

A-F Criteria	Healthy Futures -Nu Culture
<p>A. The holistic individual and societal benefits associated with personal responsibility, self-regulation, goal setting, healthy decision making, and a focus on the future.</p>	<p><b>Personal Responsibility and Self-Regulation</b>                      Lesson 6.4.2 Appropriate and inappropriate interactions                      Lesson 6.7.2 Conflict Resolution                      Lesson 7.4.6 Positive Personal Character Traits                      Lesson 8.7.2 Self-Control                      Lesson 8.7.3 Setting Limits  <b>Goal Setting and Future Focus</b>                      Lesson 6.1 The choices you make now affect you later                      Lesson 6.1.5 Mission Possible                      Lesson 7.1.7 Dream Big                      Lesson 7.1.9 Keys to Success                      Lesson 8.1.3 Yard Stick Activity                      Lesson 8.1.4 Goals and Dreams                      Lesson 8.1.7 Train Track Activity</p> <p><b>Decision Making</b>                      Lesson 6.1.6 Stop Think and Decide                      Lesson 6.6.3 Decision Making Scale</p>
<p>B. The advantage of refraining from non-marital sexual activity to improve the future prospects and physical and emotional health of youth.</p>	<p>6<sup>th</sup> Grade:  <b>Advantage of Refraining from non-marital Activity</b>                      Lesson 6.6 Abstinence and Developing Refusal Skills                      Lesson 6.6.2 It's OK to Say No Abstinence                      Lesson 6.3.3 Emotional Needs                      Lesson 6.3.4 Emotional Needs Skits                      Lesson 6.7.4 Dollar Bill Activity                      Lesson 7.2.2-4 Basic Human Needs                      Lesson 7.3.2 Puberty and Pregnancy                      Lesson 7.5.4 Emotional Risk of Sexual Activity                      Lesson 7.5.5 Pregnancy Scenario</p>

	<p>Lesson 7.6.2-4 Consequences of Teen Sexual Activity- STIs                  Lesson 8.1.6 Emotional Needs                  Lesson 8.2.3 Pregnancy Review                  Lesson 8.2.4 Egg Activity                  Lesson 8.2.5 Abstinence Review                  Lesson 8.5.2 Emotional Needs Review                  Lesson 8.5.4 Hearts Activity                  Lesson 8.5.5 Healthy Ways to Meet Emotional Needs                  Lesson 8.4.2 Beads and Bracelet Activity                  Lesson 8.4.3 STIs                  Lesson 8.8.5 Wait Music Video</p>
<p>C. The increased likelihood of avoiding poverty when youth attain self-sufficiency and emotional maturity before engaging in sexual activity.</p>	<p><b>Increase Likelihood of avoiding poverty and attaining self-sufficiency</b>                  Lesson 7.1.6 Keys to Success                  Lesson 7.1.8 Unlocking the Keys to Success                  Lesson 7.1.9 Keys to Success Scenarios                  Lesson 8.1.7 Train Track Activity</p>
<p>D. The foundational components of healthy relationships and their impact on the formation of healthy marriages and safe and stable families.</p>	<p>6<sup>th</sup> Grade:  <b>Healthy Relationships</b>                  Lesson 6.1.4 Build a Friend                  Lesson 6.4.3 Introduction to Romantic Relationships                  Lesson 6.4.4 Types of Love Scenarios                  Lesson 6.4.5 Ask Dr. Love                  Lesson 7.2.5 Levels of Friendship                  Lesson 7.2.7 Friendship Scenarios                  Lesson 7.5.3 Rules, Limits and Boundaries                  Lesson 8.1.5 Healthy Relationships                  Lesson 8.6.2 Characteristics of Healthy Relationships                  Lesson 8.6.3 All Falls Down Video</p>

<p>E. How other youth risk behaviors, such as drug and alcohol usage, increase the risk for teen sex.</p>	<p>6<sup>th</sup> Grade  <b>Avoiding Other Risk Behaviors</b>                  Lesson 6.6.2 Its Okay to Say No!                  Lesson 7.2.7 Friendship Scenarios                  Lesson 8.7.4 Refusal Skills</p>
<p>F. How to resist and avoid, and receive help regarding sexual coercion and dating violence, recognizing that even with consent teen sex remains a youth risk behavior.</p>	<p>6<sup>th</sup> Grade:  <b>Resist and Avoid Sexual Coercion and Dating Violence</b>                  Lesson 6.4.4 It’s OK to say No: Assertiveness                  Lesson 6.6.5 It’s OK to say No: Refusal Skill Scenarios                  Lesson 6.7.3 Sexual Abuse and Cyber Assault                  Lesson 7.4.4 I Won’t Break Video                  Lesson 7.4.5 Stress and Emotional Needs                  Lesson 7.4.8 Peer Pressure and Refusal Skills                  Lesson 7.6.5 Resources                  Lesson 7.7.2 Sexual Offenses                  Lesson 8.7.4 Refusal and Negotiation Skills                  Lesson 8.7.5 Refusal and Negotiation Skills                  Lesson 8.8.2 Sex and the law                  Lesson 8.8.3 Media Influence</p>

\*All grade levels include 8 parent connection forms for each grade level encouraging parent child connections