

Self Reliance – *Prevention Education*

Self-Reliance curriculum focuses on necessary life skills related to safety, healthy lifestyles, latchkey competence, drug, alcohol, and tobacco prevention, coping with negative peer resistance, cultural diversity, and providing community service. **Through carefully targeted programs, young people are empowered with feelings of safety, self-reliance, and social competence. They learn a sense of responsibility, self worth and confidence to handle threats to their safety and security.**

Self-Reliance Course Descriptions

I'm Safe and Sure (K - 1)

Teaches Kindergarten and 1st graders safety and citizenship skills. This program identifies the safe use of medicine, drugs and other potentially dangerous substances. The information is taught in a manner that is fun and appropriate for young children.

Count on Me Kids (K - 2)

This self-esteem building program focuses on drug and tobacco prevention and healthy lifestyles for Kindergarten through 2nd graders. Students learn the dangers of drugs, alcohol, tobacco and negative peer pressure.

I Can Do It! (2 - 3)

I Can Do It! is a personal safety program for 2nd and 3rd graders. The course teaches youth how to make emergency phone calls, deal with phone calls from strangers and how to respond to situations when home alone. Techniques are taught for handling medical emergencies, escaping a fire, preparing healthy snacks, and biking safety.

A Gift of Giving (K - 6)

Provides students in Kindergarten through sixth grade with an opportunity to learn about their communities' needs, and their personal ability to foster change in their community. Children develop leadership skills, teamwork skills, and greater empathy for others. Activities include: identifying community needs, choosing and implementing a service project, evaluating the success of the project, and reflecting on the meaning derived from the service experience.

Self-Reliance Course Descriptions (*continued*)

Myself and Others (4 - 6)

This course was developed by Los Angeles Camp Fire in response to the request from elementary schools for anti-bias programming after the 1992 riots. "Myself and Others" is designed to help children understand their own uniqueness while examining the differences and similarities between others. Participants learn to reduce prejudice by creating empathy for others. Children explore solutions to prejudice-related conflicts.

I'm Peer Proof (4 - 6)

Students learn the benefits of assertive behavior and making decisions based on good judgment. Through role playing young people practice responses to put-downs and teasing, learn the difference between tattling and seeking help, and how to handle negative peer pressure.

I'm Taking Care (5 - 8)

This course teaches babysitting skills to boys and girls in fifth through eighth grades. Through a combination of mini-lectures, demonstrations and hands-on experiences, young babysitters learn basic care skills, safety measures, job ethics, and ways of playing with the children.

To offer Camp Fire's Self Reliance courses at your school or organization, contact Camp Fire at 602/954-7544 or info@campfireaz.org