certain parts of your body, the private parts, need special protection and care. Only a few people have permission to see or touch the special and private parts of a child's body, like parents who bathe their child's body to keep it clean, or the doctor who is giving someone medical attention.

Color the special private parts of our bodies.
They are the parts covered by a bathing suit.



5K Lesson Plan Excerpt - *Feeling Faces*


5K – Lesson Plan & Facilitator Materials

E. Feeling Faces


Note the
Click Cues!

Click Slide 11


Give each family a set of Feeling Faces cards.

 **CRA:** Give the group leaders a set of cards for each child in their group. Instruct the leaders that they only need one set of cards for this activity. For now, set the other sets aside.

Say:


 We are going to “practice” looking on the outside, the way we feel on the inside. Parents [**Leaders**], you will draw a card from the pack and make the face that is named on the card. The children will try to guess the name of the feeling and make the same face. Then you will put the card out on the table and choose another card.

Note the
CRA text!

 **CRA:** Leaders draw a card from the pack and make the face that is named on the card. Then ask the children to raise their hand if they can guess the name of the feeling and make the same face. Call on a child to answer. Then put the card out on the table and choose another card. Call on different children so each child has an opportunity to respond.

Each Lesson Plan includes a Classroom Adaptation (CRA) for situations in which the parents are not able to participate in the sessions.

When all the cards are laid out on the table, the leader says to the children:

 As we just saw, the way we feel inside shows up on our outside, by the way our faces look. Look at all of the cards in front of you. Think of a time when you felt like the face on one of the cards. Pick up the card and talk to your parent [**leader**] about how you felt.

Parents [**Leaders**], you should ask one or two additional questions like: What do you remember about that time? What happened that made you feel that way? Did you tell me [**your parents**] how you felt? Then have your child [**another child**] pick another card. Parents [**Leaders**], you can also take a turn. [...]

 **Purchase the 5K lesson package for complete lesson materials**

5K Facilitator Materials Excerpt - *Feeling Faces* Activity



Happy



Sad



Angry



Confused



Afraid

Master copies for both
the Facilitator Materials
and the Activity Book
are provided in each
lesson package.

5K PowerPoint Excerpts

How can I use my body to show love and respect?



The PowerPoint presentations have built-in animations and images to keep children's attention.



How I might use my body to hurt people or make them feel uncomfortable?

Learning to Love God's Creation



The PowerPoint slides serve as a guide for the lesson for both the facilitator and the participants.