

5th/6th Grade — Elementary

- **Bullying**
Differentiates between bullying and being a bully, strategies to assist those being bullied
- **Healthy vs. Unhealthy Relationships**
Practices that help maintain good health in short-and long-term relationships, the importance of character when facing challenges
- **Learning My Limits***
Importance of setting boundaries in regard to personal relationships
- **Pregnancy & Fetal Development**
Signs and symptoms of pregnancy and stages of fetal development
- **Puberty — A Time of Change**
The difference between crushes, infatuation and love, the physical and physiological changes that happen during puberty
- **Setting Boundaries**
Good standards that help resist peer pressure, boundary-setting and use of problem-solving techniques in difficult situations

Middle School

- **Contraception**
Risk Elimination vs. Risk Reduction
- **Dating & Setting Boundaries**
Developing strategies to stay free and make good choices
- **Pregnancy and Fetal Development**
Choices that produce and affect pregnancy
- **Relationships, What's the Difference?**
Identifying the qualities of successful friendships and how they are the foundation for lifetime commitments
- **Sexting***
Explain the definition and assess the consequences of sexting

High School — Level 1 (9th/10th Gr.)

- **Bullying***
Why bullying is wrong and how to prevent it
- **Media Messages: Truth or Myth?**
Questioning the reality of media & pop culture
- **Pregnancy**
Real implications of teen pregnancy; fetal development; options and decisions
- **Qualities of Healthy Relationships**
Come from smart choices & ending poor ones
- **Setting Personal Boundaries**
Planning ahead, setting limits and refusal skills
- **Sex Is Progressive**
Evaluating limits and setting boundaries
- **Understand True Intimacy**
Rushed intimacy can create illusions and false expectations
- **Understand Yourself & Your Personality**
We are complex with unique personalities
- **What Are We Waiting For?**
Understanding the power of sexual activity and our 5-dimensions

High School — Level 2 (11th/12th Gr.)

- **About Contraception**
Just the facts
- **Building Healthy Relationships**
Identifying healthy vs. unhealthy relationships establishing limits & practicing refusal skills
- **Building Sex, Love and Success**
Identifying five essentials of a healthy committed relationship
- **Character and Friendship***
How character applies to friendships
- **Intimacy Is Progressive**
Showing affection without physical intimacy
- **Sex Affects the Whole Person**
Sex affects all 5-dimensions of who we are
- **Sex and Culture**
Media's Influence & the myths about sex
- **Sex, Life and Pregnancy Health**
Challenges & responsibility of teen parenting