



Dating, Relating & Other Hot Topics

Public High School Presentation Overview

Goal: To provide medically accurate educational interventions that address the whole person: including social, emotional, intellectual, and physical dimensions and to develop positive character and relationship skills.

Time: Three to Four 50-minute sessions (Customizable) **Level:** 9th-12th Grade

DAY 1 LOVE AND RELATIONSHIPS

Learning Objectives

- Students will examine how intellectual, emotional, social, and physical aspects of human beings interact in a healthy relationship.
- Students will acknowledge that all people have basic needs and will identify ways people work meet needs.
- Students will understand how biology and neurochemistry affect the brain.
- Student will identify cultural influences and motivating factors of teen sexual activity.
- Students will understand the function of the brain's reward system in pair bonding and addiction.

Key Topics

- Relationships are Intellectual, Emotional, Social, and Physical
- Emotional Needs and Motivation
- The Power of Attraction
- Defining Love
- Lust, Love, Infatuation
- Reasons Teens Choose to be Sexually Active.
- Physical Progression and Pair Bonding
- The Brain's Reward System

DAY 2 SEX AND RESPONSIBILITY

Learning Objectives

- Students will list possible outcomes of sexual activity for teens and identify which consequences can be eliminated by practicing abstinence.
- Students will become knowledgeable in current local and national statistics for teen pregnancy and sexually transmitted infections.
- Students will understand the increased risk of negative outcomes with multiple sexual partners.
- Students will examine the connection between commitment and trust.
- Students will understand the research on pair bonding and intimacy development.
- Students will define benefits of abstinence for teens.

Key Topics

- Teen Risk Factors
- Teen Pregnancy and Statistics
- Sexually Transmitted Infections and Statistics
- Sexual Risk Elimination vs. Risk Reduction
- Trust & Commitment
- Intimacy and Bonding
- Limits and Self-Discipline
- Benefits of Abstinence for Teens
- Starting Over

DAY 3 GOALS, CHOICES, AND DECISION MAKING

Learning Objectives

- Students will identify the requirements for achieving their personal goals and discuss obstacles.
- Students will explore the influence on sexual decision making.
- Students will compare healthy and unhealthy relationships.
- Students will gain useful skills for ending a relationship.
- Students will list character traits that are essential for healthy relationships.
- Students will explore smart dating ideas.

Key Topics

- Achieving Goals
- Maintaining Self Respect
- Protecting What You Value
- Overcoming Pressure
- Influences on Sexual Decision Making
- Avoiding Dating Disasters
- Effective Communication
- Identifying Essential Character Qualities
- Planning Time Together



Dating, Relating & Other Hot Topics

Public Middle School Presentation Overview

Goal: To provide medically accurate educational interventions that address the whole person: including social, emotional, intellectual, and physical dimensions and to develop positive character and relationship skills.

Time: Three 50-minute sessions (Customizable) **Level:** 7th- 8th Grade

DAY 1 LOVE AND RELATIONSHIPS

Learning Objectives

- Students will recognize that humans are intellectual, emotional, social, and physical beings and understand how each part of themselves affects the whole person.
- Students will analyze how these elements interact in a healthy relationship.
- Student will identify the importance of time and commitment to trust.
- Students will examine the value of setting appropriate limits in relationships.
- Students will understand the Pair Bonding Process and identify where to set physical boundaries.

Key Topics

- People are physical, emotional, social, and intellectual beings.
- The Power of Attraction
- Defining Love
- Lust, Love, Infatuation
- Developing Healthy Relationships
 - Characteristics of healthy/balanced relationships.
 - Establishing Trust and Communication
- Sex, Emotions, and Self-Respect
- Intimacy and Bonding

DAY 2 SEX AND RESPONSIBILITY

Learning Objectives

- Students will list possible outcomes of sexual activity for teens and identify consequences as they relate to the whole person.
- Students will be knowledgeable in current local and national statistics related to teen pregnancy rates and infections.
- Students will create responses to peer pressure statements.
- Student will identify benefits of abstinence for teens.

Key Topics

- Teen Risk Factors
- Hidden Emotional/Social Consequences
- Teen Pregnancy Statistics and Facts
- Sexually Transmitted Infections Statistics and Facts
- Sexual Risk Elimination vs. Risk Reduction
- Limits and Self-Discipline
- Benefits of Abstinence for Teens
- Assertiveness Skills

DAY 3 GOALS, CHOICES, AND DECISION MAKING

Learning Objectives

- Students will identify the requirements for achieving their personal goals and discuss obstacles.
- Students will explore the influencers on sexual decision making.
- Students will compare healthy and unhealthy relationships.
- Students will list character traits that are essential for healthy relationships.
- Students will explore smart dating ideas.

Key Topics

- Achieving Goals
- Maintaining Self Respect
- Protecting What You Value
- Overcoming Pressure
- Influences on Sexual Decision Making
- Avoiding Dating Disasters
- Effective Communication
- Picking the Right Person
- Identifying Essential Character Qualities
- Planning Time Together