

FBF Lifeskills Curriculum For FBF Members

Physical Health	Mental Health	Social Health
Alcohol and Drug Use / Abuse / Addiction 6 – 9 years (2019) 10 – 13 years (2019) 14 – 16 years (2019) 17 – 19 years (not updated)	Coping Skills 6 – 9 Years (2019) 10 – 13 years (2019)	Bullying 6 – 9 years (2019) 10 – 13 years (2019)
HIV prevention, testing, treatment and care 6 – 9 years (2019) 10 – 13 years (2019) 14 – 16 years (2019) 17 – 19 years (not updated)	Discipline 6 – 9 years (2019) 10 – 13 years (2019) 14 – 16 years (2019) 17 – 19 years (not updated)	Healthy Relationships 6 – 9 years (2019) 10 – 13 years (2019) 14 – 16 years (2019) 17 – 19 years (not updated)
Hygiene 6 – 9 years (2019)	Emotions 6 – 9 years (2019) 10 – 13 years (2019)	Honesty 6 – 9 years (2019) 10 – 13 years (2019)
Tuberculosis 6 – 9 years (2019) 10 – 13 years (2019) 14 – 16 years (2019) 17 – 19 years (not updated)	Goal Setting 6 – 9 years (2019) 10 – 13 years (2019) 17 – 19 years (not updated)	Respect 6 – 9 years (2019)
Teenage Pregnancy 10 – 13 years (2019) 14 – 16 years (2019) 17 – 19 years (not updated)	Grief 6 – 9 years (2019) 10 – 13 years (2019)	Setting Boundaries and Saying No 6 – 9 years (2019) 10 – 13 years (2019) 17 – 19 years (not updated)
COVID-19 6 – 9 years (2020) Gira Qhawe Lami (My hero): All age groups	My Future 6 – 9 Years (2019) 10 – 13 years (2019)	Social Media Conduct 6 – 9 years (2020 must be updated) 10 - 13 years (2020 must be updated) 14 - 16 years (2020 must be updated) 17 - 19 years (2020 must be updated)
	Self-Belief 6 – 9 years (2019) 10 – 13 years (2019)	Conflict Management 14 – 16 years (2019) 17 – 19 years (not updated)
	My Own Values 14 – 16 years (2019)	Problem Solving 14 – 16 years (2019)
	Life Choices 17 – 19 years (not updated)	Empathy 17 – 19 years (not updated)

The year in the bracket indicate when the Teaching Guide was last updated.