



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
- Interactive 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