Family Life Education Programs

Camp Fire USA Orange County Council (CFUSAOC) is proud to offer three different Family Life Education (FLE) programs that can be taught throughout Orange County. According to the National Council on Family Relations, FLE programs provide families with the "knowledge needed for healthy functioning" by providing information on human development, increasing self-esteem, and teaching positive communication skills (2011).

Teen pregnancy and sexually transmitted disease transmission is a significant health and social issue facing communities throughout Orange County. In 2008, teen pregnancy in Orange County accounted for 2,955 births to mothers between the ages of 15-19 years old (Children and Families Commission of Orange County, 2010). In 2009, there was 779 cases of STD's among youth 10-17 years old with "a majority (93%) occurring between 15-17 years" (Children and Families Commission of Orange County, 2010). Peer pressure and a lack of information also increases a teenager's sexual risk.

One of the most effective interventions in the prevention of teen pregnancy and disease transmission is the implementation of programs that rely heavily on parent-child communication. The following programs are taught with a fact-based curriculum and we encourage parents to discuss their own values and morals to their children in discussions stimulated by class content.

About Us

Camp Fire USA Orange County Council is an all-inclusive, co-educational youth development organization that helps young people learn to become better stewards of their communities, their world, and themselves. Chartered in 1956, the Orange County Council provides after-school enrichment, teen and family programs, and summer camps for youth.

Our mission is to build caring, confident youth and future leaders through co-educational programs that strengthen the individual, the family, and the Orange County community.

Camp Fire USA
ORANGE COUNTY COUNCIL

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FAMILY LIFE EDUCATION PROGRAMS

Today's kids. Tomorrow's leaders.

S.H.A.P.E. I
Parents and Youth (9-12)

Sharing Healthy Adolescent and Parent Experiences (S.H.A.P.E.) is a 10 hour course which is completed over 5 sessions. Each parent/child pair participate in the course. This program empowers parents to participate in the health and reproductive education of their children. At the conclusion of this course, students will have developed a basic understanding of how their reproductive organs work, the physiological changes that occur during puberty, and skills needed to resist peer pressure and unhealthy relationships. Students will also be taught about conception and pregnancy, as well as an introduction to birth control and sexually transmitted diseases and infections. Parents will have developed the confidence to talk with their children about values and sexuality. The 5-session course outline is as follows:

Session 1: Parent Preview
Session 2: A Look At Our Bodies
Session 3: Body Changes During Puberty
Session 4: Reproduction, Pregnancy, & Childbirth
Session 5: Healthy Relationships and Skill Building

S.H.A.P.E. I classes have been taught at various locations throughout Orange County, including local school sites, community centers, private residences, or in the CFUSAOC conference center in Santa Ana. Fees for each parent/child pair are $100 for each 5-session program and $45 for each sibling in the same classroom. Classes are separated by gender.

S.H.A.P.E. II
Parents and Teens (13-16)

S.H.A.P.E. II is an 8 hour course which is completed over 4 sessions. Aimed towards teenagers, this course offers much of the information that is covered in S.H.A.P.E. I, yet with more in-depth information. Students will learn about male and female anatomy and physiology, cancer prevention methods, dangers and realities of sexually transmitted diseases and infections, and self-esteem. Instructors will also discuss the various birth control methods along with their advantages, disadvantages, effectiveness, and side effects. The 4-session course outline is as follows:

Session 1: Introduction To Course / A Look At Our Bodies
Session 2: Conception & Pregnancy / Birth Control
Session 3: Sexually Transmitted Diseases and Infections
Session 4: Healthy Relationships and Skill Building

Similar to S.H.A.P.E. I, classes can be taught throughout various locations in Orange County. Fees for each parent/child pair are $100 for each 4-session program and $45 for each sibling in the same classroom. Classes are separated by gender.

Please note it is not necessary to have taken S.H.A.P.E. I prior to S.H.A.P.E. II.

C.A.R.E.
Teens (13-18)

Contemporary Adolescent Relationship Education (C.A.R.E.) is an 8 hour program designed to address contemporary issues in sexuality facing today's adolescents. Students learn the basic functions of their bodies and common sexually transmitted diseases and infections, all while increasing their knowledge and building necessary life skills in order to avoid diseases, infections, pregnancies, and unhealthy relationships. Although available to any group, C.A.R.E. was originally designed for high school students in public or private high schools, continuation schools, group homes, and incarcerated youth. The 4-session course outline is as follows:

Session 1: Introduction / A Look At Our Bodies
Session 2: Reproduction, Pregnancy, & Childbirth
Session 3: The Facts About STDs, STIs, and HIV.
Session 4: Healthy Relationships and Skill Building

Fees for C.A.R.E are $500 for groups of 20 students or less. Classes can be taught in a single sex or co-ed environment.

Who teaches these programs?

All of our programs are taught by trained Camp Fire instructors who have completed training in reproductive health and who have experience working with both parents and children. Many have bachelor's degrees or higher, work experience with children & adolescents, and have been teaching for many years. Camp Fire promotes the parent as the authority and expert on their own children; we work with families by encouraging and assisting parents in teaching their children valuable health and life information.