

## Section 4C

### **4c. Self Reliance Program Information**

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Course Outlines	2
Program Sites	8

## **CAMP FIRE: SNOHOMISH COUNTY SELF RELIANCE PROGRAM**

All children today need to learn how to feel good about themselves. They need to know how to be responsible for their own actions and how to handle themselves in all kinds of situations. They need self-confidence. They need to be self-reliant kids.

Building the self-reliance skills young people need in today's world is one of the primary goals of all Camp Fire programs. Helping children learn to take care of themselves in specific situations is the goal of each of Camp Fire's self-reliance programs.

Self reliance courses targeted to specific skills are the newest and fastest growing Camp Fire programs. These courses are designed to require a short-term commitment - usually from four to six weeks.

Self Reliance courses are unique in many ways. Like all Camp Fire programs, self-reliance courses develop positive attitudes and help both boys and girls master a variety of skills. Every child's family is informed of and involved in the learning experiences and can continue to reinforce the skills at home. The curriculum is thoroughly developed and comprehensive in scope. All instructors are trained and present the materials in a fun, active manner, which helps to keep interest level high and enables youth to practice their new found skills.

The following is a description of the self-reliance courses that Camp Fire: Snohomish County offers:

### **COUNT ON ME KIDS - Grades K, 1      cost: \$14 per student - 8 student min**

Count on Me Kids is an alcohol and drug prevention course for young children. This program helps children develop strong, positive self-images by emphasizing healthy lifestyles and encouraging children to do their best. Topics include: how to keep your body strong and healthy, protecting yourself from harm by being safe and careful, how to be a good friend and care for others, saying "No Thanks!" drugs, alcohol and smoking and the many ways I am unique and special.

6, 1 hour sessions

#### Goals:

- Help children develop a positive self-image based on feeling confident and capable.
- Help children keep themselves safe when confronted with potentially harmful situations.
- Teach positive friendship skills.
- Give youth an opportunity to practice skills to resist negative peer pressure.
- Help children learn the importance of taking care of their bodies.

**Curriculum:**

- **“Meet the Count On Me Kids”**  
(Class time is spent acquainting children with the instructor, each other and the Count on Me Kids.)
- **“Who Am I?”**  
(The importance of doing their best and seeing themselves as unique and special is stressed.)
- **“My Caring Ways”**  
(The topic of this session is designed to increase each child's awareness of ways he/she is a person who cares and practice ways to be a good friend.)
- **“Healthy Things I Do”**  
(This session emphasizes the importance of exercise, good nutrition and learning how to make healthy snacks.)
- **“Safe and Sure”**  
(The focus is to increase awareness of safety rules and how to handle potentially dangerous situations.)
- **“What Would I Do?”**  
(Members practice handling negative peer pressure.)

**DIFFERENT AND THE SAME - Grades K-4    cost: \$14 per student - 8 student min**

Using videos, role playing, and discussion, children will learn to address the complex issues of human relationships and to identify bias so that it can be prevented. The children will learn how to identify bias and prejudice, share their feelings, and deal with these issues in a positive and productive manner.

6, 1 hour sessions

**Goals:**

- F Fairness
- A Awareness
- I Inclusion
- R Respect

**Curriculum:**

- **“Sticks and Stones”**  
(Name calling/hurting others as a reaction to being hurt.)
- **“Cinderella and Me?”**  
(Being excluded from the mainstream culture.)
- **“Long Distance”**  
(Speaking a different language.)
- **“Play Ball”**  
(Stereotyping.)
- **“The Club”**  
(Standing up against prejudice directed at someone else.)
- **“Tug of War”**

(Choosing a friend against racial lines.)

- **“Proud to Be Me”**  
(The pull between maintaining a strong cultural identity and assimilation.)
- **“I’m American, Too”**  
(Definitions of being American.)
- **“Words on the Wall”**  
(Hate crimes.)

### **I CAN DO IT - Grades 2,3    cost: \$15 per student - 8 student min**

This class teaches youngsters many different “how to” skills such as: making healthy snacks, answering telephone calls from strangers, handling emergencies, escaping from fires, and much more. Basically, the course provides knowledge about situations which can arise while being home alone, on the way to school or being out in public on your own.

6, 1 hour sessions

#### **Goals:**

- Develop positive self-image based on a feeling of being confident and capable.
- Promote the well being of mind and body.
- Develop awareness of the importance of living safely and avoiding unnecessary risks.
- Help children cope with emergencies when parents are not readily available.
- Teach skills needed to function responsibly and independently in one's own home.

#### **Curriculum:**

- **“I Can Choose Healthy Foods!”**
- **“I Can Be Weather Ready!”**
- **“I Can Be Safe in Public!”**
- **“I Can Escape a Fire!”**
- **“I Can Handle Conflict”**
- **“I Can Be Safe and Responsible!”**

## **I'M PEER PROOF: Friendship and Refusal Skills - Grades 3,4,5**

**cost: \$15 per student - 8 student min**

Games and role-playing make this a fun way to learn important lessons about making good friends as well as being one. Topics include: starting conversations and how to keep them going, giving and receiving compliments, using good manners, dealing with bullies and teasers, and saying "no" while still feeling OK. The members are shown the difference between Aggressive, Assertive and Passive behaviors.

6, 1 hour sessions

### **Goals:**

- Help children gain more satisfaction and pleasure from peer relationships.
- Help children resist peer pressure to engage in anti-social or dangerous behavior.
- Help children and parents talk about concerns and experiences with peer relationships.

### **Curriculum:**

- **"Understanding Assertiveness"**  
(Materials help define and identify behaviors associated with assertiveness, passive and aggressiveness.)
- **"Being a Friend"**  
(Members define what qualities a good friend should have and how to give and receive compliments.)
- **"Anger Management"**  
(cooling down techniques and resolving conflict)
- **"Peer Pressure Survival Skills"**  
(Topics include: benefits and risks of assertiveness, 4 responses to put-downs and teasing, and the difference between tattling and seeking help.)
- **"More Survival Skills"**  
(Members learn the 6 techniques to resist negative peer pressure.)
- **"Summing Up"**  
(Time is focused on reinforcing skills related to being a good friend and resisting peer pressure.)

## **STRESS BUSTERS - Grades 5, 6, 7      **Cost: \$15 per student – 8 student min.****

School, grades, sports, peer pressure, family problems...teens these days deal with a lot of stress. This course is designed to help teens identify stress and learn techniques, which can help "lighten the load". By practicing stress reducing exercises, role playing and sharing in small groups members will begin to feel less alone, more positive about themselves and better able to deal with challenges.

5, 1 hour sessions

### **Goals:**

- Give children an understanding of what stress is and how to identify it within themselves.

- Teach children that they have some control over how much they stress themselves.
- Give children specific skills to prevent stress from becoming overwhelming and help each child cope in a more constructive way.

### Curriculum:

- **“What is Stress “**  
(Members learn to recognize and define stress, determine which situations cause stress, where in body stress is held and are taught relaxation techniques.)
- **“Coping with Stress”**  
(Materials define “stress piggybacking” and good/bad ways of coping.)
- **“Self-Expression and Stress”**  
(This session shows members how to communicate to others what they need - "I Statements" and how to build bridges and cooperate vs. building walls and refusing help.)
- **“Acceptance of Stress, Relief through Pleasure, Review”**  
(Discussion deals with accepting stress that won't change, sensory pleasures that relieve stress, the Name/Claim/Tame method and imaginary gift giving).

### **BABYSITTING BASICS - Grades 5, 6, 7 Cost: \$20 per student - 8 student min.**

Learn the how to's of babysitting - everything from the proper way to hold a child to what to do in an emergency. Topics include: infant and toddler care, play ideas, behavior management, age characteristics, emergency procedures, finding sitting jobs and working with parents.

4, 2 hour sessions or 2, 4 hour sessions

### Goals:

- Teach youth to interact positively with young children and adults.
- Help sitters cope with emergencies.
- Help youth develop positive self image based on feelings of confidence and capability.
- Help youth determine value of their skills and how to market those skills.
- Teach youth the necessary skills to be well-trained babysitters.

### Curriculum:

- **“Big Kids, Little Kids and Child's Play”**  
(Time is spent on personal strengths and weaknesses, developmental characteristics of children, playing responsively, play ideas and how to make a play kit.)
- **”Infant/Toddler Care and Behavior Management”**  
(Members practice diapering, learn how to feed and bath infants and toddlers; how to handle childhood behaviors and discuss appropriate and creative discipline.)
- **”An Ounce of Prevention”**  
(The focus of this session is safety - handling common emergencies, preventing accidents, symptoms of childhood illnesses, simple first aid and how to make home safety checks. When time permits, members are given ideas and materials to make an object for their own play kit.)
- **“It's a Job”**

(The class discusses a babysitter's responsibilities, parent expectations, finding jobs and negotiating wages. Each member makes a sample flier advertising his or her skills.)<sup>4c - 8</sup>

## **A GIFT OF GIVING - for youth in grades K – 12 cost: vary per class**

A service-learning program designed to encourage children to become involved in their community. Students assess community needs, plan and carry out a service project, and reflect on their experiences.

8, 1-2 hour sessions

Course length may vary depending upon the project chosen.

### **Goals:**

- Increase awareness of community.
- Give children an opportunity to participate in the initiation, planning and execution of service projects.
- Engage children in a progression of positive experiences that foster community service.
- Provide meaningful reflection and analysis of the community service experience.

### **Curriculum:**

- **Community Concept**  
(Ideas of community and service are introduced to the children. Volunteerism is introduced and students begin to identify and discuss the problems and needs in their communities.)
- **Needs Assessment and Project Choice**  
(Students assess needs and problems in their community and choose one on which to focus as a service project. Initial plans and preparation will be formed in this session.)
- **Planning and Organizing a Project**  
(Members complete the preparations necessary for their service project. Group interaction and teamwork are essential components of this session.)
- **Project Day**  
(The actual project implementation will continually reinforce teamwork and volunteering. The members will understand their importance to the community and see how they can make a positive impact and improve their world.)
- **Reflection, Recognition and Celebration**  
(Members will be guided through a structured evaluation of the project. They will summarize and celebrate by giving meaning to their experiences.)

## **Wise Kids and Wise Kids Outdoors**

*Wise Kids and Wise Kids Outdoors* will give students the opportunity to practice healthy choices through fun activities. They will learn about Energy Balance **Energy IN** (or calories in through food and liquids) should be balanced with **Energy OUT** (or calories out through daily living and physical activity) over time. The students will learn that people need balance and how the earth and its resources need balance too.

## **SELF RELIANCE PROGRAM AND SITE OPTIONS**

### **COMMUNITY PARKS AND RECREATION/COMMUNITY EDUCATION**

Four times a year (Winter, Spring, Summer, Fall) Babysitting Basics and other selected Self Reliance classes are offered in community sites throughout Snohomish County including, but not limited to, Edmonds, Everett, Mukilteo, Marysville, Lake Stevens, Snohomish and Lakewood. Interested students or parents will need to check area mailers and bulletins for specific class information. If possible, pertinent information will also be printed in PEEKS prior to start of classes.

### **CAMP FIRE CLUB MEMBER PARTICIPATION**

#### **Can my Camp Fire club participate in Self-Reliance courses?**

Yes, there are several ways for your club to get kids involved:

- Offer a course during your regularly scheduled club meetings. Each course comes with detailed instructor's directions, student handouts and teaching aids. You or one of your parents can act as the club instructor (cost would only be for materials) or a guest Self-Reliance instructor can be arranged through the Camp Fire Training and Resource Center.
- Encourage your club to take a Self-Reliance course that is offered through your local community school. During the school year, classes will be offered at a school district near you.
- Contact the Self-Reliance Coordinator if you have questions or would like more information.

### **PUBLIC SCHOOL SITES AND PROGRAM OPTIONS**

Camp Fire would like to offer all children the opportunity to develop/or practice self help skills and the best way to insure increased access to Self Reliance classes is through the public school system. If you would like your school to have this opportunity please contact the Self-Reliance Coordinator