

### Healthy Futures Nu-CULTURE Program Goals

1. Informational, to increase awareness and knowledge of health risks of sex during adolescence and the benefits of delaying sex.
2. Social and self-regulatory skills, to teach youth how to translate knowledge into effective action, through observations of role models.
3. Skill enhancement and resilience self-efficacy, opportunities to practice healthy skills and bolster beliefs in one’s capability to effect change, such as role-playing.
4. Social supports for personal change, to provide a broad network of social supports, such as health educators, peers, teachers, and parents.

Activity/Lesson Number	Lesson Objectives Participants will:	Time Frame: 6 – 8 <sup>th</sup> Grade Minutes	Expected Outcome
6.1 Introduction to Healthy Futures: Understanding Qualities of a good friend and positive personal character traits  Goals: 1 & 4	<ol style="list-style-type: none"> <li>1. Understand the ground rules that promote a safe and comfortable learning environment.</li> <li>2. Gain understanding of how choices affect their future.</li> <li>3. Understand that the choices they make can have positive or negative consequences.</li> <li>4. Be invited to actively participate in the class, which will result in positive consequences.</li> </ol>	50	Increased knowledge about positive character and friendships.
6.2 Puberty, Anatomy and Reproduction  Goals 1 & 4	<ol style="list-style-type: none"> <li>1. identify reproductive organs of both genders.</li> <li>2. Gain understanding of the physical and emotional changes that occur during puberty.</li> <li>3. Master the vocabulary terms and definitions.</li> <li>4. Be encouraged to respect themselves and others.</li> </ol>	50	<p>Increased knowledge about how puberty affects mental and physical health.</p> <p>Increased confidence to navigate physical and emotional changes that occur in puberty.</p> <p>Increased skills and motivation for respecting self and others.</p>
6.3 Gender reflection, emotional needs, Identity and Self Concept  Goals:1 & 3	<ol style="list-style-type: none"> <li>1. Recognize their emotional needs and identify positive personal character traits in healthy friendships.</li> <li>2. Become familiar with the relationships between one’s character, self-sufficiency, and maintaining the expected standard of abstinence from</li> </ol>	50	<p>Increased knowledge of healthy strategies to meet emotional needs.</p> <p>Reduced stereotypes between genders</p> <p>Increase self-efficacy and confidence necessary to</p>

	<p>risky behaviors, including sexual activity as a teenager.</p> <ol style="list-style-type: none"> <li>3. identify different feelings and emotions that teens experience during puberty.</li> <li>4. Identify their own positive character traits that will help them grow into self-sufficient young men and women.</li> </ol>		<p>successfully navigate adolescence.</p>
<p>6.4 Interpersonal Interactions, and Romantic Relationships</p> <p>Goals 2 -4</p>	<ol style="list-style-type: none"> <li>1. Understand acceptable attitudes and appropriate conduct.</li> <li>2. Identify and describe the experience of different feelings, including attraction.</li> <li>3. Understand the terms appropriate and inappropriate.</li> </ol>	50	<p>Increased positive relationship skills.</p> <p>Increased understanding of appropriate and inappropriate interactions.</p>
<p>6.5 Healthy Relationships with Family and Peers</p>	<ol style="list-style-type: none"> <li>1. Identify characteristics of healthy relationships with family and peers.</li> <li>2. Recognize how family and peers meet their emotional needs.</li> </ol>	50	<p>Improved understanding of how to recognize a healthy relationship.</p> <p>Improved relationship skills with family and peers.</p>
<p>6.6 Abstinence and Developing Refusal Skills</p> <p>Goals: 2 &amp; 3</p>	<ol style="list-style-type: none"> <li>1. Develop strategies for refusing to participate in unsafe behaviors or risky situations.</li> <li>2. Demonstrate the use of refusal skills by role-playing.</li> <li>3. Define abstinence and understand practices that promote healthy lifestyles.</li> </ol>	50	<p>Increased ability to implement refusal skills to avoid sexual risk-taking behavior.</p> <p>Increased knowledge of the benefits of choosing to delay sexual activity during adolescence.</p>
<p>6.7 Conflict Resolution Skills, Sexual Abuse and Cyber Assault</p> <p>Goal: 3</p>	<ol style="list-style-type: none"> <li>1. Recognize and develop strategies for avoiding potentially dangerous situations.</li> <li>2. Recognize techniques used by abusers to entrap victims of sexual abuse.</li> <li>3. Discover strategies and techniques linked to their decision-making and assertiveness skills.</li> <li>4. Understand the importance of continuing to choose abstinence in spite of past experiences.</li> </ol>	50	<p>Increased skills to recognize sexual abuse and sexual assault.</p> <p>Increased skills to make healthy decisions. Increased skills necessary to delay sexual activity</p> <p>Reduced number of multiple partners</p>

<p>6.8 Review Topics and Discussion of Lessons Learned</p> <p>Goals: 1-4</p>	<ol style="list-style-type: none"> <li>1. Process knowledge gained through sessions and activities.</li> <li>2. Have opportunities to discuss information learned with their parent(s) or guardian through the interactive Parental Connection Forms.</li> <li>3. Describe the effects of leadership skills on the promotion of teamwork.</li> <li>4. Understand the concepts of delayed gratification and reward for good choices.</li> </ol>	<p>50</p>	<p>Improved mastery of skills and recall.</p> <p>Increase intentions to delay sexual activity until after completion of education.</p> <p>Increased parent/caregiver connectedness</p> <p>Increased communication with parent/caregiver about the benefits of delaying sexual activity.</p>
<p>7.1 Introduction to Healthy Futures: Keys to Success</p> <p>Goals: 1 &amp; 4</p>	<ol style="list-style-type: none"> <li>1. Understand the ground rules that promote a safe and comfortable learning environment.</li> <li>2. Evaluate their dreams in life and think practically about how to achieve them.</li> <li>3. Understand that the choices they make can have positive or negative consequences.</li> <li>4. Be invited to actively participate in class, which will result in positive consequences.</li> </ol>	<p>50</p>	<p>Increased emotional safety of learning environment.</p> <p>Increased knowledge of their individual goals and dreams.</p> <p>Improved decision-making skills.</p>
<p>7.2 Basic Human needs, Levels of Friendship</p> <p>Goals: 2 &amp; 4</p>	<ol style="list-style-type: none"> <li>1. Identify physical and emotional needs and learn healthy ways to meet these needs.</li> <li>2. Identify individuals within their support system who meet these physical and emotional needs.</li> <li>3. identify the different levels of friendship and the significant aspects of friendships including boundaries, trust, respect, and communication.</li> <li>4. Apply the different levels of friendship to online safety.</li> <li>5. Recognize the importance of friendships and how they have the power to affect your future.</li> </ol>	<p>50</p>	<p>Improved ability to recognized safe and unsafe online environments.</p> <p>Increased knowledge about healthy friendships and relationships.</p> <p>Improved future orientation skills.</p>

<p>7.3 Puberty and Pregnancy</p> <p>Goal: 1 &amp; 2</p>	<ol style="list-style-type: none"> <li>1. Recognize the physical and emotional changes that occur during puberty and the benefits of remaining abstinent.</li> <li>2. Identify the function of structures of the reproductive systems in males and females.</li> <li>3. Summarize the process of pregnancy.</li> </ol>	<p>50</p>	<p>Increase knowledge of expected changes during puberty.</p> <p>Increased intentions to delay sexual activity during adolescence.</p> <p>Increased knowledge of biology and reproduction.</p>
<p>7.4 Stress, Positive Character Traits, Peer Pressure</p> <p>Goals: 2 &amp; 3</p>	<ol style="list-style-type: none"> <li>1. identify stress factors in their own life.</li> <li>2. Discuss the emotions related to stress and healthy ways to meet those emotional needs.</li> <li>3. identify positive personal character traits that will help promote a well-adjusted, healthy individual who can choose to avoid risky behaviors, and who aims to develop healthy friendships.</li> <li>4. Identify ways to make good choices.</li> <li>5. Learn skills to avoid peer pressure.</li> <li>6. Identify and practice refusal skills by developing an ending to hypothetical conversations.</li> <li>7. Demonstrate mastery of refusal skills by role-playing.</li> </ol>	<p>50</p>	<p>Improved confidence to say “no” to early sexual activity and other risky behaviors.</p> <p>Increased knowledge of self-regulation skills</p> <p>Increased knowledge of self and others.</p>
<p>7.5 Consequences of Sexual Activity- Pregnancy and Emotional Risks</p> <p>Goal: 1</p>	<ol style="list-style-type: none"> <li>1. Understand the physical, mental, and emotional repercussions of sex and pregnancy.</li> <li>2. Recognize the importance of abstinence and why it is the healthiest choice for 7th graders.</li> </ol>	<p>50</p>	<p>Increased knowledge, attitudes and skills supporting intentions to delay sexual activity.</p> <p>Increased knowledge of the emotional impacts of early sexual involvement.</p>
<p>7.6 Consequences of Sexual Activity STIs</p> <p>Goal: 1</p>	<ol style="list-style-type: none"> <li>1. Discuss the definitions, signs, symptoms, prevention, and treatment of STIs.</li> <li>2. Distinguish between viral and bacterial STIs.</li> </ol>	<p>50</p>	<p>Increased knowledge of the epidemic of sexually transmitted infections and their impacts on reproductive health.</p>

	3. Understand the role abstinence and condoms play in STI prevention.		Increased intentions to use risk reduction methods as an adult.
7.7 Sexual Offenses Goals: 1-4	<ol style="list-style-type: none"> <li>1. Understand the definitions of sexual harassment and sexual assault.</li> <li>2. Learn prevention tactics and the importance of disclosing harassment or assault to a trusted adult.</li> <li>3. Understand that sexual abuse, harassment, or assault is never the victim's fault.</li> </ol>	50	<p>Increased knowledge about sexual offenses.</p> <p>Increased intentions to practice protective strategies.</p>
7.8 Review Topics and Discuss Lessons Learned Goals: 1 - 4	<ol style="list-style-type: none"> <li>1. Identify keys to being successful in life.</li> <li>2. Understand basic human needs and levels of friendship.</li> <li>3. Understand the processes of puberty and pregnancy.</li> <li>4. Understand stress, positive character traits, and peer pressure.</li> <li>5. Use tools to resist peer pressure.</li> <li>6. Understand the consequences of sexual activity outside of a faithful lifelong relationship, including STIs, pregnancy or fathering a child, and emotional heartache.</li> <li>7. Understand sexual offenses and necessary prevention and reporting techniques.</li> </ol>	50	<p>Improved mastery of skills and recall.</p> <p>Increase confidence to practice refusal skills.</p> <p>Increased skills to identify sexual harassment.</p> <p>Increased knowledge of biology and reproduction.</p> <p>Increased parent/caregiver connectedness</p> <p>Increased communication with parent/caregiver about the benefits of delaying sexual activity.</p>
8.1 Introduction to Healthy Futures, Goals and Dreams, Healthy Relationships, and Emotional Needs Goal: 1 & 4	<ol style="list-style-type: none"> <li>1. Understand the ground rules that promote a safe and comfortable learning environment.</li> <li>2. Identify their dreams in life and think practically about how to achieve them.</li> <li>3. Understand the influence relationships have on their lives.</li> <li>4. Understand that the choices they make can have positive or negative consequences.</li> </ol>	50	<p>Increased emotional safety of learning environment.</p> <p>Increased knowledge of individual goals and dreams.</p> <p>Improved decision-making skills.</p>

	5. Be invited to actively engage in class, which will result in positive consequences.		
8.2 Puberty, Pregnancy and Abstinence  Goal: 1 & 2	<ol style="list-style-type: none"> <li>1. Review the male and female reproductive systems.</li> <li>2. Understand the physical, social, and emotional changes that occur during puberty and the benefits of delaying sexual activity.</li> <li>3. Identify how pregnancy occurs.</li> <li>4. Evaluate how pregnancy may affect a teen's future.</li> </ol>	50	<p>Increase knowledge of expected changes during puberty.</p> <p>Increased intentions to delay sexual activity during adolescence.</p> <p>Increased knowledge of biology and reproduction.</p>
8.3 Contraception  Goal: 1	<ol style="list-style-type: none"> <li>1. Understand the common methods of contraception.</li> </ol>	50	<p>Increased knowledge of the risks and benefits of contraceptive choices.</p>
8.4 Sexually Transmitted Infections  Goal: 1	<ol style="list-style-type: none"> <li>1. Understand the risk of contracting sexually transmitted infections (STIs).</li> <li>2. Identify the major symptoms of common STIs.</li> <li>3. Understand abstinence is 100% effective in preventing STIs.</li> <li>4. Understand condoms are effective at reducing the risk of many STIs.</li> </ol>	50	<p>Increased knowledge of the epidemic of sexually transmitted infections and their impacts on reproductive health.</p> <p>Increased intentions to use risk reduction methods as an adult.</p>
8.5 Emotional Needs and Bonding  Goals: 1, 3 & 4	<ol style="list-style-type: none"> <li>1. Understand how bonding occurs and which chemicals in the brain are involved in that process.</li> <li>2. Have a better understanding of emotional heartache due to break ups.</li> </ol>	50	<p>Increased intentions to delay sexual activity until adulthood.</p>
8.6 Healthy and Unhealthy Relationships  Goals: 3 & 4	<ol style="list-style-type: none"> <li>1. Recognize that every decision has consequences, some good and some bad.</li> <li>2. Identify the steps to making good decisions.</li> <li>3. Acknowledge how giving in to peer pressure can lead to unhealthy decisions.</li> </ol>	50	<p>Increased relationship skills.</p> <p>Increased decision-making skills.</p>
8.7 Peer Pressure and Avoiding Risky Behavior	<ol style="list-style-type: none"> <li>1. Identify communication styles that are effective in dealing with peer pressure.</li> </ol>	50	<p>Increased self-efficacy to manage interactions with peers.</p>

<p>Goals: 2-4</p>	<ol style="list-style-type: none"> <li>2. Understand how giving in to peer pressure can lead to unhealthy decisions.</li> <li>3. Discuss concepts of self-control and delayed gratification as it relates to peer pressure.</li> <li>4. Practice refusal and negotiation skills.</li> </ol>		<p>Increased self-regulation skills.</p> <p>Improved communication with peers.</p>
<p>8,8 Sex and the Law, Media Influence Review Topics and Lessons Learned</p> <p>Goals 1 - 4</p>	<ol style="list-style-type: none"> <li>1. Understand the legal implications of teen sexual activity.</li> <li>2. Understand that sexual assault is never the victim's fault.</li> <li>3. Discuss the importance of reporting sexual assault.</li> <li>4. Discuss ways to protect themselves from sexual assault.</li> <li>5. Identify ways the media promotes teen sexual activity.</li> <li>6. Discuss advertisements and how they influence behaviors.</li> </ol>		<p>Knowledge and awareness of how media affects perceptions of benefits and risks of sexual involvement.</p> <p>Increased knowledge of legal consequences of early sexual involvement.</p> <p>Increased awareness of sexual assault.</p> <p>Increase awareness skills to avoid sexual assault.</p>
<p>Full Evidence Based Model</p>		<p>1200 Minutes or 20 hours</p>	<p>Delayed onset of sexual activity</p> <p>Increased likelihood of using risk reduction as an adult.</p> <p>Reduced number of sexual partners</p> <p>Improved relationship skills such as communication.</p> <p>Increased satisfaction with intimate relationships.</p>