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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*