

6th Grade Curriculum OUTLINE

Session 6.1

Introduction to Healthy Futures; Understanding Qualities of a Good Friend and Positive Personal Character Traits

- Activity 6.1.1 Introduction to Healthy Futures
- Activity 6.1.2 Group Rights and Responsibilities
- Activity 6.1.3 Qualities of a Good Friend
- Activity 6.1.4 Build a Friend
- Activity 6.1.5 Mission Possible
- Activity 6.1.6 Decision-Making
- Activity 6.1.7 Decision-Making Scale
- Activity 6.1.8 Conclusion and Wrap Up

Session 6.2

Puberty, Anatomy, and Reproduction

- Activity 6.2.1 Review Session 6.1
- Activity 6.2.2 Puberty Icebreaker
- Activity 6.2.3 Puberty Introduction
- Activity 6.2.4 Puberty, Anatomy, and Reproduction Talk (Boys)
- Activity 6.2.4 Puberty, Anatomy, and Reproduction Talk (Girls)

Session 6.3

Gender Reflection, Emotional Needs, Identity, and Self-Concept

- Activity 6.3.1 Review Session 6.2
- Activity 6.3.2 Gender Reflection
- Activity 6.3.3 Emotional Needs
- Activity 6.3.4 Emotional Needs Skits
- Activity 6.3.5 I Am Poem
- Activity 6.3.6 Conclusion and Wrap Up

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Session 6.4

Interpersonal Interactions and Romantic Relationships

- Activity 6.4.1 Review Sessions 6.1, 6.2, and 6.3
- Activity 6.4.2 Appropriate and Inappropriate Interactions
- Activity 6.4.3 Introduction to Romantic Relationships
- Activity 6.4.4 Types of Love Scenarios
- Activity 6.4.5 Ask Dr. Love
- Activity 6.4.6 Conclusion and Wrap Up

Session 6.5

Healthy Relationships with Family and Peers

- Activity 6.5.1 Review Session 6.4
- Activity 6.5.2 Healthy Relationships
- Activity 6.5.3 Healthy Family Relationships: Brandon and Michelle Grow Up
- Activity 6.5.4 Healthy Peer Relationships
- Activity 6.5.5 Healthy/Unhealthy Characteristics and Scenarios
- Activity 6.5.6 Conclusion and Wrap Up

Session 6.6

Abstinence and Developing Refusal Skills

- Activity 6.6.1 Review Session 6.5
- Activity 6.6.2 It's OK to Say No: Abstinence
- Activity 6.6.3 Decision-Making Scale: Abstinence
- Activity 6.6.4 It's OK to Say No: Assertiveness
- Activity 6.6.5 It's OK to Say No: Refusal Skill Scenarios
- Activity 6.6.6 Conclusion and Wrap Up

6th Grade Curriculum OUTLINE

Session 6.7

Conflict Resolution Skills; Sexual Abuse and Cyber Assault

- Activity 6.7.1 Review Session 6.6
- Activity 6.7.2 Conflict Resolution
- Activity 6.7.3 Sexual Abuse and Cyber Assault
- Activity 6.7.4 Dollar Bill Activity
- Activity 6.7.5 Conclusion and Wrap Up

Session 6.8

Review Topics and Discuss Lessons Learned

- Activity 6.8.1 Review All 6th Grade Sessions
- Activity 6.8.2 Think Fast! Game
- Activity 6.8.3 Conclusion and 6th Grade Wrap Up