

Benziger **Family Life**

A Moral Catechesis for the Contemporary Catholic Family
Scope and Sequence Chart
Grades K 8

Written in Conformity with
the *Catechism of the Catholic Church*,
The Truth and Meaning of Human Sexuality,
and *The Gospel of Life*.

Benziger

Woodland Hills, California

Introduction

For thirty years, Benziger has offered Catholic parishes and schools a special catechesis on the issues facing the Catholic family. From the beginning, the Benziger family life programs have maintained the same vision.

Provide a moral catechesis for children from kindergarten to grade eight.

Place human sexuality within the context of Christian moral living.

Offer a catechesis of hope in spite of the challenges facing the Catholic family.

Adapt to the changing times and needs of the Church.

THE 2001 EDITION

Since the publication of the 1995 edition of *Benziger Family Life*, several new documents have called for a renewed effort to support parents in their duty to hand on Catholic life and faith.

The Catechism of the Catholic Church

The Gospel of Life an encyclical on the sacredness of life

The Truth and Meaning of Human

Sexuality an instruction from the

Pontifical Council on the Family

These four documents provide a blueprint for how to help Catholic families live their faith. They provide the foundation for the new edition of *Benziger Family Life*. You will find them referenced throughout the teacher background pages in the Teacher's Editions.

This Scope and Sequence Chart shows you how key theological concepts and principles of Catholic moral teaching appear in each chapter of the Student Editions. You will also find references to the particular human and Christian virtues that are taught at each grade level, as well as references to relevant sections of the *Catechism of the Catholic Church*.

Benziger Family Life is a complete family life curriculum. As the Scope and Sequence Chart will reveal, it is more than a human sexuality program, more than a supplement, and more than a parent education program. It supports a true partnership among parish, school, and home in the service of Christian moral living.

A Moral Catechesis for the Contemporary Catholic Family

The Christian Gospel challenges all believers to authentic moral living. A moral catechesis directed to families reveals to them the joy and the demands of life in Christ. The *Catechism of the Catholic Church* describes eight characteristics of moral catechesis (CCC, 1697). The new edition of *Benziger Family Life* is based on these eight foundational principles.

Benziger's Complete Moral Catechesis

Type of Moral Catechesis	Explanation
A catechesis of the Holy Spirit	The Spirit is present in the family guiding all its members, inspiring them, and drawing them to life in Christ.
A catechesis of grace	The family learns that it is by grace that all are saved, and it is by grace that its members can follow Jesus Christ.
A catechesis of the Beatitudes	The family learns that the way of Christ is summed up in the Beatitudes that provide the path to true happiness.
A catechesis of sin and forgiveness	Without an acknowledgement of sin, a family can easily lose its way. Without an abiding faith in mercy and forgiveness, however, a family could easily despair.
A catechesis of human virtues	In an increasingly uncivil society, the family discovers the importance of ordinary human virtue.
A catechesis of Christian virtues	Faith, hope, and charity the Christian moral virtues all help the home become a sign of Christ's love.
A catechesis of the two-fold commandment of love	The Ten Commandments and Jesus' commandment of love are at the heart of family life.
A catechesis of the Church	The Church is a visible sign to the contemporary family of Christ on earth. The family learns the life and morality of this community, and that Christian life is nourished in the Body of Christ.



Scope and Sequence

GRADE K

GRADE 1

GRADE 2

GRADE 3

God's Gift of Family

Chapter 1: Families

God made all kinds of families.
Families grow and change.
God loves my family and me.

Chapter 2: Sharing

Families live in all kinds of homes.
Family members help one another.
Family members share with one another.

Virtue: Love

CCC: 2208.

Chapter 1: What Do Families Do?

My family is special.
The Bible tells about Jesus and his family.
Families work, pray, and have fun together.

Chapter 2: Families Love and Help

My family loves me.
Families love and care for one another.
Love means caring and sharing.

Virtue: Love

CCC: 1666

Chapter 1: God's Plan

God made all kinds of families.
Families share and care for one another.
God is always with your family.

Chapter 2: Signs of Love

Families find ways to show their love for one another.
When you show love to others, you show love to Jesus.
Showing love is not always easy.

Virtues: Love and responsibility

CCC: 1604

Chapter 1: The Human Family

Animals and humans live in families.
All human families are important to God.
Jesus asks me to care for others as my brothers and sisters.

Chapter 2: Family Living

Family life means sharing and receiving.
Through the Sacrament of Baptism I belong to God's Family.
I must have Christian attitudes and actions called virtues.

Virtues: Faith, hope, and love

CCC: 1666

God's Gift of Self

Chapter 3: I Am Loved

Family, friends, and my parish show love.
God gave me a loving heart.
We show love through words and actions.

Chapter 4: Feelings

God gives us all kinds of feelings.
You can't hide from feelings.
We can talk about our feelings.

Virtue: Self-control

CCC: 605.

Chapter 3: I Am a Child of God

God gave us all the gift of life.
I am God's child.
Life and love is a wonderful gift.

Chapter 4: I Grow and Learn

Every day I grow and learn.
Saint Peter said, "Grow and learn about Jesus."
Learning is part of growing up.

Virtues: Love and self-respect

CCC: 2207

Chapter 3: Who Are You?

I am one of a kind.
God gave me special gifts to share.
I should be proud of who I am.

Chapter 4: You Are Growing

I will have new kinds of feelings.
I will have new kinds of friendships.
I will learn new things about myself.

Virtues: Generosity and understanding

CCC: 75

Chapter 3: Learning to Choose

God created us to think, wonder, and choose.
I use my senses to learn about the world and people.
I use my senses to grow in love of God and others.

Chapter 4: Having Good Sense

All people, including myself, are worth caring for.
Forming good health habits is the best way to keep healthy.
I must love God, others, and myself.

Virtues: Love and happiness

CCC: 364

God's Gift of Life

Chapter 5: Being Safe

God wants me to grow and learn.
I can say "no" to strangers.
My family wants me to be safe.

Chapter 6: Living Things

God made all living things.
God tells us all living things are good.
God wants me to care for living things.

Virtue: Care

CCC: 2402.

Chapter 5: I Care for Myself

My body is a gift from God.
God wants me to take care of my body.
I should say no to things that will hurt me.

Chapter 6: I Care for Others

God made everyone.
God loves everyone.
All people are important.

Virtue: Respect for life

CCC: 2344

Chapter 5: Rules and Choices

All families have rules.
Rules keep everyone safe and happy.
God's rules help you have a good life.

Chapter 6: Caring for Life

God made all living things for us to enjoy.
God wants us to care for all created things.
Jesus said when we care for others we care for him.

Virtues: Obedience and stewardship

CCC: 373

Chapter 5: Plant Life

There are many different varieties of plants and animals.
Plants are useful to people, animals, and the earth.
God calls Christians to care for and protect plants and animals.

Chapter 6: Animal Life

The whole animal kingdom is an important part of God's creation.
Christians are called to care for animals, pets, and the earth.
Jesus' stories about plants and animals teach us about God.

Virtues: Stewardship

CCC: 2402

God's Gift of Love

Chapter 7: Girls and Boys

God made boys and girls alike and different.
Girls can grow up to be mothers.
Boys can grow up to be fathers.

Chapter 8: A New Baby

A baby is a gift from God.
A baby needs love.
When a family grows, love grows too.

Virtues: Respect for life

CCC: 1652

Chapter 7: I Have Feelings

Feelings can make me feel good or bad.
I can talk about my feelings.
No matter how I feel, God loves me.

Chapter 8: Love Grows

A family shares love.
Families share their gifts.
Caring, laughing, helping, and being kind are ways to share love.

Virtues: Temperance and generosity

CCC: 2206

Chapter 7: Promises

The bride and the groom make important promises.
When a man and a woman marry, they start a new life together.
They become a brand new family.

Chapter 8: New Life

A husband and wife love each other in a special way.
A husband and wife make plans to have a new baby.
Parents love and care for their baby.

Virtues: Fidelity and respect for life

CCC: 1615

Chapter 7: Being Alive

All living things grow, develop, and reproduce.
Most plants reproduce through the miracle of pollination.
All creation is a sign of God's love.

Chapter 8: Life Goes On

Mothers and fathers share with God in creating new life.
Human beings are created in the image and likeness of God.
People need to respect and protect life.

Virtues: Love and obedience

CCC: 357

God's Gift of Community

Chapter 9: Friends

God gives me friends.
God helps us to be friends to others.
God wants me to say "I'm sorry" and "I forgive you."

Chapter 10: Show Your Care

Good friends are kind, fair, and truthful.
I'm God's helper everywhere.
Jesus teaches everyone to care for others.

Virtues: Love and justice

CCC: 1889

Chapter 9: Family Love

Sometimes it is not easy to show love.
When things go wrong, families say "I'm sorry" and "I forgive you."

"I'm sorry" and "I forgive you" are ways to get a fresh start.

Chapter 10: More Families

We all belong to God's family.
We should care for one another like a family.
Jesus said, "When you help people, you help me."

Virtues: Peace and love

CCC: 1911

Chapter 9: Family Connections

All families have sad and happy times.
I can talk to God in good times and bad times.
God always loves my family.

Chapter 10: More Connections

A family shares God's love with each other and the world.
Everyone needs friends and family.
Friends and family care for, work, play, and learn with one another.

Virtues: Mercy

CCC: 385

Chapter 9: Feelings

Feelings help people communicate with one another.
What I do with my feelings is important.
I need to think about other people's feelings as well as my own.

Chapter 10: Community Life

God created people to live in a community.
My family, the Church, and the world are each a community.
Every person has the responsibility to care for the earth.

Virtues: Courage and joy

CCC: 1911



Scope and Sequence

GRADE 4

GRADE 5

GRADE 6

GRADE 7

GRADE 8

Chapter 1: Being Needed

Family members depend on one another.
Part of growing up is being concerned about others.
A family brings each member closer to God.

Chapter 2: Why Rules?

Good rules make families work.
God gave me the gift of free will to make choices.
Some decisions I make are more important than others.

Virtues: Obedience

CCC: 1740

Chapter 1: Family Ties

My family's attitudes, values, customs, and traditions shape me.
Each family is unique and a part of God's plan of creation.
I belong to the human family, the Catholic family, and the world family.

Chapter 2: Family Feelings

Jesus calls his followers to love, be patient, and forgive.
Family violence is never acceptable.
The Church supports all families.

Virtues: Respect

CCC: 1666

Chapter 1: Family Background

I am shaped by my family's background and traditions.
Ethnic diversity gives a nation strength and richness.
I have gifts and talents to contribute to my family and society.

Chapter 2: Family Traits

An individual's characteristics are decided at the moment of conception.
I must develop and use my traits, abilities, and disabilities.
Genetic or medical research must follow the laws of God.

Virtues: Charity

CCC: 353

Chapter 1: Family Relationships

Communication is a relationship skill.
Communication involves sharing my hopes, fears, and feelings.
It is important to learn communication skills for resolving conflicts.

Chapter 2: Values and Virtues

My Catholic faith helps me to form Christian values.
The values my faith teaches are not always shared by society.
Conflicting values can cause confusion and put pressure on me.

Virtues: Prudence

CCC: 2207

Chapter 1: Homegrown Happiness

Physical, emotional, intellectual, and spiritual needs are met in the family.
Affirmation and communication contribute to family happiness.

As I mature, I need to take responsibility for my own happiness.

Chapter 2: Gifts for the Journey

Rules and guidelines give direction and purpose to life.
Human beings have a free will to make moral decisions.
I have a responsibility to form and follow my conscience.

Virtues: Obedience and love

CCC: 1783 89

Chapter 3: My Feelings

There are many types of feelings.
My feelings tell me about myself.
Listening to my feelings can help me decide how to react.

Chapter 4: Acting on Feelings

I can learn how to act on my feelings from the advice, example, and experience of others.
God's gift of conscience helps me to know right from wrong.
The Sacrament of Reconciliation celebrates God's forgiveness.

Virtues: Honor

CCC: 1762 1774

Chapter 3: Communication

Honesty, respect, and listening are important.
The media communicates positive and negative values.
Prayer is communication with God.

Chapter 4: Changes

Puberty is a time of physical, mental, and emotional changes.
The male and the female reproductive systems develop in puberty.
Puberty calls for good nutrition, cleanliness, and exercise.

Virtues: Honesty and respect

CCC: 2494 96

Chapter 3: Know Yourself

Creativity is an important capacity that I have.
Being myself is the best way to be accepted by others.
Accepting myself helps me manage success and failure.

Chapter 4: Your Future

Goals give direction to my life.
Delaying gratification helps me reach long-range goals.
Bigger goals take inner strength and the humility to ask for help.

Virtues: Perseverance

CCC: 2441

Chapter 3: Identity

Adolescence is a time of great growth.
God created every aspect of who I am.
Jesus helps me to discover who I am.

Chapter 4: Gender

During puberty I begin to mature sexually.
Men and women are equal yet have differences.
Gender stereotyping is wrong and is based on false assumptions.

Virtues: Self-acceptance

CCC: 2393

Chapter 3: Understanding Yourself

Many influences shape who I am.
The virtues of faith and humility help me grow in God's image.
I have been given talents to use in the service of God's kingdom.

Chapter 4: Emotions

Emotions are responses to everything that affects a person.
Emotions are neither good nor bad.
The gifts of the Holy Spirit help me deal with strong emotions.

Virtues: Humility, patience, hope, and chastity

CCC: 1768

Chapter 5: Stages of Life

Life begins at conception.
The human being grows inside the mother.
The changes I experience are called the stages of life.

Chapter 6: Healthy Living

Healthy habits are: eating right, exercising, and getting rest.
All people have a role in keeping the air, water, and land clean.
Jesus shows me how to care for my body and spirit.

Virtues: Stewardship

CCC: 2273 2275

Chapter 5: Parenthood

God made males and females to give life and form families.
It is important to understand and to respect the body.
Modesty in speech, in dress, and in action is important.

Chapter 6: New Life

All life is sacred and must be respected.
Abortion, euthanasia, and assisted suicide threaten the gift of life.
Bringing new life into the world is both a gift and a responsibility.

Virtues: Stewardship and modesty

CCC: 2332

Chapter 5: Showing Respect

I show respect by considering other people's feelings and needs.
Self-respect lets me recognize my own value and goodness.
An informed conscience looks for guidance from the Church.

Chapter 6: Aging and Death

Aging causes changes in every area of life.
Society has faulty attitudes toward aging, suffering, and death.
Only God has authority over life and death.

Virtues: Respect

CCC: 1931

Chapter 5: Wellness

Your body is part of the great unity that is you.
The Fifth Commandment requires me to care for my health.
Good hygiene is part of personal wellness.

Chapter 6: Choose Life

Growing up involves making moral choices.
Substance abuse has dangerous, deadly effects on mind and body.
Faith and prayer can help me avoid temptation.

Virtues: Understanding and prudence

CCC: 2288 90

Chapter 5: The Value of Life

Christians are called to defend life from conception until death.
Violence begins with a lack of respect for life.
All human life is sacred and must be respected.

Chapter 6: Stay Healthy

I can make intelligent decisions about health.
When I keep busy with healthy activities I have less temptation to smoke, drink, or use drugs.
I can choose love and goodness.

Virtues: Temperance

CCC: 2273

Chapter 7: The Human Body

God created the human body with many systems. God created humans with a body and soul. Through my soul I am united to God's everlasting life.

Chapter 8: A New Life Begins

Conception is the union of a husband's cell with a wife's cell. The newly formed cell contains the complete plan for the new human. The cells divide until all the body systems have developed.

Virtues: Patience**CCC:** 364**Chapter 7: Friendship**

Friendships help people grow in their ability to love. True friendship is open to the needs of others. Sexuality is part of God's plan for new life.

Chapter 8: Marriage

Marriage creates an indissoluble bond between husband and wife. A married couple shares the ups and downs of life. Married couples are called to be open to bearing children.

Virtues: Chastity**CCC:** 2337**Chapter 7: Expecting a Baby**

A husband and wife experience happiness and concern for their baby to come. Children are a blessing from God. Expecting a baby affects the entire family.

Chapter 8: A Baby Arrives

The arrival of a baby brings with it a great responsibility. All members of a family can help care for a new baby. Baptism gives a child new life in Christ.

Virtues: Love**CCC:** 2223**Chapter 7: Chastity**

God's plan requires abstinence from genital sexual activity outside of marriage. There are many risks connected to sexual activity. Chastity helps people live according to God's plan for sexuality.

Chapter 8: Consequences

Sexual sins are personal choices that have social consequences. There are many sinful misuses of sexuality in society. My body must be respected, honored, and cared for.

Virtues: Chastity and right judgment**CCC:** 2337**Chapter 7: Loving Together**

Responsible dating helps build friendships. Respect is important in every relationship. Christian love is patient, kind, honest, generous, and unselfish.

Chapter 8: Marriage and Family

In marriage, a couple promises lifelong fidelity. In marriage sexual intercourse is both love-giving and life-giving. Responsible parenting requires patience, love, and commitment.

Virtues: Fidelity**CCC:** 301**Chapter 9: Reaching Out**

Everyone has the right to belong as one human family. To exclude people is to reject them. Jesus accepted all people.

Chapter 10: Looking to the Future

A vocation is a special call from God to live a certain way. All vocations can bring closeness and happiness with God. Being a follower of Jesus means loving and helping others.

Virtues: Forgiveness**CCC:** 1049**Chapter 9: Communities**

A family provides a secure, loving place where people can grow. All families have problems. The Church works to support marriage and family life.

Chapter 10: A Caring World

God created people to live in community. Each person has a responsibility to care for creation. The Catholic Church works to face social issues.

Virtues: Stewardship**CCC:** 1908**Chapter 9: Family Economics**

Christian families are called to use their money responsibly. Wealth is a gift from God. Money can never be a substitute for the deeper values of love, justice, and compassion.

Chapter 10: Worldwide Family

Each family can do something to reach out and care for those in need. The Works of Mercy make me more aware of other's needs. Everyone has a responsibility to care for the suffering and needy.

Virtues: Generosity**CCC:** 1937**Chapter 9: Civility**

Manners are ways of behaving that show respect toward others. Friendship is a special relationship that needs to be nourished. My friendship with Jesus includes following his example of love.

Chapter 10: Love Is

Charity is the love for others based on the love of God. A family is meant to support life and develop a good society. Love urges us to action.

Virtues: Tolerance**CCC:** 3**Chapter 9: The Social Scene**

Peer pressure is a powerful force. Gangs and cliques are negative communities. As a Christian, I belong to a community committed to truth and goodness.

Chapter 10: Growing in Christ

With growth comes new opportunity and responsibility. My life has meaning and purpose. I can help fulfill God's kingdom of justice, love, and peace.

Virtues: Love**CCC:** 1888