

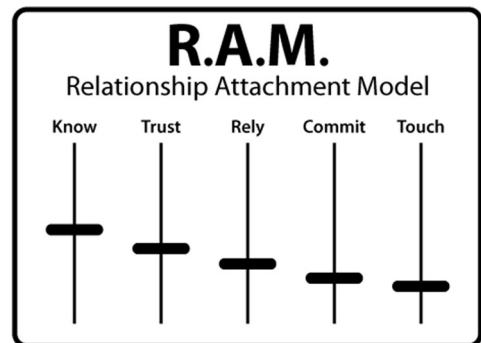
2 or 3-Day Curriculum

Our full healthy relationships program has 2-4 units. A shorter program covers the same material in less detail and with fewer activities. The order of content differs based on which educator will be teaching your students. Our educators individually fine-tune their presentations based on their own style and what they have found most effective in a live classroom setting...all while covering the same core content. In all cases, students are encouraged to participate in active learning through activities and asking and answering questions.

UNIT 1 The Teen Decision educator establishes a framework for the entire program, moving from a discussion about dating to a definition of sexual activity and abstinence and discussion of risks such as STDs and pregnancy, using up-to-date and medically accurate data from the CDC and other trusted sources.

UNIT 2 includes a personal testimony and/or real stories about the consequences of teenage sexual activity. Students learn about the brain chemistry behind sex (the impact of oxytocin and dopamine), and how sexual activity can have powerful emotional effects. The effects of pornography are also touched upon. Students identify what healthy and unhealthy relationships look like (along with a discussion of abuse in relationships). The Relationship Attachment Model (R.A.M.*) identifies how abstinence helps to ensure a healthy relationship by giving couples time to get to know, trust, rely and commit to one another.

UNIT 3 helps the students to take the information they have been learning and apply it to the steps necessary to build a healthy relationship. We address the topic of boundaries and how to relate in safe and fun ways with a goal of helping teens make the choice for themselves to avoid the risks that come with sexual activity. We also help students identify skills which will enable them to make choices to avoid risk...sexual, social and emotional. Students learn how to date in healthy ways—by focusing on the 3 T’s (Time, Talk, Together) in order to really get to know someone—while keeping touch low. The 90-day challenge is presented, giving teens the knowledge and tools to focus on friendship first (keeping touch low) in the first 3 months, which social science says will give them time to see the “real” person, instead of just how a person initially presents.



*The R.A.M. is an innovative teaching tool developed from social science research by John Van Epp (PhD, Counseling and Psychology) of Love Thinks, LLC. The R.A.M provides a framework for making healthy relationship choices as outlined in Dr. Van Epps book “How to Avoid Falling in Love With a Jerk.”