

Healthy Futures **6th Grade Classroom Program**

The Healthy Futures 6th grade classroom program was developed as a one-hour classroom presentation for five consecutive days, but can be tailored to meet the needs of your students and your school.

Topics covered in the 6th grade classroom program are:

1. Friendship

Students discuss qualities of a good friend, how to be a good friend, communication strategies, and how adolescence changes friendships.

2. Choices and Consequences

Students learn how to make decisions in hard situations by exploring choices and potential consequences, and learn how to anticipate and prepare for making those decisions ahead of time.

Students learn about peer pressure and how it can influence their decision-making process.

3. Identity

Students share what they like best about being a boy or a girl.

Puberty is explained, including physical and emotional changes that occur in the body, and the basics of reproduction.

4. Romance

Students learn how to deal with romantic attraction, one of the changes experienced during puberty. They identify appropriate non-physical ways to show affection, as well as the benefits of spending time in groups rather than spending time alone with a romantic interest. Students are encouraged to focus at this stage in their lives on friendship rather than romance.

Students briefly discuss the benefits of waiting to have sex until a faithful, lifelong relationship (i.e. marriage).

5. Skill Building

Students learn assertiveness skills so that they can avoid and get out of situations where they are pressured to make unhealthy choices (cheating, smoking, etc.).

Students practice communication skills with their parents through take-home exercises that foster open discussion.