

# Care For Kids

**What is it?** A child friendly program designed as a healthy sexuality and abuse prevention program. It integrates well with the Religious Education early years program, In God’s Image.

- Philosophy:**
1. To enhance the development of self-esteem. Our bodies are from God and they are good.
  2. To promote open communication about sexuality including anatomically correct names for body parts
  3. To enhance empathy and respect for others and ourselves.

Unit	Message	Links to <i>In God’s Image</i>
<b>Bodies</b>	<ol style="list-style-type: none"> <li>1. Our bodies are good and special (including the genitals).</li> <li>2. Boys and girls have some parts that are different, and many that are the same.</li> </ol>	BUSY BODIES- through activities, discover and appreciate the uniqueness of my body as a trace of God
<b>Babies</b>	<ol style="list-style-type: none"> <li>1. Babies need help with most things and deserve to be looked after.</li> <li>2. Children, as they grow, learn to do more things by themselves but they still need <u>some</u> help.</li> </ol>	NEW BEGINNINGS – through support and ritual to discover ways of dealing with changes as a trace of God
<b>Feelings</b>	<ol style="list-style-type: none"> <li>1. Everyone has all kinds of feelings.</li> <li>2. When you are not sure what you are feeling, we call that “mixed-up” (or confused)</li> </ol>	ALL MY FEELINGS – to explore the world of my feelings as a trace of God
<b>Bedtime</b>	<ol style="list-style-type: none"> <li>1. Private parts are kept special.</li> <li>2. Small children sometimes need help washing and wiping their private parts.</li> <li>3. Older children and adults do not need help with their private parts.</li> </ol>	DO YOU LIKE IT – affirm my freedom to appropriately express my likes and dislikes as a trace of God
<b>Touching</b>	<ol style="list-style-type: none"> <li>1. Sometimes we like touching and sometimes we don’t</li> <li>2. Touching is never a secret.</li> <li>3. A person may say, “No” to touching.</li> <li>4. Don’t touch a person who says, “No touching”</li> </ol>	MY SENSES – to enhance my awareness of the gift of touch as a trace of God
<b>Secrets and Surprises</b>	<ol style="list-style-type: none"> <li>1. Sometimes we want to keep a secret and sometimes we don’t</li> <li>2. Touching is never a secret.</li> <li>3. When you are sad or mixed-up about a secret, you can ask two or three grown-ups for help.</li> </ol>	SEE WHAT I CAN DO – through activities, to explore and affirm my capabilities as a trace of God (build self-esteem)