

## Appendix G. Nu-CULTURE Daily Fidelity Checklist - 7<sup>th</sup> Grade

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The purpose of this checklist is to assess the fidelity or quality of implementation of the Healthy Futures Nu-CULTURE 7<sup>th</sup> grade curriculum.

Please complete this checklist during or immediately after you teach each of the sessions in the curriculum to minimize recall error.

For each of the activities, please indicate whether the (1) content was taught using the designed materials and activities, (2) content was presented but delivery was modified, (3) content was presented but modified, or (4) content was not presented.

If there were any modifications to the curriculum (i.e. content not presented, content modified, or delivery modified), please describe in the box provided.

### Lesson Taught

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- Session 7.1:** (Re-) Introduction to Healthy Futures, Keys to Success
- Session 7.2:** Basic Human Needs, Levels of Friendship
- Session 7.3:** Puberty & Pregnancy
- Session 7.4:** Stress, Positive Character Traits, Peer Pressure
- Session 7.5:** Consequences of Risky Behavior - Pregnancy & Emotional Risks
- Session 7.6:** Consequences of Risky Behavior - STIs
- Session 7.7:** Sexual Offenses
- Session 7.8:** Review Topics and Discussed Lessons Learned



## Session 7.1: Program Introduction (Activities 7.1.1-7.1.2)

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1. Educator Name(s):

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2. Date of Implementation:

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3. Name of School/Organization Checklist is Being Completed For:

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4. Name of Section/Class Checklist is Being Completed For:

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### 5. (Re-) Introduction to Healthy Futures (7.1.1)

The educator(s) provided a brief overview of Healthy Futures and the Nu-CULTURE curriculum and discussed and discussed the purpose and goals.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### 6. Healthy Futures Slogan and Now and Later Candy Jar Incentive (7.1.1)

The educator(s) introduced the Healthy Futures slogan and explained that the choices that students make now will affect them later. Students did the drill: “The choices you make NOW will affect you LATER”.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### 7. Group Rights and Responsibilities (7.1.2)

The educator(s) discussed the importance of group rights and responsibilities for creating a safe and comfortable learning environment; posted rights and responsibilities; explained each right; and solicited suggestions for other rules from students. Students have the right (1) to be heard, (2) to express your opinion, (3) to ask any questions, (4) to be respected (no put downs), (5) to confidentiality and privacy.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **8. Question Cards and the Question Box (7.1.2)**

The educator(s) acknowledged that there may be questions that students feel shy, uncomfortable or embarrassed to ask out loud and explained the process of submitting these questions on index cards at the end of each lesson.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## **Session 7.1: Keys to Success (Activities 7.1.3-7.1.6)**

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### **1. That's Me Activity (7.1.3)**

The educator(s) led an activity that encouraged students to think about ways that success in life can be achieved. The educator(s) made statements and students raised their hands and said "That's me!" to statements they related to. The activity concluded with the educator(s) giving tips on how students can be successful in life.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **2. Two Keys to Success Introduction and Activity (7.1.4)**

The educator(s) introduced the keys to being successful in life: 1) Know What You Want and 2) Know How to Get There. The educator(s) led the activity, calling up three volunteer students, and giving each volunteer a lock and a set of keys. Student volunteers tested their keys in their lock to see if they could find the key that unlocked it. In the end, all three students found the key that unlocked their locks.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **3. Discussion of the Two Keys to Success Activity (7.1.4)**

The educator(s) led a discussion about the activity, explaining to the students that the lock and key are representative of people who were able to achieve their dreams in life.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

#### **4. Dream Big Handout (7.1.5)**

The students completed the Dream Big handout and shared at least one of their dreams. Educator(s) led a discussion to help students identify what they will have to do to achieve their dream. The educator(s) asked students to think about who will help them on the journey to achieving this dream and who/what might get in the way. Students evaluated how to respond to these obstacles to ensure that they will achieve their goal.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

#### **5. Keys to Success PowerPoint (7.1.6)**

Each lock set in the activity represented a character in the PowerPoint with a chosen dream. The educator(s) led a discussion of how the character was able to achieve their dream, including the choices (healthy and unhealthy) that were made along the way and the consequences for each choice. Students learned that each and every choice has the ability to affect their future.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **Session 7.1 Conclusion and Wrap Up (Activity 7.1.7)**

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#### **1. Session 7.1 Conclusion and Wrap Up (7.1.7)**

The educator(s) summarized session topics and reminded students to slip their questions cards into the question bag.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

#### **2. Parent Connection Forms (7.1.7)**

The educator(s) handed out and explained the purpose of Parent Connection Forms. Students were advised to review the session topics and activities with parents after each session and ask their parent/guardian to sign and return the bottom portion of the form.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

#### **3. Website (7.1.7)**

The educator(s) reminded students to visit the Healthy Futures website ([www.onmylevel.org](http://www.onmylevel.org)).

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

#### 4. Student Questions Were Answered (7.1.7)

The educator(s) answered any questions that the students had related to the program.

- There was no time for questions
- There was time, but the students did not have any questions
- There was some time, but not enough to answer all of the students' questions
- There was time and all of the students' questions were answered

### Session 7.1: Classroom Atmosphere

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#### 1. Positive Reinforcement of Student Participation in Curriculum

The educator(s) continuously reinforced and encouraged students' participation in activities throughout the lesson and respected students' input.

- Yes
- No

#### 2. Please indicate the level of student engagement during the session.

- |                               |                              |                               |
|-------------------------------|------------------------------|-------------------------------|
| <input type="checkbox"/> None | <input type="checkbox"/> 40% | <input type="checkbox"/> 80%  |
| <input type="checkbox"/> 10%  | <input type="checkbox"/> 50% | <input type="checkbox"/> 90%  |
| <input type="checkbox"/> 20%  | <input type="checkbox"/> 60% | <input type="checkbox"/> 100% |
| <input type="checkbox"/> 30%  | <input type="checkbox"/> 70% |                               |

### Session 7.1: Modifications and Adaptations

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For the next set of questions, please consider the following:

**"Modifications"** to the program include any changes to the content or delivery of a core component or activity.

**"Adaptations"** to the program include any changes to the overall program as a whole (rather than just a component or activity).

1. If you selected "content was not presented" for any of the questions above, please provide a brief explanation describing why the content was not implemented and areas for improvement. If you did not select "content was not presented", please write "NA".

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2. If you selected "content was presented but modified" for any of the questions above, please provide a brief explanation describing why the content was modified and areas for improvement. If you did not select "content was presented but modified", please write "NA".

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3. If you selected "content was presented but the delivery was modified" for any of the questions above, please provide a brief explanation describing why the delivery was modified and areas for improvement. If you did not select "content was presented but the delivery was modified", please write "NA".

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4. Please provide a description of any additional adaptations (changes to the overall program) that needed to be made during the session. If additional adaptations were not needed, please write "NA".

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5. Please provide a description of any challenges that were encountered during the session. If there were no challenges during this session, please type "NA".

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## Session 7.2: Introduction to Basic Human Needs, Levels of Friendships (Activity 7.2.1)

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1. Educator Name(s):

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2. Date of Implementation:

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3. Name of School/Organization Checklist is Being Completed For:

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4. Name of Section/Class Checklist is Being Completed For:

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### 5. Review Session 7.1 (7.2.1)

The educator(s) collected signed Parent Connection Forms, reviewed the previous session, and introduced the session on basic human needs and levels of friendship.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## Session 7.2: Basic Human Needs (Activities 7.2.2-7.2.4)

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### 6. Raft Activity (7.2.2)

The educator(s) divided the class up into groups. Each group sat in a circle and imagined they were aboard a raft. The educator(s) read the story and asked each group to work together to agree upon 10 items that they would take onto the raft. Groups presented and defended the top three items on their lists. The educator(s) emphasized the importance of meeting basic human needs to survive, including meeting emotional needs.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **7. Discussion of Physical and Emotional Needs (7.2.3)**

The educator(s) led a discussion about the differences in physical (food, water, sleep, and shelter) and emotional (safety, stability, relationships, acceptance, love, and identity/purpose in life) human needs. The educator(s) emphasized that both physical and emotional needs must be met in order to thrive.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **8. Basic Human Needs Pyramid Activity (7.2.4)**

The educator(s) led the activity to help students visualize basic human needs and evaluate which people in their lives fulfill those needs.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## **Session 7.2: Levels of Friendships (Activities 7.2.5-7.2.7)**

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### **1. Levels of Friendship Activity (7.2.5)**

Student volunteers role played the different levels of friendship (acquaintance, friend, best friend), dramatizing each type of friendship. Educator(s) asked the rest of the class to identify what level of friendship each skit represented. This activity demonstrated the differences in the appropriate level of disclosure that should occur at each level of friendship.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **2. Discussion of the Levels of Friendship (7.2.6)**

The educator(s) led a discussion about the different levels of friendship depicted in the Levels of Friendship Activity and asked students how the different levels differed and which level was easiest to hold a conversation and feel comfortable.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **3. Friendship PowerPoint (7.2.7)**

The Friendship PowerPoint was shown and the educator(s) followed the provided script to discuss the three different friendships. The educator(s) discussed with the students the words and qualities best describe each friend/friendship. The educator(s) reminded the students of the Healthy Futures slogan ("The choices you make NOW will affect you LATER") and that this includes their choice in friends. The educator(s) emphasized that everyone needs people in their life that will help them be successful and to choose friends who will help them on their path to success.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## **Session 7.2: Conclusion and Wrap Up (7.2.7)**

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### **1. Session 7.2 Conclusion and Wrap Up (7.2.7)**

The educator(s) summarized session topics and reminded students to slip their question cards into the question bag.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **2. Parent Connection Forms (7.2.7)**

The educator(s) handed out and explained the purpose of Parent Connection Forms. Students were advised to review the session topics and activities with parents after each session and ask their parent/guardian to sign and return the bottom portion of the form.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **3. Website (7.2.7)**

The educator(s) reminded students to visit the Healthy Futures website ([www.onmylevel.org](http://www.onmylevel.org)).

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **4. How Many Completed and Signed Parent Connection Forms Were Returned?**

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**5. Student Questions Were Answered (7.2.7)**

The educator(s) answered any questions that the students had related to the program.

- There was no time for questions
- There was time, but the students did not have any questions
- There was some time, but not enough to answer all of the students' questions
- There was time and all of the students' questions were answered

**Session 7.2: Classroom Atmosphere**

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**1. Positive Reinforcement of Student Participation in Curriculum**

The educator(s) continuously reinforced and encouraged students' participation in activities throughout the lesson and respected students' input.

- Yes
- No

**2. Please indicate the level of student engagement during the session.**

- |                               |                              |                               |
|-------------------------------|------------------------------|-------------------------------|
| <input type="checkbox"/> None | <input type="checkbox"/> 40% | <input type="checkbox"/> 80%  |
| <input type="checkbox"/> 10%  | <input type="checkbox"/> 50% | <input type="checkbox"/> 90%  |
| <input type="checkbox"/> 20%  | <input type="checkbox"/> 60% | <input type="checkbox"/> 100% |
| <input type="checkbox"/> 30%  | <input type="checkbox"/> 70% |                               |

**Session 7.2: Modifications and Adaptations**

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For the next set of questions, please consider the following:

**“Modifications”** to the program include any changes to the content or delivery of a core component or activity.

**“Adaptations”** to the program include any changes to the overall program as a whole (rather than just a component or activity).

**1. If you selected "content was not presented" for any of the questions above, please provide a brief explanation describing why the content was not implemented and areas for improvement. If you did not select "content was not presented", please write "NA".**

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2. If you selected "content was presented but modified" for any of the questions above, please provide a brief explanation describing why the content was modified and areas for improvement. If you did not select "content was presented but modified", please write "NA".

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3. If you selected "content was presented but the delivery was modified" for any of the questions above, please provide a brief explanation describing why the delivery was modified and areas for improvement. If you did not select "content was presented but the delivery was modified", please write "NA".

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4. Please provide a description of any additional adaptations (changes to the overall program) that needed to be made during the session. If additional adaptations were not needed, please write "NA".

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5. Please provide a description of any challenges that were encountered during the session. If there were no challenges during this session, please write "NA".

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6. Were any activities from the previous session implemented today? If yes, please indicate which activities below. If there were no activities from previous sessions implemented during this session, please write "NA".

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**Session 7.3: Puberty and Pregnancy (Activities 7.3.1-7.3.3)**

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**1. Educator Name(s):**

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**2. Date of Implementation:**

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**3. Name of School/Organization Checklist is Being Completed For:**

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**4. Name of Section/Class Checklist is Being Completed For:**

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**5. Review Session 7.2 (7.3.1)**

The educator(s) collected signed Parent Connection Forms, reviewed the previous session, and introduced today's session on puberty and pregnancy.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

**6. Puberty and Pregnancy Review PowerPoint (7.3.2)**

The Puberty & Pregnancy Review PowerPoint was shown and the educator(s) followed the provided script, reviewing the changes that occur during puberty and how pregnancy occurs.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

**7. Puberty and Pregnancy Review Game (7.3.3)**

The educator(s) separated the students into a girls team and a boys team to play the Battle of the Sexes Game to review the female and male reproductive systems.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## Session 7.3: Conclusion and Wrap Up (Activity 7.3.4)

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### 1. Session 7.3 Conclusion and Wrap Up (7.3.4)

The educator(s) summarized session topics and reminded students to slip their question cards into the question bag.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### 2. Parent Connection Forms (7.3.4)

The educator(s) handed out and explained the purpose of Parent Connection Forms. Students were advised to review the session topics and activities with parents after each session and ask their parent/guardian to sign and return the bottom portion of the form.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### 3. Website (7.3.4)

The educator(s) reminded students to visit the Healthy Futures website ([www.onmylevel.org](http://www.onmylevel.org)).

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### 4. How Many Completed and Signed Parent Connection Forms Were Returned?

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### 5. Student Questions Were Answered (7.3.4)

The educator(s) answered any questions that the students had related to the program.

- There was no time for questions
- There was time, but the students did not have any questions
- There was some time, but not enough to answer all of the students' questions
- There was time and all of the students' questions were answered

## Session 7.3: Classroom Atmosphere

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### 1. Positive Reinforcement of Student Participation in Curriculum

The educator(s) continuously reinforced and encouraged students' participation in activities throughout the lesson and respected students' input.

- Yes
- No



**2. Please indicate the level of student engagement during the session.**

- |                               |                              |                               |
|-------------------------------|------------------------------|-------------------------------|
| <input type="checkbox"/> None | <input type="checkbox"/> 40% | <input type="checkbox"/> 80%  |
| <input type="checkbox"/> 10%  | <input type="checkbox"/> 50% | <input type="checkbox"/> 90%  |
| <input type="checkbox"/> 20%  | <input type="checkbox"/> 60% | <input type="checkbox"/> 100% |
| <input type="checkbox"/> 30%  | <input type="checkbox"/> 70% |                               |

**Session 7.3: Modifications and Adaptations**

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For the next set of questions, please consider the following:

**“Modifications”** to the program include any changes to the content or delivery of a core component or activity.

**“Adaptations”** to the program include any changes to the overall program as a whole (rather than just a component or activity).

**1. If you selected "content was not presented" for any of the questions above, please provide a brief explanation describing why the content was not implemented and areas for improvement. If you did not select "content was not presented", please write "NA".**

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**2. If you selected "content was presented but modified" for any of the questions above, please provide a brief explanation describing why the content was modified and areas for improvement. If you did not select "content was presented but modified", please write "NA".**

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**3. If you selected "content was presented but the delivery was modified" for any of the questions above, please provide a brief explanation describing why the delivery was modified and areas for improvement. If you did not select "content was presented but the delivery was modified", please write "NA".**

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4. Please provide a description of any additional adaptations (changes to the overall program) that needed to be made during the session. If additional adaptations were not needed, please write "NA".

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5. Please provide a description of any challenges that were encountered during the session. If there were no challenges during this session, please write "NA".

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6. Were any activities from the previous session implemented today? If yes, please indicate which activities below. If there were no activities from previous sessions implemented during this session, please write "NA".

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## Session 7.4: Stress, Positive Character Traits, Peer Pressure (Activity 7.4.1)

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1. Educator Name(s):

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2. Date of Implementation:

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3. Name of School/Organization Checklist is Being Completed For:

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4. Name of Section/Class Checklist is Being Completed For:

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### 5. Review Sessions 7.1, 7.2, and 7.3 (7.4.1)

The educator(s) collected signed Parent Connection Forms, reviewed the previous sessions, and introduced the session on stress, positive character traits, and peer pressure.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## Session 7.4: Stress (Activities 7.4.2-7.4.5)

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### 6. Review Physical and Emotional Needs (7.4.2)

The educator(s) reviewed the five basic human needs: 1) identity and purpose; 2) acceptance and love; 3) relationships, companionship, and intimacy; 4) safety and security; and 5) food, water, sleep, and shelter.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### 7. Healthy Ways to Handle Stress Introduction (7.4.3)

The educator(s) introduced the topic and explained that stressors are any external event or experience that produces stress in your life. The educator(s) explained that stress is an expected part of life and it is important to know how to handle it.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **8. I Won't Break Video (7.4.4)**

The educator(s) introduced the I Won't Break Video and asked students to pay special attention to stressors that influence the girl in the video. The educator(s) showed the video depicting a teen who deals with a range of stressors that each detract from her ability to have her basic human needs met.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **9. Stress and Emotional Needs PowerPoint (7.4.5)**

The educator(s) continued the discussion about stress, asking students to identify stress in their own lives, healthy ways to handle it, and how to meet their emotional needs in healthy ways. The educator(s) provided the students with mental health and suicide prevention resources.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## **Session 7.4: Positive Personal Character Traits (Activity 7.4.6)**

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### **10. Positive Personal Character Traits PowerPoint (7.4.6)**

The educator(s) explained that everyone has to deal with stress and there are positive qualities and characteristics that help overcome stress. The educator(s) presented the Positive Personal Character Traits slides and followed the script. The educator(s) showed the Teen Interviews on Stress video to recap the lesson.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## **Session 7.4: Positive Personal Character Traits (Activities 7.4.7-7.4.9)**

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### **11. Spiraling Out of Control (7.4.7)**

The educator(s) read a scenario about the consequences of one bad choice resulting from peer pressure and how one bad choice can lead to a series of bad decisions.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## **12. Peer Pressure and Saying No (7.4.8)**

The educator(s) defined peer pressure and identified refusal skills. The 3 steps to follow when saying no were explained and students repeated them back: 1) Speak Up, 2) Stand Up, and 3) Walk Away.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## **13. Role Refusal Skills Activity (7.4.9)**

The educator(s) explained the 5 different scenarios and broke the class up into groups. Student groups read through their assigned scenario and completed the dialogue using the 3 steps to say "no". Each group acted out their scene in front of the class.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## **Session 7.4: Conclusion and Wrap Up (Activity 7.4.10)**

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### **1. Session 7.3 Conclusion and Wrap Up (7.4.10)**

The educator(s) summarized session topics and reminded students to slip their question cards into the question bag.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **2. Parent Connection Forms (7.4.10)**

The educator(s) handed out and explained the purpose of Parent Connection Forms. Students were advised to review the session topics and activities with parents after each session and ask their parent/guardian to sign and return the bottom portion of the form.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **3. Website (7.4.10)**

The educator(s) reminded students to visit the Healthy Futures website ([www.onmylevel.org](http://www.onmylevel.org)).

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

#### 4. How Many Completed and Signed Parent Connection Forms Were Returned?

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#### 5. Student Questions Were Answered (7.4.10)

The educator(s) answered any questions that the students had related to the program.

- There was no time for questions
- There was time, but the students did not have any questions
- There was some time, but not enough to answer all of the students' questions
- There was time and all of the students' questions were answered

#### Session 7.4: Classroom Atmosphere

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##### 1. Positive Reinforcement of Student Participation in Curriculum

The educator(s) continuously reinforced and encouraged students' participation in activities throughout the lesson and respected students' input.

- Yes
- No

##### 2. Please indicate the level of student engagement during the session.

- |                               |                              |                               |
|-------------------------------|------------------------------|-------------------------------|
| <input type="checkbox"/> None | <input type="checkbox"/> 40% | <input type="checkbox"/> 80%  |
| <input type="checkbox"/> 10%  | <input type="checkbox"/> 50% | <input type="checkbox"/> 90%  |
| <input type="checkbox"/> 20%  | <input type="checkbox"/> 60% | <input type="checkbox"/> 100% |
| <input type="checkbox"/> 30%  | <input type="checkbox"/> 70% |                               |

#### Session 7.4: Modifications and Adaptations

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For the next set of questions, please consider the following:

**"Modifications"** to the program include any changes to the content or delivery of a core component or activity.

**"Adaptations"** to the program include any changes to the overall program as a whole (rather than just a component or activity).

1. If you selected "content was not presented" for any of the questions above, please provide a brief explanation describing why the content was not implemented and areas for improvement. If you did not select "content was not presented", please write "NA".

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2. If you selected "content was presented but modified" for any of the questions above, please provide a brief explanation describing why the content was modified and areas for improvement. If you did not select "content was presented but modified", please write "NA".

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3. If you selected "content was presented but the delivery was modified" for any of the questions above, please provide a brief explanation describing why the delivery was modified and areas for improvement. If you did not select "content was presented but the delivery was modified", please write "NA".

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4. Please provide a description of any additional adaptations (changes to the overall program) that needed to be made during the session. If additional adaptations were not needed, please write "NA".

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5. Please provide a description of any challenges that were encountered during the session. If there were no challenges during this session, please write "NA".

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6. Were any activities from the previous session implemented today? If yes, please indicate which activities below. If there were no activities from previous sessions implemented during this session, please write "NA".

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## **Session 7.5: Consequences of Sexual Activity - Pregnancy and Emotional Risks (Activity 7.5.1)**

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**1. Educator Name(s):**

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**2. Date of Implementation:**

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**3. Name of School/Organization Checklist is Being Completed For:**

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**4. Name of Section/Class Checklist is Being Completed For:**

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### **5. Review Session 7.4 (7.5.1)**

The educator(s) collected signed Parent Connection Forms, reviewed the previous session, and introduced the first session on consequences of risky behavior (pregnancy and emotional risk).

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## **Session 7.5: Pregnancy and Emotional Risk (Activities 7.5.2-7.5.6)**

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### **6. Puberty and Pregnancy Review (7.5.2)**

The educator(s) led a review of puberty and pregnancy, emphasizing what students should understand about the physical, mental, and emotional changes experienced during puberty as well as the biological processes of puberty and pregnancy.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **7. Abstinence Discussion (Activity 7.5.3)**

The educator(s) led a discussion about teen pregnancy/fathering a child and how it affects adolescents' dreams in life; peer pressure; setting boundaries in relationships; and how sex is positive when practiced in a faithful, committed, lifelong relationship.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **8. Emotional Risk of Sexual Activity (7.5.4)**

The educator(s) led students through an activity representing the emotional toll relationships can take on our heart. One girl volunteer and one boy volunteer received a heart. As they pass the heart down the human chain each person ripped off a piece of the heart, returning the broken heart to the original girl/boy. The original girl and boy then faced each other with their broken hearts and exchanged them. The educator(s) reminded the students that it is important to think wisely and carefully about who they choose to give their hearts to and that having sex is a choice, just like not having sex is a choice. Students repeated the Healthy Futures slogan ("The choices you make NOW will affect you LATER").

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **9. Introduction to the Pregnancy Audio and Discussion (7.5.5)**

Before beginning the pregnancy audio, the educator(s) led a discussion around the question: "Why do teens become pregnant?"

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **10. Pregnancy Audio and Discussion (7.5.6)**

The educator(s) played the Kim and Anna audio and then asked students questions about the audio. The educator(s) played the Kim and TJ audio and asked students questions about it. The educator(s) then led a discussion about what Anna will face if she decides to keep the baby or give it up for adoption. Students repeated the Healthy Futures slogan ("The choices you make NOW will affect you LATER").

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## **Session 7.5: Conclusion and Wrap Up (Activity 7.5.7)**

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### **1. Session 7.3 Conclusion and Wrap Up (7.5.7)**

The educator(s) summarized session topics and reminded students to slip their question cards into the question bag.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## 2. Parent Connection Forms (7.5.7)

The educator(s) handed out and explained the purpose of Parent Connection Forms. Students were advised to review the session topics and activities with parents after each session and ask their parent/guardian to sign and return the bottom portion of the form.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## 3. Website (7.5.7)

The educator(s) reminded students to visit the Healthy Futures website ([www.onmylevel.org](http://www.onmylevel.org)).

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## 4. How Many Completed and Signed Parent Connection Forms Were Returned?

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## 5. Student Questions Were Answered (7.5.7)

The educator(s) answered any questions that the students had related to the program.

- There was no time for questions
- There was time, but the students did not have any questions
- There was some time, but not enough to answer all of the students' questions
- There was time and all of the students' questions were answered

## Session 7.5: Classroom Atmosphere

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### 1. Positive Reinforcement of Student Participation in Curriculum

The educator(s) continuously reinforced and encouraged students' participation in activities throughout the lesson and respected students' input.

- Yes
- No

### 2. Please indicate the level of student engagement during the session.

- |                               |                              |                               |
|-------------------------------|------------------------------|-------------------------------|
| <input type="checkbox"/> None | <input type="checkbox"/> 40% | <input type="checkbox"/> 80%  |
| <input type="checkbox"/> 10%  | <input type="checkbox"/> 50% | <input type="checkbox"/> 90%  |
| <input type="checkbox"/> 20%  | <input type="checkbox"/> 60% | <input type="checkbox"/> 100% |
| <input type="checkbox"/> 30%  | <input type="checkbox"/> 70% |                               |

## Session 7.5: Modifications and Adaptations

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For the next set of questions, please consider the following:

**“Modifications”** to the program include any changes to the content or delivery of a core component or activity.

**“Adaptations”** to the program include any changes to the overall program as a whole (rather than just a component or activity).

1. If you selected "content was not presented" for any of the questions above, please provide a brief explanation describing why the content was not implemented and areas for improvement. If you did not select "content was not presented", please write "NA".

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2. If you selected "content was presented but modified" for any of the questions above, please provide a brief explanation describing why the content was modified and areas for improvement. If you did not select "content was presented but modified", please write "NA".

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3. If you selected "content was presented but the delivery was modified" for any of the questions above, please provide a brief explanation describing why the delivery was modified and areas for improvement. If you did not select "content was presented but the delivery was modified", please write "NA".

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4. Please provide a description of any additional adaptations (changes to the overall program) that needed to be made during the session. If additional adaptations were not needed, please write "NA".

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**5. Please provide a description of any challenges that were encountered during the session. If there were no challenges during this session, please write "NA".**

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**6. Were any activities from the previous session implemented today? If yes, please indicate which activities below. If there were no activities from previous sessions implemented during this session, please write "NA".**

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## **Session 7.6: Consequences of Sexual Activity - STIs (Activity 7.6.1)**

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**1. Educator Name(s):**

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**2. Date of Implementation:**

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**3. Name of School/Organization Checklist is Being Completed For:**

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**4. Name of Section/Class Checklist is Being Completed For:**

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### **5. Review Session 7.5 (7.6.1)**

The educator(s) collected signed Parent Connection Forms, reviewed the previous session, and introduced the second session on consequences of risky behavior (sexually transmitted infections and diseases (STIs)).

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## **Session 7.6: Sexually Transmitted Infections and Diseases (STIs & STDs) (Activity 7.6.2-7.6.5)**

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### **6. STI Activity (7.6.2)**

The educator(s) led the students in an activity in which they had to go around the room and get four people to sign their paper. This activity helped students understand how quickly STIs can be transmitted if you have multiple sexual partners. The educator(s) emphasized that the most common symptom of an STI is no symptom.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **7. STIs PowerPoint (7.6.3)**

The educator(s) went through the STIs PowerPoint following the provided scrip

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **8. STI Presentations (7.6.4)**

The educator(s) broke the students up into groups, assigned each group one of eight STIs, distributed the corresponding handouts containing a brief background, symptoms, and treatment for their assigned STIs, virus, or disease. The students presented the material to their peers. Students were given a brochure with information about all STIs.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **9. Resources (7.6.5)**

The educator(s) provided students with a resource brochure that includes where to go for sexual and reproductive health surveys (STIs, pregnancy testing, etc.) as well as social services.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## **Session 7.6: Conclusion and Wrap Up (Activity 7.6.6)**

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### **1. Session 7.6 Conclusion and Wrap Up (7.6.6)**

The educator(s) summarized session topics and reminded students to slip their question cards into the question bag.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **2. Parent Connection Forms (7.6.6)**

The educator(s) handed out and explained the purpose of Parent Connection Forms. Students were advised to review the session topics and activities with parents after each session and ask their parent/guardian to sign and return the bottom portion of the form.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### **3. Website (7.6.6)**

The educator(s) reminded students to visit the Healthy Futures website ([www.onmylevel.org](http://www.onmylevel.org)).

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities



#### 4. How Many Completed and Signed Parent Connection Forms Were Returned?

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#### 5. Student Questions Were Answered (7.6.6)

The educator(s) answered any questions that the students had related to the program.

- There was no time for questions
- There was time, but the students did not have any questions
- There was some time, but not enough to answer all of the students' questions
- There was time and all of the students' questions were answered

#### Session 7.6: Classroom Atmosphere

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##### 1. Positive Reinforcement of Student Participation in Curriculum

The educator(s) continuously reinforced and encouraged students' participation in activities throughout the lesson and respected students' input.

- Yes
- No

##### 2. Please indicate the level of student engagement during the session.

- |                               |                              |                               |
|-------------------------------|------------------------------|-------------------------------|
| <input type="checkbox"/> None | <input type="checkbox"/> 40% | <input type="checkbox"/> 80%  |
| <input type="checkbox"/> 10%  | <input type="checkbox"/> 50% | <input type="checkbox"/> 90%  |
| <input type="checkbox"/> 20%  | <input type="checkbox"/> 60% | <input type="checkbox"/> 100% |
| <input type="checkbox"/> 30%  | <input type="checkbox"/> 70% |                               |

#### Session 7.6: Modifications and Adaptations

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For the next set of questions, please consider the following:

**"Modifications"** to the program include any changes to the content or delivery of a core component or activity.

**"Adaptations"** to the program include any changes to the overall program as a whole (rather than just a component or activity).

1. If you selected "content was not presented" for any of the questions above, please provide a brief explanation describing why the content was not implemented and areas for improvement. If you did not select "content was not presented", please write "NA".

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2. If you selected "content was presented but modified" for any of the questions above, please provide a brief explanation describing why the content was modified and areas for improvement. If you did not select "content was presented but modified", please write "NA".

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3. If you selected "content was presented but the delivery was modified" for any of the questions above, please provide a brief explanation describing why the delivery was modified and areas for improvement. If you did not select "content was presented but the delivery was modified", please write "NA".

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4. Please provide a description of any additional adaptations (changes to the overall program) that needed to be made during the session. If additional adaptations were not needed, please write "NA".

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5. Please provide a description of any challenges that were encountered during the session. If there were no challenges during this session, please write "NA".

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6. Were any activities from the previous session implemented today? If yes, please indicate which activities below. If there were no activities from previous sessions implemented during this session, please write "NA".

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## Session 7.7: Sexual Offenses (Activity 7.7.1)

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1. Educator Name(s):

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2. Date of Implementation:

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3. Name of School/Organization Checklist is Being Completed For:

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4. Name of Section/Class Checklist is Being Completed For:

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### 5. Review Session 7.6 (7.7.1)

The educator(s) collected signed Parent Connection Forms, reviewed the previous session, and introduced the session on sexual offenses.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## Session 7.7: Sexual Offenses (Activity 7.7.2)

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### 6. Sexual Offenses PowerPoint (7.7.2)

The educator(s) went through the Sexual Offenses PowerPoint following the provided script.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## Session 7.7: Conclusion and Wrap Up (Activity 7.7.3)

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### 1. Session 7.6 Conclusion and Wrap Up (7.7.3)

The educator(s) summarized session topics and reminded students to slip their question cards into the question bag.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## 2. Parent Connection Forms (7.7.3)

The educator(s) handed out and explained the purpose of Parent Connection Forms. Students were advised to review the session topics and activities with parents after each session and ask their parent/guardian to sign and return the bottom portion of the form.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## 3. Website (7.7.3)

The educator(s) reminded students to visit the Healthy Futures website ([www.onmylevel.org](http://www.onmylevel.org)).

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## 4. How Many Completed and Signed Parent Connection Forms Were Returned?

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## 5. Student Questions Were Answered (7.7.3)

The educator(s) answered any questions that the students had related to the program.

- There was no time for questions
- There was time, but the students did not have any questions
- There was some time, but not enough to answer all of the students' questions
- There was time and all of the students' questions were answered

## Session 7.7: Classroom Atmosphere

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### 1. Positive Reinforcement of Student Participation in Curriculum

The educator(s) continuously reinforced and encouraged students' participation in activities throughout the lesson and respected students' input.

- Yes
- No

### 2. Please indicate the level of student engagement during the session.

- |                               |                              |                               |
|-------------------------------|------------------------------|-------------------------------|
| <input type="checkbox"/> None | <input type="checkbox"/> 40% | <input type="checkbox"/> 80%  |
| <input type="checkbox"/> 10%  | <input type="checkbox"/> 50% | <input type="checkbox"/> 90%  |
| <input type="checkbox"/> 20%  | <input type="checkbox"/> 60% | <input type="checkbox"/> 100% |
| <input type="checkbox"/> 30%  | <input type="checkbox"/> 70% |                               |

## Session 7.7: Modifications and Adaptations

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For the next set of questions, please consider the following:

**“Modifications”** to the program include any changes to the content or delivery of a core component or activity.

**“Adaptations”** to the program include any changes to the overall program as a whole (rather than just a component or activity).

1. If you selected "content was not presented" for any of the questions above, please provide a brief explanation describing why the content was not implemented and areas for improvement. If you did not select "content was not presented", please write "NA".

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2. If you selected "content was presented but modified" for any of the questions above, please provide a brief explanation describing why the content was modified and areas for improvement. If you did not select "content was presented but modified", please write "NA".

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3. If you selected "content was presented but the delivery was modified" for any of the questions above, please provide a brief explanation describing why the delivery was modified and areas for improvement. If you did not select "content was presented but the delivery was modified", please write "NA".

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4. Please provide a description of any additional adaptations (changes to the overall program) that needed to be made during the session. If additional adaptations were not needed, please write "NA".

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**5. Please provide a description of any challenges that were encountered during the session. If there were no challenges during this session, please write "NA".**

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**6. Were any activities from the previous session implemented today? If yes, please indicate which activities below. If there were no activities from previous sessions implemented during this session, please write "NA".**

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**Session 7.8: Review Topics and Discuss Lesson Learned (Activities 7.8.1-7.8.3)**

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**1. Educator Name(s):**

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**2. Date of Implementation:**

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**3. Name of School/Organization Checklist is Being Completed For:**

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**4. Name of Section/Class Checklist is Being Completed For:**

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**5. Review Sessions 7.1-7.7 (7.8.1)**

The educator(s) collected signed Parent Connection Forms, reviewed the 7th grade sessions, and introduced the final review session.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

**6. 7th Grade Review (7.8.2)**

The educator(s) led the students through a review of the 7th grade lessons.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

**7. Review Game (7.8.3)**

The educator(s) broke the students up into two teams. Two students (from opposing teams) faced off on questions reviewing every major point from each lesson.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

## Session 7.8: Conclusion and Wrap Up (Activity 7.8.4)

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### 1. Session 7.8 Conclusion and Wrap Up (7.8.4)

The educator(s) summarized session topics and reminded students to slip their question cards into the question bag.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### 2. Parent Connection Forms (7.8.4)

The educator(s) handed out and explained the purpose of Parent Connection Forms. Students were advised to review the session topics and activities with parents after each session and ask their parent/guardian to sign and return the bottom portion of the form.

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### 3. Website (7.8.4)

The educator(s) reminded students to visit the Healthy Futures website ([www.onmylevel.org](http://www.onmylevel.org)).

- Content Was Not Presented
- Content Was Presented but Modified
- Content Was Presented but the Delivery Was Modified
- Content Was Taught Using the Designed Materials and Activities

### 4. How Many Completed and Signed Parent Connection Forms Were Returned?

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### 5. Student Questions Were Answered (7.8.4)

The educator(s) answered any questions that the students had related to the program.

- There was no time for questions
- There was time, but the students did not have any questions
- There was some time, but not enough to answer all of the students' questions
- There was time and all of the students' questions were answered

## Session 7.8: Classroom Atmosphere

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### 1. Positive Reinforcement of Student Participation in Curriculum

The educator(s) continuously reinforced and encouraged students' participation in activities throughout the lesson and respected students' input.

- Yes
- No



**2. Please indicate the level of student engagement during the session.**

- |                               |                              |                               |
|-------------------------------|------------------------------|-------------------------------|
| <input type="checkbox"/> None | <input type="checkbox"/> 40% | <input type="checkbox"/> 80%  |
| <input type="checkbox"/> 10%  | <input type="checkbox"/> 50% | <input type="checkbox"/> 90%  |
| <input type="checkbox"/> 20%  | <input type="checkbox"/> 60% | <input type="checkbox"/> 100% |
| <input type="checkbox"/> 30%  | <input type="checkbox"/> 70% |                               |

**Session 7.8: Modifications and Adaptations**

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For the next set of questions, please consider the following:

**“Modifications”** to the program include any changes to the content or delivery of a core component or activity.

**“Adaptations”** to the program include any changes to the overall program as a whole (rather than just a component or activity).

**1. If you selected "content was not presented" for any of the questions above, please provide a brief explanation describing why the content was not implemented and areas for improvement. If you did not select "content was not presented", please write "NA".**

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**2. If you selected "content was presented but modified" for any of the questions above, please provide a brief explanation describing why the content was modified and areas for improvement. If you did not select "content was presented but modified", please write "NA".**

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**3. If you selected "content was presented but the delivery was modified" for any of the questions above, please provide a brief explanation describing why the delivery was modified and areas for improvement. If you did not select "content was presented but the delivery was modified", please write "NA".**

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**4. Please provide a description of any additional adaptations (changes to the overall program) that needed to be made during the session. If additional adaptations were not needed, please write "NA".**

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**5. Please provide a description of any challenges that were encountered during the session. If there were no challenges during this session, please write "NA".**

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**6. Were any activities from the previous session implemented today? If yes, please indicate which activities below. If there were no activities from previous sessions implemented during this session, please write "NA".**

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