

Appendix G. NU-CULTURE Daily Fidelity Checklist - 8th Grade

The purpose of this checklist is to assess the fidelity or quality of implementation of the Healthy Futures NU-CULTURE 8th grade curriculum.

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

For each of the activities in the session, 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, (4) content was not presented.

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

Session Taught

- Session 8.1:** (Re-) Introduction to Healthy Futures, Goals and Dreams, Healthy Relationships
- Session 8.2:** Puberty, Pregnancy, and Abstinence
- Session 8.3:** Contraception
- Session 8.4:** Sexually Transmitted Infections (STIs)
- Session 8.5:** Emotional Needs and Bonding
- Session 8.6:** Healthy and Unhealthy Relationships
- Session 8.7:** Peer Pressure and Avoiding Risky Behavior
- Session 8.8:** Sex and the Law, Media Influence, Review Topics and Discuss Lessons Learned

Session 8.1: Goals and Dreams, Healthy Relationship, and Emotional Needs

1. Educator Name(s):

2. Date of Implementation:

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

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

5. (Re-)Introduction to Healthy Futures

The educator(s) provided a brief overview of Healthy Futures and discussed its 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. Group Rights and Responsibilities

The educator(s) discussed the importance of group rights and responsibilities for creating a safe and comfortable learning environment; explained each right; and solicited suggestions for other rules from participants. Participants have the right (1) to be heard, (2) to express your opinion, (3) to ask any questions, (4) to be respected, (5) to confidentiality and privacy. The educator(s) posted rights and responsibilities.

- 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. Question Cards & the Question Box

The educator(s) acknowledged that there may be questions that participants 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 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

Session 8.1: Goals, Dreams, and Emotional Needs/Abstinence

1. Yardstick Activity

The educator(s) led an activity that encouraged participants to think about ways that success in life can be achieved. The educator(s) explained the illustration and encouraged the participants to think of ways to stay focused on their goals and dreams. The activity concluded with the participants brainstorming ways that they 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. Goals and Dreams

The educator(s) led a discussion that helped participants brainstorm a list of things that will either make it easier or harder for them to achieve their dreams in life. The educators asked for a participant volunteer to share their list and then emphasized that forming the right relationships will help them make healthy decisions to achieve their dreams.

- 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. Healthy Relationships

The educator(s) led a review of qualities of good friends and the important role family, friends, boyfriends, girlfriends, and other people play in helping us make good choices

- 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. Emotional Needs

The educator(s) reviewed the emotional needs covered in 7th grade and discussed the important role relationships play in meeting emotional needs. The educator(s) reminded participants Healthy Futures believes the healthiest choice for teens is to delay sexual activity until a faithful lifelong relationship and reviewed the three risks associated with early sexual activity.

- 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. Train Track Activity

The educator(s) led the train track activity to illustrate the two choices people are faced with when they get “off track” from their plan: choose to stay off track or choose to get back on track. Educator(s) emphasized that everyone face

- 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 8.1: Conclusion and Wrap Up

1. Session 8.1 Conclusion and Wrap Up

The educator(s) summarized Session 8.1 topics using The Big 3.

- 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

The educator(s) handed out and explained the purpose of parental connection forms. Participants were advised to review activities and topics with parents after each session and ask their parent/guardian to sign and return the bottom portion of sheet.

- 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. Were Participant Questions (Verbal & Question Box) Answered?

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

4. Website

The educator(s) reminded participants to visit the website.

- 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 8.1: Atmosphere

1. Positive Reinforcement of Participant Participation in Curriculum

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

Yes

No

2. Please indicate the level of participant engagement during the session.

None

40%

80%

10%

50%

90%

20%

60%

100%

30%

70%

Session 8.1: Modifications and Adaptions

For the next few questions, please consider the following:

"Modifications" to the program include any change to the content or delivery of a core component or section of the program.

"Adaptations" to the program include any change to the overall program as a whole (rather than just a component or section).

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 type "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 description of the modifications that were made. If you did not select "content was presented but the delivery was modified", please type "NA".

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 type "NA".

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".

Session 8.2: Puberty, Pregnancy, and Abstinence

1. Educator Name(s):

2. Date of Implementation:

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

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

5. The Big 3 Review & Introduction

The educator(s) collected signed parental connection forms, reviewed the previous session using The Big 3, and introduced today's session on the social and emotional changes that occur during puberty and the connection between their sexual behavior choices and the potential consequences.

- 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 Review

The educator(s) showed the Changes in Puberty PowerPoint and reviewed: (1) the physical, emotional, and mental changes people experience during puberty and (2) the impact these changes have on one's body, friends, family, and interests.

- 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. Pregnancy Review

The educator(s) showed the Pregnancy PowerPoint reviewing conception 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

8. Egg Activity

The educator(s) led an activity to illustrate a teen pregnancy scenario and asked the participants to write how they would feel if they were to receive either a positive or negative pregnancy test. The educator(s) then broke the participants up into groups of 3-5 and gave each group the reproductive process steps to put together to in the correct order.

- 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. Abstinence

The educator(s) reviewed the definition of abstinence, explained that sex is good and pleasurable, and reminded participants that Healthy Futures believes choosing to abstain from sexual activity is the safest and healthiest lifestyle for teenagers.

- 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 8.2: Conclusion and Wrap Up

1. Session 8.2 Conclusion and Wrap Up

The educator(s) summarized Session 8.2 topics using The Big 3.

- 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

The educator(s) handed out the parent connection forms, and reminded participants to review and talk about today's activities with their parents/guardian using the parent connection form and to return the signed slip during the next 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

3. Were Participant Questions (Verbal & Question Box) Answered?

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

4. Website

The educator(s) reminded participants to visit the website.

- 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. Please indicate the number of completed and signed parent connection forms that were returned during this session.

6. Were any of the activities from previous sessions implemented today due to time limitations? If so, please indicate which activities below. If you did not implement any activities from the previous sessions, please type "NA".

Session 8.2: Atmosphere

1. Positive Reinforcement of Participant Participation in Curriculum

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

- Yes
- No

2. Please indicate the level of participant 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 8.2: Modifications and Adaptions

For the next few questions, please consider the following:

"Modifications" to the program include any change to the content or delivery of a core component or section of the program

"Adaptations" to the program include any change to the overall program as a whole (rather than just a component or section).

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 type "NA".

2. If you selected "content was presented but modified" for any of the questions above, please provide a brief description of the modifications that were made. If you did not select "content was presented but modified", please type "NA".

3. If you selected "content was presented but the delivery was modified" for any of the questions above, please provide a brief description of the modifications that were made. If you did not select "content was presented but the delivery was modified", please type "NA".

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 type "NA".

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".

Session 8.3: Contraception

1. Educator Name(s):

2. Date of Implementation:

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

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

5. Introduction

The educator(s) collected signed parental connection forms, reviewed the previous session using The Big 3, and introduced the current session on contraception.

- 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. Contraception PowerPoint

The educator(s) showed the Contraception Powerpoint and discussed the different effective methods of contraception and provided the participants with a fact sheet to take home. The educator(s) then divided participants into small groups to play a contraception review game. The educator(s) reminded participants to use the fact sheet as a resource to answer the questions.

- 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 8.3: Conclusion and Wrap Up

1. Session 8.3 Conclusion and Wrap Up

The educator(s) summarized Session 8.3 topics using The Big 3.

- 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

The educator(s) handed out the parent connection forms, and reminded participants to review and talk about today's activities with their parents/guardian using the parent connection form and to return the signed slip during the next 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

3. Were Participant Questions (Verbal & Question Box) Answered?

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

4. Website

The educator(s) reminded participants to visit the website.

- 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. Please indicate the number of completed and signed parent connection forms that were returned during this session.

6. Were any of the activities from the previous sessions implemented today due to time limitations? If so, please indicate which activities below. If you did not implement any activities from the previous sessions, please type "NA".

Session 8.3: Atmosphere

1. Positive Reinforcement of Participant Participation in Curriculum

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

- Yes
- No

2. Please indicate the level of participant 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 8.3: Modifications and Adaptions

For the next few questions, please consider the following:

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2. If you selected "content was presented but modified" for any of the questions above, please provide a brief description of the modifications that were made. If you did not select "content was presented but modified", please type "NA".

3. If you selected "content was presented but the delivery was modified" for any of the questions above, please provide a brief description of the modifications that were made. If you did not select "content was presented but the delivery was modified", please type "NA".

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 type "NA".

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".

Session 8.4: Sexually Transmitted Infections (STIs)

1. Educator Name(s):

2. Date of Implementation:

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

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

5. Introduction

The educator(s) collected signed parental connection forms, reviewed the previous session using The Big 3, and introduced the current session on sexually transmitted infections (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

6. Beads and Bracelet Activity

The educator(s) led an activity in which they passed out bags of different colored beads. The educator(s) emphasized three main points: (1) STIs can spread quickly, (2) most people with an STI don't know they have it, and (3) choosing not to be sexually active protects you 100% from 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

7. Sexually Transmitted Infections (STIs)

The educator(s) presented the STIs PowerPoint to review the various activities that count as sexual activity, the definitions and difference between sexually transmitted diseases (STDs) and STIs, information about different STIs, and ways to reduce the risk of STIs (abstinence, condoms).

- 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 8.4: Conclusion and Wrap Up

1. Session 8.4 Conclusion and Wrap Up

The educator(s) summarized Session 8.4 topics using The Big 3.

- 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

The educator(s) handed out the parent connection forms, and reminded participants to review and talk about today's activities with their parents/guardian using the parent connection form and to return the signed slip during the next 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

3. Were Participant Questions (Verbal & Question Box) Answered?

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

4. Website

The educator(s) reminded participants to visit the website.

- 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. Please indicate the number of completed and signed parent connection forms that were returned during this session.

6. Were any of the activities from the previous sessions implemented today due to time limitations? If so, please indicate which activities below. If you did not implement any activities from the previous sessions, please type "NA".

Session 8.4: Atmosphere

1. Positive Reinforcement of Participant Participation in Curriculum

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

Yes

No

2. Please indicate the level of participant engagement during the session.

None

40%

80%

10%

50%

90%

20%

60%

100%

30%

70%

Session 8.4: Modifications and Adaptions

For the next few questions, please consider the following:

"Modifications" to the program include any change to the content or delivery of a core component or section of the program.

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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 description of the modifications that were made. If you did not select "content was presented but the delivery was modified", please type "NA".

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 type "NA".

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".

Session 8.5: Emotional Needs and Bonding

1. Educator Name(s):

2. Date of Implementation:

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

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

5. Introduction

The educator(s) collected signed parental connection forms, reviewed Sessions 8.1-8.4 using The Big 3, and introduced the current session on emotional needs and bonding.

- 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. Emotional Needs Revisited

The educator(s) led a review of emotional needs, emphasizing its connection with building and maintaining healthy relationships.

- 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. Emotional Needs Poster Activity

The educator(s) handed out a worksheet on emotional needs and relationship building. The educator(s) then led a discussion on healthy ways to fulfill emotional needs and the ways that these healthy decisions will help them achieve their dreams and goals. At the end of this activity, the educator(s) asked if any participants would like to present their poster to the group.

- 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. Hearts Activity (Bonding)

The educator(s) led an activity representing the emotional impact romantic relationships have on our heart and how bonds are formed within romantic relationships.

- 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. Healthy Ways to Meet Emotional Needs

The educator(s) handed out the Emotional Needs worksheet, broke participants up into small groups, and asked them to answer the following questions: (1) How could that need emotional need be filled for you? (2) How could you fill that emotional need for someone else? The educator(s) then had each small group present their solution to the larger group.

- 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 8.5: Conclusion and Wrap Up

1. Session 8.5 Conclusion and Wrap Up

The educator(s) summarized Session 8.5 topics using The Big 3.

- 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

The educator(s) handed out the parent connection forms, and reminded participants to review and talk about today's activities with their parents/guardian using the parent connection form and to return the signed slip during the next 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

3. Were Participant Questions (Verbal & Question Box) Answered?

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

4. Website

The educator(s) reminded participants to go to the website.

- 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. Please indicate the number of completed and signed parent connection forms that were returned during this session.

6. Were any of the activities from the previous sessions implemented today due to time limitations? If so, please indicate which activities below. If you did not implement any activities from the previous sessions, please type "NA".

Session 8.5: Atmosphere

1. Positive Reinforcement of Participant Participation in Curriculum

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

- Yes
- No

2. Please indicate the level of participant 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 8.5: Modifications and Adaptions

For the next few questions, please consider the following:

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"Adaptations" to the program include any change to the overall program as a whole (rather than just a component or section).

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 type "NA".

2. If you selected "content was presented but modified" for any of the questions above, please provide a brief description of the modifications that were made. If you did not select "content was presented but modified", please type "NA".

3. If you selected "content was presented but the delivery was modified" for any of the questions above, please provide a brief description of the modifications that were made. If you did not select "content was presented but the delivery was modified", please type "NA".

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 type "NA".

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".

Session 8.6: Healthy and Unhealthy Relationships

1. Educator Name(s):

2. Date of Implementation:

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

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

5. Introduction

The educator(s) collected signed parental connection forms, reviewed the previous session using The Big 3, and introduced the current session on healthy and unhealthy relationships.

- 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. Conversations Activity

The educator(s) led a discussion using the Characteristics of Healthy and Unhealthy Relationships handout and Conversations PowerPoint. Participants were asked to classify the conversations as either a healthy or unhealthy relationship for an 8th grade romantic/dating 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

7. All Falls Down Video

The educator(s) presented the 'All Falls Down' video in three segments. The educator(s) led a discussion after each segment and asked participants to think about the characters' decisions and brainstorm whether or not the characters' recognized the signs that lead to healthy or unhealthy relationships.

- 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 8.6: Conclusion and Wrap Up

1. Session 8.6 Conclusion and Wrap Up

The educator(s) summarized Session 8.6 topics using The Big 3.

- 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

The educator(s) handed out the parent connection forms, and reminded participants to review and talk about today's activities with their parents/guardian using the parent connection form and to return the signed slip during the next 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

3. Were Participant Questions (Verbal & Question Box) Answered?

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

4. Website

The educator(s) reminded participants to go to the website.

- 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. Please indicate the number of completed and signed parent connection forms that were returned during this session.

6. Were any of the activities from the previous sessions implemented today due to time limitations? If so, please indicate which activities below. If you did not implement any activities from the previous sessions, please type "NA".

Session 8.6: Atmosphere

1. Positive Reinforcement of Participant Participation in Curriculum

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

- Yes
- No

2. Please indicate the level of participant 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 8.6: Modifications and Adaptions

For the next few questions, please consider the following:

"Modifications" to the program include any change to the content or delivery of a core component or section of the program.

"Adaptations" to the program include any change to the overall program as a whole (rather than just a component or section).

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 type "NA".

2. If you selected "content was presented but modified" for any of the questions above, please provide a brief description of the modifications that were made. If you did not select "content was presented but modified", please type "NA".

3. If you selected "content was presented but the delivery was modified" for any of the questions above, please provide a brief description of the modifications that were made. If you did not select "content was presented but the delivery was modified", please type "NA".

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 type "NA".

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".

Session 8.7: Peer Pressure and Avoiding Risky Behavior

1. Educator Name(s):

2. Date of Implementation:

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

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

5. Introduction

The educator(s) collected signed parental connection forms, reviewed the previous session using The Big 3, and introduced the current session on peer pressure and avoiding risky behavior.

- 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. Self-Control

The educator(s) went through the Kisses Activity and handed each participant one candy kiss chocolate. The educator(s) told the participants they would receive three more candies if they did not eat the first candy by the end of the session. The educator(s) showed the Delayed Gratification video, discussed the definitions of delayed gratification and self-control, and then asked the participants to think of times in the past when they had to exercise self-control. The educator(s) then connected the theme of self-control to the choices one makes in relationships.

- 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. Setting Limits

The educator(s) asked students to back to the goals and dreams they identified in Session 8.1 and linked self-control and delayed gratification to the risks associated with sexual activity as a teen (pregnancy/fathering a child, STIs, and emotional heartache). The educator(s) then used the Limits PowerPoint to illustrate the importance of limits in dating/romantic relationships.

- 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. Refusal and Negotiation Skills

The educator(s) briefly reviewed refusal skills from 7th grade (speak up, stand up, and walk away) and then asked participants to brainstorm reasons why it can be difficult to resist peer pressure. Next, the educator(s) discussed the three ways that people respond to pressure and had participants act out scenarios for passive, aggressive, and assertive responses to 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 8.7: Conclusion and Wrap Up

1. Session 8.7 Conclusion and Wrap Up

The educator(s) summarized Session 8.7 topics using The Big 3.

- 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

Next, the educator(s) handed out the parent connection forms, and reminded participants to review and talk about today's activities with their parents/guardian using the parent connection form and to return the signed slip during the next 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

3. Were Participant Questions (Verbal & Question Box) Answered?

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

4. Website

The educator(s) reminded participants to visit the website.

- 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. Please indicate the number of completed and signed parent connection forms that were returned during this session.

6. Were any of the activities from the previous sessions implemented today due to time limitations? If so, please indicate which activities below. If you did not implement any activities from the previous sessions, please type "NA".

Session 8.7: Atmosphere

1. Positive Reinforcement of Participant Participation in Curriculum

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

- Yes
- No

2. Please indicate the level of participant 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 8.7: Modifications and Adaptions

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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 type "NA".

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".

Session 8.8: Sex and the Law, Media Influence, Review Topics and Discuss Lessons Learned

1. Educator Name(s):

2. Date of Implementation:

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

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

5. Introduction

The educator(s) collected signed parental connection forms, reviewed the Sessions 8.1-8.7 using The Big 3, and introduced the current session on sex and the law and media influence.

- 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. Sex and the Law Handout and PowerPoint

The educator(s) passed out the Sex and the Law Handout and presented the Sex and the Law PowerPoint on the legal consequences of sexual activity and sexual assault. The educator(s) reminded the participants to fill out the handout as they review the slides.

- 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. Media Influence

The educator(s) led a discussion about media (i.e., television, music, movies, advertisements, social media etc.) and the influence media has on decisions and perspectives. To begin, the educator(s) led participants in a critical thinking activity about advertising in magazines and on television. The educator(s) presented the What Are They Really Trying to Sell? PowerPoint to help the participants think of ways that advertisements influence the way they think about themselves and others. The educator(s) then asked the participants to think of ways that social media may influence their ability to develop healthy relationships with their peers.

- 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. The Big 3 Review Game

The educator(s) led participants in The Big 3 review game to review the topics covered during the 8th grade sessions.

- 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. "Wait" Music Video

The educator(s) played a music video by Lukus Simari titled, "Wait". The educator(s) then reminded participants of 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 8.8: Final Wrap Up

1. Session 8.8 Final Conclusion and Wrap Up

The educator(s) summarized the Nu-CULTURE themes from 6th-8th grade, emphasizing that participants are on a journey to success in their life and whatever their dream may be, they are capable of achieving it if they make the right choices NOW. Participants 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

2. Participant Evaluations

Participants were provided with the final Parent Connection Form, evaluation forms, and incentives.

- 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. Were Participant Questions (Verbal & Question Box) Answered?

- There was no time for questions
- There was time, but the participants did not have any questions
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4. Website

The educator(s) reminded participants to visit the website.

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5. Please indicate the number of completed and signed parent connection forms that were returned during this session.

6. Were any of the activities from the previous sessions implemented today due to time limitations? If so, please indicate which activities below. If you did not implement any activities from the previous sessions, please type "NA".

Session 8.8: Atmosphere

1. Positive Reinforcement of Participant Participation in Curriculum

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

- Yes
- No

2. Please indicate the level of participant engagement during the session.

- | | | |
|-------------------------------|------------------------------|-------------------------------|
| <input type="checkbox"/> None | <input type="checkbox"/> 40% | <input type="checkbox"/> 80% |
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| <input type="checkbox"/> 30% | <input type="checkbox"/> 70% | |

Session 8.8: Modifications and Adaptions

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