

<p>YOUTH DEVELOPMENT CURRICULUM SERIES</p> <p>Grade Level: Developed for Middle School but can easily be used at the High School level Length of Lessons: Range from 45-60 minutes but most can be modified to meet your needs.</p>
<p>Presentation Description</p>
<p>Introduction Lesson: Building a Community</p> <p>Encourages students to create a safe and welcoming community for all members of the group. Students will work with all group members to create guidelines for group success and can agree to hold themselves and their group members accountable to these guidelines.</p>
<p>Values</p> <p>Encourages students to examine their own values and the values of their family, peers, and community.</p>
<p>Conflict Resolution</p> <p>Explores the process of resolving a conflict in a controlled and respectful way.</p>
<p>Feelings and Emotional Regulations</p> <p>Introduces students to the process of identifying their emotions and how their emotions impact their growth and development.</p>
<p>Self-Respect</p> <p>Shows students how negative self-talk can affect a person’s emotional health, and how positive self-talk can help benefit students when they are feeling negative.</p>
<p>Body Image</p> <p>Explains that all bodies are good and capable, and are worthy of love, success and empowerment. Begins to explore the effects of media and peers on body image.</p>
<p>Our Lens</p> <p>Explores the multiple identities that make each person unique and how that shapes the lens in which people view the world.</p>
<p>Gender and Stereotypes</p> <p>Encourages students to understand how gender diversity builds empathy and helps us be our most true selves.</p>
<p>Puberty 101*</p> <p>Stresses that puberty is the normal process of physical and emotional change that everyone makes.</p>
<p>Healthy Relationships</p> <p>Explores what healthy and unhealthy relationships look and feel like, and how to communicate feelings and concerns in relationships.</p>
<p>Consent</p> <p>Explores mutual consent and why it is important and how to set and respect boundaries.</p>
<p>Decision Making</p> <p>Explains how evaluating choices and consequences can help students make healthy decisions.</p>
<p>Social Media Literacy</p> <p>Identifies ways that students can all be responsible and accountable social media users, making sites safer and more powerful for themselves and their peers.</p>
<p>Anti-Bullying</p> <p>Explores why it is important for students to make our school safer and more welcoming to everyone.</p>

<p>Group Reflection & Closing Our Community Students reflect on their anti-bullying project, and identify how they and their peers are capable of making positive changes in their community.</p>
<p>HEALTHY SEXUALITY CURRICULUM SERIES Grade Level: Middle and High School Length of Lessons: Range from 45-60 minutes but most can be modified to meet your needs.</p>
<p>Presentation Description</p>
<p>Sexuality through the Lifespan Introduces the global concept of sexuality as a lifelong evolving aspect of our lives that includes aspects of intimacy, anatomy, and reproduction, sensuality, and identity.</p>
<p>Values about Sexual Health Encourages students to examine their own values and the values of their family, peers, and community about sexual health topics.</p>
<p>Anatomy and Reproduction Identifies and explains sexual and reproductive anatomy, its function, and its role in creating a pregnancy.</p>
<p>Abstinence and Birth Control Stresses the importance of abstinence for pregnancy and disease prevention, while discussing alternative methods for individuals who are (or become) sexually active.</p>
<p>Sexually Transmitted Diseases Focuses on common STDs among youth and how they are transmitted, prevented and treated.</p>
<p>Healthy Relationships Part I Identifies qualities of healthy relationships and the skills to maintain such relationships.</p>
<p>Health Relationships Part II: Relationship Spectrum Expands the conversation about healthy relationships examining the differences between healthy and unhealthy relationships.</p>
<p>Healthy Relationships Part III: Intimate Partner Violence Explores myth and facts of dating violence, identifying red flags, and learning about local resources.</p>
<p>Consent and Sexuality Explores myths and facts while helping students explore issues of consent, communication, and how to set and respect boundaries.</p>
<p>Sexuality and Gender Encourages students to understand how gender diversity builds empathy and helps us be our most true selves.</p>
<p>Aspects of Sexuality Introduces students to sexuality as a central, complex and lifelong aspect of being human.</p>

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<p>ADVOCATES FOR YOUTH’S RIGHTS, RESPECT, AND RESPONSIBILITY (3R’S) CURRICULUM SERIES Grade Level: Middle and High School Length of Lessons: Range from 45-60 minutes but most can be modified to meet your needs.</p>
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<p>Understanding Boundaries Define and provides examples of personal boundaries. Students analyze scenarios about people not respecting other people’s boundaries.</p>
<p>Let’s Talk About Sex This lesson stresses the importance of how we communicate as much as what we communicate and introduces aggressive, passive and assertive communication styles.</p>
<p>The World Around Me This lesson looks at influences on decision-making by analyzing a scenario and the people who impacted their decision including parents, teachers, friends, media, etc.</p>
<p>Choose Your Words Carefully This lesson reviews why it can be difficult to talk honestly about one’s feelings when in relationships.</p>
<p>We Need to Talk This lesson is about the importance of listening and communicating clearly and students rehearse those skills in pairs with a third students observing and providing feedback.</p>
<p>Talking without Speaking: The Role of Texting in Relationships This lesson explores the challenges of communicating clearly solely by text using some examples of when messages can be interpreted in different ways.</p>
<p>Birth Control Basics This lesson provides information about birth control commonly used by teens by breaking it into three categories – long-acting, short-acting and works right now.</p>
<p>Protecting Your Health: Understanding and Preventing STD’s This lesson has students identify STD’s in groups based on clues provided. Students compare different sexual behaviors and their risk for transmitting STDs.</p>

<p>STD Basics: Reducing Your Risk This lesson reviews information about decision-making as it relates to preventing STDs.</p>
<p>How Well Do I Communicate with Others? This communication lesson starts with a brief drawing activity completed by students in pairs to assess their own listening and communicating and analyze what strategies are effective or ineffective and why.</p>
<p>STD Smarts This lesson uses the popular game, Jeopardy, to review key sexual health content related to STDs including testing, symptoms, risk behaviors and accessing treatment.</p>
<p>My Boundaries This lesson starts by defining boundaries and students rate their own comfort engaging in a variety of activities that might or might not cross people’s personal boundaries. Students problem-solve how two people might rectify that situation if they were friends or dating with a particular focus on consent.</p>
<p>My Life My Decisions This lesson looks at a variety of decisions young people are faced with and how they decide to share personal information.</p>

Please contact us for more information about PPGNHI’s education programs or to book a presentation.

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