



Life Choices (9th Grade)

Curriculum Fact Sheet

What are the goals?

- Students choosing sexual abstinence until marriage
- Delay of sexual activity
- Accurate understanding of the impact of pregnancy on teens and community
- Gain in knowledge and sensitivity to options faced by a pregnant teen

What does it teach?

- Sexual Risk Avoidance: Abstinence as the only 100% effective birth control
- Behavioral skills
- Decision making skills
- Cause/Effect and Choices/Consequences
- Difficulty of options facing a pregnant teen: Parenting, Abortion, Adoption

How does it teach?

- PowerPoint Lecture
- Videos
- Group Discussion & Activities
- Pre & Post evaluation tests

Who is the target audience?

- Primarily taught to high school freshmen in a P.E./Lifetime Wellness setting.
- Suitable for use in public and private schools with students aged 14-18.
- Suitable for use in community-based organizations that provide services to children ages 14-18 in after school care, summer programs, and other intervention services.

How long is the program?

- One day of agency directed presentation and activities (1 - 45-minute class)
- (Two days when combined with Relationship Essentials)



Relationship Essentials (9th Grade)

Curriculum Fact Sheet

What are the goals?

- Teaches students to establish healthy boundaries
- Students see impact of self-esteem on current and future goals
- Increased student ability to refuse or resist peer pressure
- Covers important emotional and physical boundary for pre-teens: abstinence
- Accurate understanding of the impact of pregnancy on teens
- Teaches students to recognize healthy vs. unhealthy relationships

What does it teach?

- Sexual Risk Avoidance: Abstinence as the only 100% effective birth control
- How to establish healthy boundaries
- Refusal skills
- Positive impact of adults in a student's life
- The impact of having a positive self-worth
- How to implement boundaries regarding social media, sexting, and pornography
- Cause/effect and choices/consequences to when boundaries are crossed

How does it teach?

- Brainstorming
- PowerPoint Lecture
- Interactive videos
- Group Discussion & activities
- Pre & Post evaluation tests

Who is the target audience?

- Primarily taught to high school freshmen in a P.E./Lifetime Wellness setting.
- Suitable for use in public and private schools with students aged 14-18.
- Suitable for use in community-based organizations that provide services to children ages 14-18 in after school care, summer programs, and other intervention services.

How long is the program?

- One day of agency directed presentation and activities (1 - 45-minute class)
- (Two days when combined with Life Choices)



Healthy Boundaries (7th Grade)

Curriculum Fact Sheet

What are the goals?

- Teaches students to establish healthy boundaries
- Students see the impact of self-esteem on current and future goals
- Teaches how to combat the social media culture of today
- Increases student ability to refuse or resist peer pressure
- Covers important emotional and physical boundary for pre-teens: abstinence
- Accurate understanding of the impact of pregnancy on teens
- Educates students on the benefits of adoption
- Teaches students to recognize healthy vs unhealthy friendships

What does it teach?

- Sexual Risk Avoidance: Abstinence as the only 100% effective birth control
- How to establish healthy boundaries
- Positive impact of adults in a student's life
- The impact of having a positive self-worth
- How to implement boundaries regarding social media, sexting, and pornography
- Cause/Effect and Choices/Consequences to when boundaries are crossed
- Conflict resolution
- How the brain processes information

How does it teach?

- Brainstorming
- PowerPoint Lecture
- Videos
- Group Discussion & Activities
- Pre & Post evaluation tests

Who is the target audience?

- Suitable for use in public and private middle schools in a health setting.
- Suitable for use in community-based organizations that provide services to children ages 14-18 in after school care, summer programs, and other intervention services.

How long is the program?

- Three days of agency directed presentation and activities