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| **Lesson 1 – Developing Healthy Relationships** “What Do Teens Think?” Video Segment One Healthy vs Unhealthy Relationships Five Tips on Developing Healthy Relationships Character Application – Self Respect – and  Parent/Guardian Interview**Lesson 2 – Preventing Sexual Violence** “Sex and Alcohol Don’t Mix” Video Segment Two How Alcohol Affects a Young Person What is Sexual Violence? Preventing Sexual Violence—Understanding  Consent Getting Help Character Application—Respect—and  Parent/Guardian Interview**Lesson 3 – Preventing STDs** “A Lesson in Microbiology” Video Segment Three STDs—An Epidemic How STDs are spread What About “Safe” or “Safer Sex?” Character Application—Honesty—and  Parent/Guardian Interview**Lesson 4 – Preventing Teen Pregnancy** “Katie and Eric” Video Segment Four Teen Pregnancy is a Significant Problem Reducing the Risk Choices and Consequences Character Application—Responsibility—and  Parent/Guardian Interview**Lesson 5 – Avoiding HIV/AIDS** “A Life-Changing Visit from an HIV/AIDS  Counselor” About HIV/AIDS 9 Common Myths Character Application—Compassion—and  Parent/Guardian Interview**Lesson 6 –Choosing the Best Life** “Choosing to Delay Sex” Video Segment Six Decisions About Sex Choosing the Best Life Infatuation or Love? Character Application—Choices**Lesson 7 –Setting Limits** “Dealing with Pressure” Video Segment Seven Five Sources of Pressure Becoming Pressure Proof: Set It Becoming Pressure Proof: Say It Character Application—Self-Discipline—and  Parent/Guardian Interview |

**Lesson 8 – Resisting Pressure**

 “Taking a Stand” Video Segment Eight

 Becoming Pressure Proof: Show It

 Role Plays

 Character Application—Courage—and

 Parent/Guardian Interview



**Choosing the Best Life**

**UNIT THREE: EFFECTIVE COMMUNICATION**

**Lesson: Effective Communication & Barriers to It**

*Handout: Communication Skills and Barriers*

**Lesson: Healthy People Ask**

*Handout: Feeling Words*

**Lesson: Feelings vs. Behaviors Train**

**Lesson: Communicating Feelings**

*Handout: Feeling Words*

**Lesson: Communicating Effectively/Resolving Conflict**

*Handout: Conflict Scenarios*

*Handout: Speaker/Listener Tiles*

*Handout: The Speaker/Listener Technique*

*Handout: Problem Solved!*

*Sample Answers: Problem Solved!*

**UNIT FOUR: FRIENDSHIP, DATING AND LOVE**

**Lesson: Character Spotlight**

*Worksheet: Quality of Character*

**Lesson: Friendship, Dating and Love**

*Worksheet: Dating: Why and How?*

*Answer Key: Dating: Why and How?*

*Handout: The 10 Keys to Successful Dating*

*Handout: Rights vs. Responsibilities*

**Lesson: Good Date/Bad Date**

**Lesson: Create a Date**

*Worksheet: Creating Great Dates*

*Handout: Tips for Making Good Dates Great*

*Handout: Creative Dating Ideas*

**Lesson: What Love Looks Like**

**Lesson: Love vs. Infatuation**

*Worksheet: Love vs. Infatuation*

*Answer Key: Love vs. Infatuation*

*Handout: Appointment With Love*

**Lesson: Foundations of a Healthy Relationship**

*Worksheet: Strong Foundations*

*Handout: Assessing Foundations*

*Worksheet: Tests of Trust*

*Worksheet: Strong Foundations Interview, Part A*

*Worksheet: Strong Foundations Interview, Part B*

**Lesson: Relationship Red Flags**

*Worksheet: Relationship Red Flag Warning Inventory*

*Handout: Breakup Skills*

*Handout: Breakup Strategies*

**Lesson: Preventing Sexual Assault**

*Handout: Preventing Sexual Assault*

*Handout: How Sex Is Misused*