

Positive Youth Development

Positive Connections to Supportive Adults

6.1- 8.8 Parent connection forms with every Healthy Futures Nu-CULTURE Lesson from the 6th – 8th grades

6.4: Interpersonal Interactions and Romantic Partnerships

6.5: Healthy Relationships with Family and Peers

6.7: Conflict Resolution Skills, Sexual Abuse and Cyber Assault

7.2: Basic Human Needs, Levels of Friendship

7.4: Stress, Positive Character Traits and Peer Pressure

8.1: Introduction to Healthy Futures, Goals and Dreams, Healthy Relationships and Emotional Needs

8.4: Contraception

8.5: Emotional Needs and Bonding

8.6: Healthy and Unhealthy Relationships

8.7: Peer Pressure and Avoiding Risky Behavior

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

Youth Engagement and Opportunities for Active and Meaningful Involvement

6.1-8.8: Each Healthy Futures Nu-CULTURE engages youth with activities, small and large group instruction, and the Healthy Futures Mantra: “The Choices You Make NOW Affect You LATER!” Active engagement includes processing the information with videos, music and games including the BIG 3 Review which reviews previous information and skills presented prior to introducing new knowledge and skills.

Healthy Relationships

This theme is introduced in the 6th grade and expanded in each subsequent grade.

6.4: Interpersonal Interactions and Romantic Partnerships

6.5: Healthy Relationships with Family and Peers

6.7: Conflict Resolution Skills, Sexual Abuse and Cyber Assault

7.2: Basic Human Needs, Levels of Friendship

7.4: Stress, Positive Character Traits and Peer Pressure

7.5.3: Boundaries in Relationships

8.5: Emotional Needs and Bonding

8.6: Healthy and Unhealthy Relationships

8.7: Peer Pressure and Avoiding Risky Behavior

Self-Regulation and Self Control

6.1-8.8: Groups Rights and Responsibilities, Social Norming

6.1.3: Qualities of a Good Friend

6.1.4: Build a Friend

6.4.2: Appropriate and Inappropriate Interactions

6.4.3: Introduction to Romantic Relationships

6.4.4: Types of Love Scenarios

6.4.5: Ask Dr. Love

6.5.2: Healthy Family Relationships: Brandon and Michelle Grow Up

6.6.6: Healthy and Unhealthy Characteristics and Scenarios

6.6.1: It's OK to Say No: Abstinence

6.6.4: It's OK to Say No: Assertiveness

6.6.5: It's OK to Say No: Refusal Skill Scenarios

6.7.2: Conflict Resolution

6.7.3: Sexual Abuse and Cyber Assault

7.4: Stress, Positive Character Traits, Peer Pressure

7.5.3: Boundaries in Relationships

8.1.4: Goals and Dreams, Healthy Relationships and Emotional Needs

8.5.2: Emotional Needs

8.7.2: Self-Control

8.7.3: Setting Limits

8.7.4: Refusal Skills

8.8.2: Sex and the Law

Planning and Decision Making

6.1- 8.8 Parent connection forms with every Healthy Futures Nu-CULTURE Lesson from the 6th – 8th grades

6.1.3: Qualities of a Good Friend

6.1.5: Mission Possible

6.1.6: Decision Making

6.1.7: Decision Making Scale

6.4.5: Ask Doctor Love

6.6.3: Decision Making Scale: Abstinence

7.1.1: Keys to Success

7.1.7: Dream Big

7.2.2: Stranded!

7.2.4: Basic Human Needs

7.5: Consequences of Sexual Activity- Pregnancy and Emotional Risks

- 7.6: Consequences of Sexual Activity- STIs
- 7.7: Sexual Offences
- 7.6.4: Facts about STIs/ Resource Brochure
- 8.1: Goals and Dreams: Train Track Activity
- 8.3.2A: Contraception
- 8.3.2B: Contraception Methods Brochure
- 8.7: Peer Pressure and Avoiding Risky Behavior

Healthy Lifestyle

Healthy Futures Nu-CULTURE promotes a “New Culture” by building on the foundational skills of developing a Healthy Lifestyle. This includes a growth motivation focused on building healthy relationship skills, decision making skills, a positive view of self, and taking an active role in making a plan to set and reach goals and dreams.

Sense of Purpose

6.1- 8.8 Parent connection forms with every Healthy Futures Nu-CULTURE Lesson from the 6th – 8th grades

- 6.1.3: Qualities of a good friend
- 6.1.4: Build a friend
- 6.1.5: Mission Possible
- 6.2.4: Puberty, Anatomy and Reproduction
- 6.3.2: Gender Reflection
- 6.3.3: Emotional Needs
- 6.3.5: I Am Poem
- 6.7.4: Dollar Bill Activity
- 7.1.5: That’s Me!
- 7.1.6: Keys to Success
- 7.1.7: Dream Big
- 7.1.8: Unlocking the Keys to Success
- 7.2.3: Physical and Emotional Needs
- 7.4.3: Defining Stress
- 7.4.6: Positive Personal Characteristics
- 8.1.4: Goals and Dreams
- 8.1.7: Train Track Activity
- 8.2.5: Egg Activity
- 8.5.5: Healthy Ways to Meet Emotional Needs
- 8.7.3: Setting Limits
- 8.7.5: Refusal and Negotiation Skills

Family/Caregiver Protective Factors

Parental Connections and Communication with Family and Caregivers

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Parental Involvement/Parental Engagement

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Parental Monitoring and Boundaries

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Low Family Conflict

6.7.2: Conflict Resolution

Family Beliefs and Attitudes Supportive of Healthy Behaviors

6.7: Sexual Abuse and Cyber Assault

7.2: Basic Human Needs and Levels of Friendships

Models Positive and Responsible Behaviors

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High Expectations

6.1- 8.8 Parent connection forms with every Healthy Futures Nu-CULTURE Lesson from the 6th – 8th grades

7.1: Keys to Success

8.1: Goals, Dreams, Healthy Relationships and Emotional Needs

8.2: Puberty, Pregnancy and Abstinence

Systems-Level Protective Factors

Evidence has shown that when young people learn the relationships skills in Healthy Futures, these skills support building positive connections with their teachers, peers and parents.

Positive connections to schools, neighborhoods, Organizations and Systems-Level Communities.

Supportive Community Norms with Clear Boundaries and Consequences

With staff, teachers and agencies are trained in the Healthy Futures Nu-CULTURE Curriculum, A “Nu-CULTURE” of healthy relationships and clear boundaries and expectations and beliefs about youth elevates the entire system with protective factors for youth.