

AL FATIH ACADEMY FAMILY LIFE EDUCATION OVERVIEW K-8

Classes for FLE are gender-separated from 5th grade onwards. Gender-Specific classes are taught during designated times.

GRADE		K	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
SUMMARY		- Positive feelings and respecting others - Awareness of behavior - Awareness of positive ways to show love, respect and thanks - Physical affection as an sign of friendship	- Develop importance of family and different family patterns - Identifies humans and mammals have babies that are breast-fed - Express feelings of happiness, sadness, anger and how to deal appropriately - Demonstrate strategies to respond if experiencing inappropriate behavior	- Know that babies grow inside of mother’s body - Aware that each person is responsible for their behavior - Understanding “no” and when to tell a trusted adult of inappropriate approaches from family - Conscious of commercials and how they affect emotions	- Positive self-image - Coping strategies to deal with family changes - Identification of body parts for elimination - Friends and how to behave around friends. - How to respond to “safe” touches	- Dealing with strong emotions, both positive and negative - Introduction to factors surrounding child abuse and neglect - Responsibility to take care of one’s body - Healthy behaviors and habits are identified - Introduction to drugs & medicine and how they can be used in healthy and unhealthy ways	- Identify major glands involved in puberty and how they affect changes in the body - Introduction to personal hygiene and <i>ḥaḥārah</i> linked to puberty - Importance of <i>taklīf</i> (moral responsibility) - Ability to say “no” to any behavior they do not want done to them	- Puberty and the effects on development and attitude - Recognition of physical development of sex characteristics - Introduction to the concept of marriage, building a family, and Islamic guidelines. - Introduction to sexual abuse and how to report and get help	- Saying “no” to sexual behavior outside of marriage - Introduction to concept of sexual intercourse and Islamic guidance and restrictions. - Consequences of pre-teen and teenage intercourse - Basic facts about sexually-transmitted infections - Pregnancy, signs, symptoms, and stages - Preventing and reporting sexual assault - Evaluate images from media related to sexuality and gender stereotyping	- Guidelines for interactions with the same and opposite gender - Discussing dating and peer pressure - Strategies to say “no” to premarital intimacy - Coping skills for dealing with stress - Effects and prevention of rape, molestation, incest.
OVERARCHING CONCEPTS	الطَّهَارَة PURIFICATION	Familiarity with steps of <i>wuḍū’</i> and ability to model some steps	- Recognize benefits of <i>wuḍū’</i> - Understand need for clean body, clothes, and space for prayer	Model all steps of <i>wuḍū’</i>.	Introduction to concept of <i>najāsah</i> (impurity) and <i>istinjā’</i> (removal of impurities)	Understand <i>tayyammum</i> is an adaptation of <i>wuḍū’</i>, how to perform it, and when it is necessary	- Review components of <i>wuḍū’</i> that are <i>farḍ</i> (obligatory) and <i>sunnah</i> (praiseworthy). - Introduction to <i>ghusl</i> and its basic requirements.	Review components of <i>ghusl</i> that are <i>farḍ</i> and <i>sunnah</i>	- Advice on how to remove <i>najāsah</i> (impurity) using public facilities - Advice on how to complete <i>wuḍū’</i> in public facilities	- Review of all <i>mubṭilāt</i> (nullifiers) of <i>wuḍū</i> - Importance of <i>istibrā’</i> (being completely free) of any <i>najāsa</i>
	الْحَيَاء MODESTY	- Appropriate ways of displaying physical affection, such as a hug <i>Ādāb</i> (etiquettes) of expressing friendship	- Knowing and recognizing feelings influence our behavior - Learning to be conscious of our actions in front of Allah as well as other people	Discussing sensitive issues with adults in private, versus discussing them out loud with other kids	<i>Ādāb</i> of discussing external genitalia and importance of covering these areas	<i>Ādāb</i> of interacting with family members and being cautious in interacting with other adults outside of family	- Introduction to importance of modest clothing, related to covering of the <i>‘awrah</i> - Recognizing girls are not required to pray when experiencing <i>hayḍ</i> and etiquette boys should show to those girls	<i>Ādāb</i> of using bathroom at home or in public. - Definition of <i>‘awrah</i> for men and women - Rulings for viewing <i>‘awrah</i> within and outside of same gender - Discussion of clothing and dress guidelines	- Emphasis on importance of not viewing <i>‘awrah</i> in mass media and strategies to avoid - Discussion of peer pressure and issues related to dating	- Emphasis on necessity and publicity for interaction with the opposite gender - Explanation of <i>khalwa</i> (being alone with opposite gender) and strategies to avoid
	الصَّحَّة البدنية PHYSICAL HEALTH	Recognition of safe (positive or healthy) and unsafe (negative or healthy) touches	How to recognize and become aware of feelings of happiness, sadness, and anger	Readiness to say “no” and tell a trusted adult, in private, about inappropriate touches	- Safety rules related to home environment - Understanding of essential body parts related to elimination	- Use strategies for handling conflict in a peaceful way. - Need and proper use of medications - Harmful effects of drugs on the body	- Introduction to <i>hayḍ</i> (menstruation) - <i>girls only</i>. - Introduction to nocturnal emission - <i>boys only</i> - Hygienic practices of the <i>Sunnah</i>	- Overview of <i>hayḍ</i> - Overview of nocturnal emission - Distinction between minor and major ritual impurity.	Overview of major Sexually Transmitted Infections (STIs) and effects on the body	- Coping with physical side effects of stress - Definition of rape, incest and other forms of abuse and methods to avoid
	الصَّحَّة العقلية MENTAL HEALTH	Awareness of behaviors and their effects on those around them	How to express feelings of happiness, sadness, and anger	- Recognize that everyone has strengths and weaknesses - Discuss how commercials use our emotions to make us want products	- Coping strategies to deal with changes in a family. - Expressing a positive self-image - Demonstrate types of behavior that enable gaining or losing friends	- Dealing with strong emotions and avoiding self-destructive behavior. - Introduction to mind-altering drugs and alcohol, and their prohibition	- Self-Esteem as related to changes during puberty - Recognize uncomfortable situations and how to respond	- Effect of inappropriate images on the brain. - Effects of substance abuse on the mind - Discussion of positive personal characteristics such as self-discipline, independence, etc	- Understanding signs and symptoms of pregnancy - Analyze instances of gender stereotyping and sexual exploitation	- Discussion of homosexuality and interactions with individuals who identify on the LGBTQ spectrum - Discussion of harmful effects of pornography - Coping with mental side effects of stress
	الصَّحَّة النفسية SPIRITUAL HEALTH	Awareness of basic, good, character traits such as honesty, treating others with kindness and respect, and that these actions please Allah	- Knowing Allah is the Creator and Originator of all life. - Allah uses the means of a mother (for humans and mammals) to bring new life into existence	Recognize that Allah has created each of us in a unique way and appreciate differences among His creation.	Understanding bad character traits such as lying, stealing, cheating, etc. affect our relationship with Allah and should be avoided	Taking pride in “success” and attributing that success to Allah and appropriately thanking him	- Concept of <i>taklīf</i> (moral responsibility) introduced - Relationship of hygienic practices to the concept of <i>fiṭra</i> (natural disposition)	- Introduction to concepts of manhood and womanhood - Introduction to <i>futuwwā</i> (chivalry) as a practice of mature persons	Emphasis on role models who display mercy, service, strength, forbearance (e.g. <i>Prophet Ibrāhīm</i>, <i>‘Alī ibn Abī Ṭālib</i>, <i>Fāṭimā</i>, <i>‘Ā’isha</i>)	- Deeper discussion of manhood & womanhood - Importance of owning one’s decisions and answering to Allah - Spiritual tools for mental wellness