

8th

Grade Curriculum
OUTLINE

Session 8.1

(Re-) Introduction to Healthy Futures, Goals and Dreams, Healthy Relationships, and Emotional Needs

- Activity 8.1.1 (Re-) Introduction to Healthy Futures
- Activity 8.1.2 Group Rights and Responsibilities
- Activity 8.1.3 Yard Stick Activity
- Activity 8.1.4 Goals and Dreams
- Activity 8.1.5 Healthy Relationships
- Activity 8.1.6 Emotional Needs Review
- Activity 8.1.7 Train Track Activity
- Activity 8.1.8 Conclusion and Wrap Up

Session 8.2

Puberty, Pregnancy, and Abstinence

- Activity 8.2.1 Review Session 8.1
- Activity 8.2.2 Puberty Review
- Activity 8.2.3 Pregnancy Review
- Activity 8.2.4 Egg Activity
- Activity 8.2.5 Abstinence Review
- Activity 8.2.6 Conclusion and Wrap Up

Session 8.3

Contraception

- Activity 8.3.1 Review Session 8.2
- Activity 8.3.2 Contraception
- Activity 8.3.3 Conclusion and Wrap Up

8th

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OUTLINE

Session 8.4

Sexually Transmitted Infections (STIs)

- Activity 8.4.1 Review Sessions 8.1-8.3
- Activity 8.4.2 Beads and Bracelet Activity
- Activity 8.4.3 STIs
- Activity 8.4.4 Conclusion and Wrap Up

Session 8.5

Emotional Needs and Bonding

- Activity 8.5.1 Review Session 8.4
- Activity 8.5.2 Emotional Needs Review
- Activity 8.5.3 Emotional Need Posters
- Activity 8.5.4 Hearts Activity (Bonding)
- Activity 8.5.5 Healthy Ways to Meet Emotional Needs
- Activity 8.5.6 Conclusion and Wrap Up

Session 8.6

Healthy and Unhealthy Relationships

- Activity 8.6.1 Review Session 8.5
- Activity 8.6.2 Characteristics of Healthy and Unhealthy Relationships
- Activity 8.6.3 All Falls Down Video
- Activity 8.6.4 Conclusion and Wrap Up

8th

Grade Curriculum
OUTLINE

Session 8.7

Peer Pressure and Avoiding Risky Behavior

- Activity 8.7.1 Review Session 8.6
- Activity 8.7.2 Self-Control
- Activity 8.7.3 Setting Limits
- Activity 8.7.4 Refusal and Negotiation Skills
- Activity 8.7.5 Refusal and Negotiation Skills
- Activity 8.7.6 Conclusion and Wrap Up

Session 8.8

Sex and the Law, Media Influences, Review Topics and Discuss Lessons Learned

- Activity 8.8.1 Review Session 8.7
- Activity 8.8.2 Sex and the Law
- Activity 8.8.3 Media Influence
- Activity 8.8.4 The Big 3 Review Game
- Activity 8.8.5 “Wait” Music Video
- Activity 8.8.6 Conclusion and Wrap Up