

## **Healthy Futures** **7<sup>th</sup> Grade, 8<sup>th</sup> Grade, and High School Classroom Programs**

Healthy Futures classroom programs were developed as a one-hour presentation for five consecutive days, but they can be tailored to meet the needs of your students and your school.

The specific content, interactive skits, and demonstrations for classroom programs in 7<sup>th</sup> grade, 8<sup>th</sup> grade, and high school, are unique and age-appropriate. The themes and topics covered, though, are similar and include:

### **1. Goals and Choices**

Students identify goals and discuss how choices now can impact their ability to achieve their goals.

### **2. Abstinence**

Abstinence and sexual activity are defined, stressing that an abstinent lifestyle is possible regardless of past choices. Students learn that sex is wonderful in the context of a faithful, lifelong relationship (i.e. marriage), but that there are physical and emotional risks outside of that context.

### **3. Physical and Emotional Risks of Adolescent Sexual Activity**

Specific sexually transmitted diseases are discussed. Students learn how common STDs are, how STDs are transmitted, as well as the symptoms associated with specific STDs. Condom use is mentioned to raise awareness about the difference between protection and risk reduction.

Students discuss the different options available to a pregnant teen and the possible ramifications of each.

Students learn about the science of sex— how bonding occurs through sexual activity, how men and women bond differently, and the potential impact this bonding has on future relationships.

### **4. Relationship Education**

Students learn to recognize qualities of healthy and unhealthy relationships. They identify creative and fun dating activities as well as ways to show affection that do not involve physical activity. Students also explore the qualities they would look for in a life partner.

### **5. Skill Building**

Students learn about how to deal with pressure from themselves, others, and society through identifying ways to strengthen their willpower, practicing refusal skills, and discussing media messages about sexuality. They develop protective skills that will prepare them to handle pressures they might face by learning how and why to set physical limits in relationships and by discussing the influence of alcohol and drugs on sexual decisions.